



MUSCLE GROWTH

MEAL PLANS (MEN & WOMEN)

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Introduction

Gaining weight without getting fat is pretty simple. You need to do resistance training and eat enough of the right foods.

The good thing about being skinny is that you are naturally lean. You probably already have six-pack abs even without doing special ab exercises. That's one advantage of having a lower than average body fat percentage. Due to its fast metabolism, your body burns calories like they're nothing. But that also means you have to eat more than normal if you really want to build muscle.

The following meal plans are designed to help you achieve fast muscle growth through the right calorie and macronutrient intake. We will focus on getting enough calories and protein, which are the two most important factors for muscle growth.

What should you eat?

The most important factors of your diet will be total calories and total protein. That means if you want to keep it as simple as possible make sure to eat enough overall food and enough overall protein.

For muscle growth, most beginners need around 2400 - 2800 calories (men) or 1800 - 2150 calories (women) daily and around 0.8 to 1 grams of protein per pound of body weight. If you don't know your ideal calorie and protein intakes make sure to download my [Macronutrient Cheat Sheet](#).

Like I said before, for muscle growth you will probably have to eat more than you are used to, especially if you are currently very skinny.

If you have trouble eating a lot of food add more olive oil or nuts to your diet. They are high in calories but easy to eat. One tablespoon of olive oil has 120 calories and can easily be added to any meal (e.g. on top of a salad). Go with 1 – 3 tablespoons per day depending on how much else you eat.

You also don't have to eat clean every day. Most skinny beginners shouldn't worry about adding chocolate or dessert to their diets to reach their total calories. If eating feels like a chore to you, go with more calorie-dense foods you like. Examples include chocolate, ice cream or any type of junk food. Of course, don't overdo it and make sure to still get enough vitamins and minerals through your other meals.

When should you eat?

In the overall picture meal timing really isn't all that important. The most important meals are your pre- and post workout meals. Both should be high in carbs (e.g. pasta, rice, potatoes) and protein (e.g. chicken, meat, beans, fish).

If you don't have the time to prepare a complete meal 1 hour before your workout, add a pre-workout snack of a fruit and a protein shake.

What About Supplements?

Every day you should consume:

30 – 60 Grams Protein Powder (1 - 2 shakes)

5 Grams Creatine (mix this into one of your protein shakes)

1 - 3 Grams Of Fish Oil

Optional: 200 – 500 milligrams of caffeine if you need more energy before your workouts



Eating Schedule

Before I show you *your* ideal meal plan, it's important you understand the logic behind *any* good meal plan.

On the next page you will find a very detailed eating schedule with food options for breakfast, lunch, dinner and two snacks (pre-workout & before bed).

That way you know which foods you need for each meal. This will help you customize your own meal plan and also make things a lot more flexible.

Eating Schedule

Breakfast (7:30 a.m.) – Carbs With Protein & Fat

Carbs: Whole Grain Bread, Oats, Fruits

Protein: Eggs, Protein Powder, Whole Milk, Cottage Cheese

Fat: Avocado, Nuts, Olive Oil

Lunch (12 p.m.) – Carbs With Protein

Carbs: Whole Grains, Rice, Potatoes

Protein: Fish, Chicken, Meat, Beans

Optional: Sauce (from meat)

Pre-Workout Snack (30 Min Before Workout) – Light Carbs & Protein Shake

Carbs: Fruits Or Vegetables

Protein: Protein Shake Or Egg Whites

Dinner (1 - 2 Hours After Workout) - Carbs With Protein

Carbs: Whole Grains, Rice, Potatoes

Protein: Fish, Chicken, Meat, Beans

Optional: Sauce (from meat)

Bedtime Snack (10 p.m.) – Fat With Protein

Protein: Eggs, Protein Powder, Whole Milk, Cottage Cheese

Fat: Avocado, Nuts, Olive Oil



Your Meal Plan

Let's now get to the actual meal plans. I included 3 meal plans dor women and 3 for men. To find the one that is right for you do the following:

1. Calculate your **calorie maintenance level** with this online calculator: <https://www.freediting.com/calorie-calculator>

2. Take your maintenance level and times it by 1.1 to get your daily muscle gain calorie intake
3. Choose a meal plan that best represents your measurements. For that check the first line in each meal plan for calories, height, and weight

Note: If you are smaller than the measurements of the first meal plan subtract 50 daily calories from the first meal plan for each 5 lbs you are lighter. If you are bigger than the measurements of the last meal plan add 50 daily calories to the last meal plan for each 5 lbs you are heavier.



Male Meal Plans

MEAL PLAN MALE I - 2350 Calories (135 lbs, 5'9")

MEAL PLAN MALE II - 2550 Calories (150 lbs, 6'0")

MEAL PLAN MALE III - 2750 Calories (165 lbs, 6'1")

MEAL PLAN MALE I - 2350 Calories (135 lbs, 5'9")

Breakfast (7:30 a.m.) – Breakfast Sandwich

570 Cal • 52g Carbs (7g Fiber) • 31g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado
- 1 Tbsp Olive Oil

Lunch (12 p.m.) – Rice With Meat & Veggies

644 Cal • 91g Carbs (8g Fiber) • 11g Fat • 42g Protein

- 100 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

582 Cal • 98g Carbs (13g Fiber) • 5g Fat • 36g Protein

- 70 Grams (Brown) Rice (uncooked)
- 70 Grams Chicken Breast (raw)
- 70 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

379 Cal • 17g Carbs (4g Fiber) • 24g Fat • 26g Protein

- 40 Grams Nuts (about a handful)
- 20 Gram Protein Powder + 5 Gram Creatine
- 100 Gram Whole Milk

Total: 2349 Calories • 284g Carbs (36g Fiber) • 73g Fat • 142g Protein

MEAL PLAN MALE II - 2550 Calories (150 lbs, 6'0")

Breakfast (7:30 a.m.) – Breakfast Sandwich

570 Cal • 52g Carbs (7g Fiber) • 31g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado
- 1 Tbsp Olive Oil

Lunch (12 p.m.) – Rice With Meat & Veggies

718 Cal • 106g Carbs (8g Fiber) • 12g Fat • 44g Protein

- 120 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

686 Cal • 110g Carbs (16g Fiber) • 6g Fat • 47g Protein

- 70 Grams (Brown) Rice (uncooked)
- 100 Grams Chicken Breast (raw)
- 90 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

379 Cal • 17g Carbs (4g Fiber) • 24g Fat • 26g Protein

- 40 Grams Nuts (about a handful)
- 20 Gram Protein Powder + 5 Gram Creatine
- 100 Gram Whole Milk

Total: 2527 Calories • 312g Carbs (39g Fiber) • 74g Fat • 155g Protein

MEAL PLAN MALE III - 2750 Calories (165 lbs, 6'1")

Breakfast (7:30 a.m.) – Breakfast Sandwich

570 Cal • 52g Carbs (7g Fiber) • 31g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado
- 1 Tbsp Olive Oil

Lunch (12 p.m.) – Rice With Meat & Veggies

718 Cal • 106g Carbs (8g Fiber) • 12g Fat • 44g Protein

- 120 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

868 Cal • 147g Carbs (19g Fiber) • 7g Fat • 53g Protein

- 110 Grams (Brown) Rice (uncooked)
- 100 Grams Chicken Breast (raw)
- 100 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

408 Cal • 18g Carbs (4g Fiber) • 27g Fat • 27g Protein

- 45 Grams Nuts (about a handful)
- 20 Gram Protein Powder + 5 Gram Creatine
- 100 Gram Whole Milk

Total: 2739 Calories • 350g Carbs (43g Fiber) • 78g Fat • 161g Protein



Female Meal Plans

MEAL PLAN FEMALE I - 2100 Calories (120 lbs, 5'4")

MEAL PLAN FEMALE II - 2150 Calories (130 lbs, 5'5")

MEAL PLAN FEMALE III - 2200 Calories (135 lbs, 5'6")

MEAL PLAN FEMALE I - 2100 Calories (120 lbs, 5'4")

Breakfast (7:30 a.m.) – Breakfast Sandwich

450 Cal • 52g Carbs (7g Fiber) • 18g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado

Lunch (12 p.m.) – Rice With Meat & Veggies

644 Cal • 91g Carbs (8g Fiber) • 11g Fat • 42g Protein

- 100 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

618 Cal • 98g Carbs (13g Fiber) • 6g Fat • 43g Protein

- 70 Grams (Brown) Rice (uncooked)
- 100 Grams Chicken Breast (raw)
- 70 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

199 Cal • 7g Carbs (2g Fiber) • 11g Fat • 19g Protein

- 20 Grams Nuts (a small handful)
- 20 Gram Protein Powder + 5 Gram Creatine

Total: 2085 Calories • 274g Carbs (34g Fiber) • 46g Fat • 143g Protein

MEAL PLAN FEMALE II - 2150 Calories (130 lbs, 5'5")

Breakfast (7:30 a.m.) – Breakfast Sandwich

450 Cal • 52g Carbs (7g Fiber) • 18g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado

Lunch (12 p.m.) – Rice With Meat & Veggies

644 Cal • 91g Carbs (8g Fiber) • 11g Fat • 42g Protein

- 100 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

618 Cal • 98g Carbs (13g Fiber) • 6g Fat • 43g Protein

- 70 Grams (Brown) Rice (uncooked)
- 100 Grams Chicken Breast (raw)
- 70 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

258 Cal • 10g Carbs (3g Fiber) • 16g Fat • 21g Protein

- 30 Grams Nuts (a small handful)
- 20 Gram Protein Powder + 5 Gram Creatine

Total: 2145 Calories • 277g Carbs (35g Fiber) • 52g Fat • 144g Protein

MEAL PLAN FEMALE III - 2200 Calories (135 lbs, 5'6")

Breakfast (7:30 a.m.) – Breakfast Sandwich

450 Cal • 52g Carbs (7g Fiber) • 18g Fat • 21g Protein

- 2 Eggs (Fried or Scrambled)
- 2 Slices Of Whole Grain Bread
- 40 Grams of Avocado

Lunch (12 p.m.) – Rice With Meat & Veggies

644 Cal • 91g Carbs (8g Fiber) • 11g Fat • 42g Protein

- 100 Grams (Brown) Rice (uncooked)
- 100 Grams Beef Steak (raw)
- 100 Grams Mixed Vegetables (unprepared)

Pre-Workout Snack (30 Min Before Workout) – Protein Shake & Fruit

175 Cal • 27g Carbs (4g Fiber) • 1g Fat • 16g Protein

- 1 Apple
- 20 Gram Protein Powder (1 Scoop)

Dinner (1 - 2 Hours After Workout) - Rice With Chicken & Beans

618 Cal • 98g Carbs (13g Fiber) • 6g Fat • 43g Protein

- 70 Grams (Brown) Rice (uncooked)
- 100 Grams Chicken Breast (raw)
- 70 Grams Black Beans (uncooked)

Bedtime Snack (10 p.m.) – Protein Shake & Nuts

318 Cal • 12g Carbs (4g Fiber) • 21g Fat • 23g Protein

- 40 Grams Nuts (about a handful)
- 20 Gram Protein Powder + 5 Gram Creatine

Total: 2204 Calories • 279g Carbs (36g Fiber) • 57g Fat • 146g Protein



Vegan Meal Plans

VEGAN MEAL PLAN MALE

VEGAN MEAL PLAN FEMALE

VEGAN MEAL PLAN MALE - 2900 Calories

Breakfast (7:30 a.m.)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6.4 carbs)

Lunch (12 p.m.)

150 gram brown rice (cooked): 340 kcal (6.3 protein; 3 fat; 73 Carbs)

200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

1 banana: 105 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

1 apple: 95 kcal (0,4 protein; 0.4 fat ; 25 carbs)

Dinner (1 - 2 Hours After Workout)

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

150 gram tempeh: 290 kcal (27 protein; 16 fat; 14.7 carbs)

Bedtime Snack (10 p.m.)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

35 gram Mixed nutes: 200 kcal (5.3 protein; 18 fat; 5 carbs)

Total: 2924 Calories • 295g Carbs • 80.7g Fat • 170g Protein

VEGAN MEAL PLAN FEMALE - 1800 Calories

Breakfast (7:30 a.m.)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6 carbs)

Lunch (12 p.m.)

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Pre-Workout Snack (30 Min Before Workout)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

1 banana: 105 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

Dinner (1 - 2 Hours After Workout)

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

Bedtime Snack (10 p.m.)

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

35 gram Mixed nutes: 200 kcal (5.3 protein; 22 fat; 5 carbs)

Total: 1880 Calories • 210.2g Carbs • 41g Fat • 125g Protein

Resources

FREE Bonus

[100 Muscle Building Recipes](#)

[Six-Pack Meal Plan](#)

Helpful Guides:

[Meal Planning For Beginners - The Complete Guide](#)

[How Many Calories Should I Eat To Gain Muscle](#)

Supplements

[Protein Powder](#)

[Creatine](#)

[More Muscle Building Recipes](#)
