

Meal Planner (Gain)

Meal 1

100G OATS RAW COOKED IN WATER
+ 1 BIG BANANA + 5 WHOLE EGGS +
5G OIL.

Meal 2

4 SLICE BREAD + 150G COOKED
POTATOES + 150G RAW MEASURED
CHICKEN + 5G OIL + GREENS.

Meal 3

300 G COOKED RICE + 150G RAW
MEASURED CHICKEN + 5 G OIL +
GREENS.

Meal 4

300 G COOKED RICE + 150G RAW
MEASURED CHICKEN + 5 G OIL +
GREENS.

Meal 5

300G COOKED
WHITE RICE + 5
WHOLE EGGS + 5G
OIL + GREENS.

Notes

- MEAL 4 IS
POSTWORKO
UT MEAL
- 30 GLUCOSE +
5G CREATINE
POST
WORKOUT

