

Our focus is to SLOWLY increase your caloric intake, so it doesn't make you sick and doesn't damage your metabolism. Here is your tentative meal plan:

*1 gallon of water/day

BREAKFAST

(Immediately upon waking)

1 scoop protein powder

1 apple/banana/orange (pick one)

BREAKFAST 2

(30-60min after first meal)

4 whole eggs

1 slice low fat cheese

2 pieces Peanut Butter Toast

SNACK 1

1 Clif Bar or Protein Bar

2 Stringed Cheeses

LUNCH

1 multivitamin

1 can Tuna

1 tbsp light mayonnaise

2 slices bread

(make sandwich)

PREWORKOUT

One Large Fruit

POST-WORKOUT

2 Scoops Protein Powder

5g Creatine

DINNER

7oz. Meat Protein (see food list)

1 Avocado

1c. Steamed Broccoli