








MUSCLE GAIN MEAL PLAN FOR MEN



BY DAULAT HUSSAIN



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	MEAL 1	<ul style="list-style-type: none">- Oats with apple- 6 egg whites 2 whole egg <hr/>
	MEAL 2	<ul style="list-style-type: none">- Whole Wheat bagel- Protein drink- 1sp Flex seed oil <hr/>
	MEAL 3	<ul style="list-style-type: none">- Chicken breast- Large garden salad- Sweet potato <hr/>
	MEAL 4	<ul style="list-style-type: none">- Whole grain bread- peanut butter- Egg whites <hr/>
	MEAL 5	<ul style="list-style-type: none">- Protein drink- Banana <hr/>
	MEAL 6	<ul style="list-style-type: none">- Fish/tuna- Large garden salad- Plain fat free yogurt <hr/>
	MEAL 7	<ul style="list-style-type: none">- Cottage Cheese with blueberries and flaxseed meal- Handful nuts <hr/>

NOTE: REMEMBER TO DRINK BETWEEN 10 TO 12 GLASSES OF WATER PER DAY