



# MASS EFFECT

**muscle gain**  
mealplan  
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## 4 meals + 1 snack

<b>MEAL 1</b>	<b>A+B+C</b>
<b>MEAL 2</b>	<b>A+C</b>
<b>MEAL 3</b>	<b>A+C</b>
<b>MEAL 4</b>	<b>A+B+C</b>
<b>SNACK</b>	<b>A+C</b>

post-workout



add 1 cup of fruit  
peeled and sliced  
to one A+B+C meal  
per day

**45+ minutes**  
per training session

**4-5**  
training sessions  
per week

### **A** BUILDING 1 CUP OF ITEMS IN TOTAL

chicken or turkey  
pork or beef  
prawns or squid  
salmon or cod  
tuna or sardines  
seitan, tofu or tempeh  
chickpeas  
quinoa  
beans  
peas  
eggs  
cheese 1/2 cup  
cottage cheese  
yogurt  
milk  
nut or seed butter 1/4 cup  
nuts or seeds 1/2 cup

### **B** ENERGY 1 CUP OF ITEMS IN TOTAL

rice  
potatoes  
yams  
oats  
pasta  
bread 2 slices  
corn  
beans  
lentils  
chickpeas  
quinoa  
buckwheat  
peas  
nut or seed butter 1/4 cup  
nuts or seeds 1/2 cup

### **C** VITALITY 2 CUPS OF ITEMS IN TOTAL

kale or lettuce  
cucumbers  
tomatoes  
peppers  
avocado half  
broccoli  
brussel sprouts  
cabbage  
carrots  
cauliflower  
celery  
zucchini  
eggplant  
beetroot  
pumpkin  
green beans  
spinach  
leek, onion