

## MUSCLE GAIN 3500 KCAL

A one-day example of a 3500 calorie eating plan for lean muscle gain. This diet supports any one of the workouts found under the EXERCISE PROGRAMS. Contact The Green Ward directly for additional advice on muscle gain.

<b>BREAKFAST</b> (675 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 2 boiled eggs, 5 Tbsp of oats, 1 Tbsp flaxseed, ½ pint whole organic milk, 1 Tbsp of raw honey
<b>SNACK</b> (625 kcal)	Smoothie: ½ pint coconut milk, 1 banana, 1 scoop hemp protein powder, 5 strawberries, 1 teaspoon organic coconut oil, 1 scoop peanut butter, 1 scoop of organic hazelnut spread (top up with water)
<b>LUNCH</b> (800 kcal)	2 baked salmon fillets, green beans, sweetcorn and medium baked potato with 2 Tbsp butter
<b>SNACK</b> (430 kcal)	30 almonds or 10 walnuts with 1 apple and 1 pear
<b>DINNER</b> (540k kcal)	Half medium roast chicken with mixed salad
<b>SNACK</b> (430 kcal)	(300g) tub of low fat cottage cheese and 2 Tbsp of natural peanut butter

### TIPS

- Drink 2-4 litres of spring water spread throughout the day
- Can drink as much green tea as you like
- Can eat as much green veg as you like
- Avoid artificial sweeteners and processed foods
- Can have one coffee per day (ground percolated)

