



MUSCLE GAIN 2000 KCAL

A one-day example of a 2000 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.

BREAKFAST (330 kcal)	(Drink water with lemon and ginger on rising) Omelette (5 whites & 2 yellows) with bell peppers, onions and choice of lean meat filling
SNACK (240 kcal)	Low fat cottage cheese with small box of blueberries/raspberries
LUNCH (460 kcal)	(200g) Grilled chicken or turkey breast with 2 medium sweet potato and large mixed salad
SNACK (250 kcal)	30 almonds or 15 walnuts
DINNER (550 kcal)	2 baked salmon fillets with broccoli, asparagus, kale and (100g) brown rice
SNACK (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

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)

