



## MUSCLE GAIN 2500 KCAL

A one-day example of a 2500 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> (555 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 2 boiled/poached eggs with 2 slices wholegrain bread, half an avocado and 15 almonds
<b>SNACK</b> (260 kcal)	1 banana and half pint of organic whole milk
<b>LUNCH</b> (550 kcal)	(200g) Grilled chicken breast with (200g) brown rice, broccoli and green beans
<b>SNACK</b> (330 kcal)	30 almonds or 10 walnuts with 1 apple
<b>DINNER</b> (600 kcal)	2 baked salmon fillets with broccoli, asparagus, kale and 1 large sweet potato
<b>SNACK</b> (205 kcal)	2 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)

