

# BULK UP MEAL PLAN FOR MEN

## SUPPLEMENTS NEEDED:

- + **Whey Protein:** Increases Lean Muscle Mass
- + **Mass Builder:** Increase in Muscle Mass, Fast Weight Gain, High in Carbohydrates and Calories
- + **Creatine:** Promotes Power and Strength Gains, Delays the Onset of Muscle Fatigue
- + **Glutamine:** Enhanced Immune Function and Nitrogen Retention, Assists in cell volumisation and Protein Synthesis, Boosts Growth Hormone Levels
- + **BCAAs:** Increases Recovery, Prevents Muscle Catabolism, Boosts Muscle Growth

## OPTIONAL SUPPLEMENTS:

- + **Multi-Vitamins:** For Optimal Health and Performance
- + **Testo Boost:** Naturally Increases Testosterone, Increased Strength and Muscle Mass, Boosts Virility and Libido
- + **Maltodextrin:** Increase Carb Intake, Weight Gain

## EATING PLAN:

### + Meal 1:

100g oats

50g raisins with 50g nuts

500ml milk with 1 serving mass builder

1 tsp creatine + 1 tsp glutamine

**+ Meal 2:**

100g whole wheat pasta (dry weight)  
200g chopped beef strips

**+ Meal 3:**

100g white basmati rice (dry weight)  
6 whole eggs  
1 scoop whey protein + 1 scoop mass builder  
1 tsp glutamine

**+ Meal 4:**

200g chicken breast on brown/whole wheat/rye bread  
1 tsp trim mayo

**+ Intra-workout:**

10g glutamine mixed with 10g BCAAs in  
500ml-700mls of water  
(for optimal recovery during sets)

**+ Meal 5: (Post-workout)**

1 serving mass builder  
1 serving whey protein  
1 tsp glutamine  
1 tsp creatine

**+ Meal 6:**

200g Chicken/Filet Steak/Lean Mince  
100g broccoli/green beans

