

# LADIES MUSCLE UP EATING PLAN

## SUPPLEMENTS NEEDED:

- + **Whey Protein:** Increases Lean Muscle Mass
- + **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
- + **Casein:** Slow Release, Slow Digesting Protein For 6-8 hours Once Consumed, Overnight Sustained Muscle Growth & Repair

## OPTIONAL SUPPLEMENTS:

- + **Multi-Vitamins:** For Optimal Health and Performance

## EATING PLAN:

### UPON WAKING

- + Take your multi-vitamins
- + **Meal 1:**
  - 40g Rolled Oats with 1 Tablespoon of Sugar Free Peanut Butter
  - 4 Egg Whites and 1 Whole Egg

**+ Meal 2:**

100g Salmon  
2 rice Cakes  
1 tsp Carb Smart Mayo (optional)

**+ Meal 3:**

120 - 150g Chicken Fillet  
100g Sweet Potato/ White Basmati Rice  
1/4 Avo

**+ Meal 4:**

1 Serving Whey Protein  
70g Pineapple  
Handful of Almonds

**+ Intra-workout:**

Sip on 1 Serving of BCAAs

**+ Meal 5 (Post Workout)**

1 Serving Whey Protein  
1 Serving Glutamine  
1 Serving Creatine

**+ Meal 6:**

120g-150g Chicken Fillet  
200g Broccoli/Green Beans  
Salad

**+ Meal 7:**

1 serving of Casein