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This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. It is presented for information purposes only. Recommendations outlined herein should not be adopted without a full review of the evidence provided and consultation with a physician. Use of the guidelines herein is at the sole choice and risk of the reader. The author and publisher shall remain free of any fault, liability or responsibility for any loss or harm, whether real or perceived, resulting from the use of information in this book.

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## FREE MUSCLEHACK MEAL PLANS

This is your **CONSTANT** companion on your quest to pack on pounds of muscle in the healthiest and tastiest way possible. It will prove invaluable to you. There is an abundance of **GROWTH-FUELING** protein in every meal plan and there are separate sections for both low-carbers and high-carbers.

Now, I wish I could say I enjoyed putting this book together – I didn't. It was an incredibly tedious and arduous task. If you don't believe me, decide on a calorie level for the day, and also gram levels for carbs, protein, and fat. Now go design a menu to hit all of that. Go. I'll wait here. Hard to even know where to start, right?

Nope, I didn't enjoy doing this one bit, guys lol. Is it any wonder people avoid this task like the plague? But...now you won't have to ever again.

While I don't ask for payment from you, would you please promote this free work in any way you can?

- Like, tweet, and Google+ share [the promo page for this book](#)
- Point to [the promo page](#) in any forums you are a part of like bb.com or anywhere else on the web
- Tell people about it at your gym.
- Any time someone asks "What will I eat?", tell them about this free book
- If you have your own site or blog, please tell your readers about it.

...or any other way you can think of. I would very much appreciate it.

I would just like to say that this unlike other meal plans books on the web that other "gurus" charge money for. Have you ever noticed that every single one of them is full of low-fat, unnatural products? It's skim milk this, fat-free dairy that.

There'll be none of that **NONSENSE** here. Not on my watch! This is about real, natural food. Furthermore, dietary fat is very much needed for optimal anabolic hormone production.

All recipes here are [MANS](#) and [GLAD](#) diet friendly. Remember on the MANS diet, the low-carb portion allows for up to 60g net carbs per day (30g is a recommended 'starting point' only), and 1 or 2 carb-ups per week.

[MANS](#) and [GLAD](#) are "Lean Gains" diets i.e. they allow you to add muscle without getting fatter – they are **NOT** cutting diets.

If you want to drop body fat or get really ripped, my [Total Six Pack Abs program](#) is what you need. It contains its own diet and **THT** workout cycle.

You do not have to sacrifice your muscle to get ripped. And you will keep gaining strength in the gym as normal with TSPA.

These meal plans can, of course, be used with the [TSPA](#) program. In the TSPA, there are additional meal plans to help you as well.



TSPA is the single best, fastest, science-based way to get a ripped six-pack.

It includes its own **THT** cycle (small tweaks) so you keep gaining in the gym as normal. You do **NOT** need to lose muscle to get ripped as some others claim.

If you want proof of this, [see the results](#) other MuscleHack readers have obtained.

TSPA comes with a 100% money-back guarantee.

**NEW!** My new recipe book '[Buff Baking](#)' is now available!

It includes new tasty recipes including pancakes, protein bars, fajitas, protein soup, ice cream, chocolate cake, "stewed steak crunch", chicken balls, cheesecake, and much much more.

There is one word for 99% of muscle recipe books out there - **impractical**. You don't have the 200 ingredients, and you don't have the time. Buff Baking is simple and easy. And it makes "anabolic living" easier too. [Click here for the download details.](#)



Additionally, here is a list of all the free recipes I've created at MuscleHack:

- [All Recipes](#)
- [High-Carb Recipes](#)
- [Low-Carb Recipes](#)

## RECOMMENDED SUPPLEMENTS

I don't recommend a lot of supplements, and for good reason – most of them don't work. However, some do! These are the links for north American readers...

- [Low-Carb Whey Protein Isolate](#) or [Optimum Nutrition Whey Protein](#)
- [Creapure Creatine Monohydrate](#)



If you're interested in my super-cheap homemade pre-workout formula (you should be!) you'll need the following ingredients. [Go here for the dosage and directions.](#)

- [L-Arginine AKG](#)
- [Caffeine](#)
- [Beta-Alanine](#)

If you're in the **UK** or **ANYWHERE** in **Europe**, I HIGHLY recommend [MyProtein](#). Their gear is extremely high quality and the cheapest you'll find. Here are direct links to their best products:

- [Creatine Monohydrate](#)
- [Whey Protein Concentrate](#)
- [Whey Protein Isolate](#)
- [Beta Alanine](#)
- [BCAAs](#)
- [L-Arginine AKG](#)
- [Caffeine](#)

# SOME IMPORTANT NOTES: PLEASE READ

## ABOUT "NET" CARBS

This is especially relevant for people in North America! 'Net Carbs' means digestible carbohydrate i.e. the total carb count minus the fiber content. In the U.S. and Canada net carbs are not displayed on products, you must therefore subtract the fiber grams from the total carbohydrate grams to arrive at the net carb count. These are the only carbs you need to count towards your total daily allowance. In contrast, countries in Europe and Oceania display the net carbs on the product packaging and are simply called 'carbohydrate.' Do **NOT** subtract fiber from this figure as you will over-consume carbs.

All carb levels quoted in this book are minus fiber so they are 'Net Carbs'. There is no need for you to subtract anything.

## IMPERIAL AND METRIC MEASUREMENTS

I have used both imperial and metric measurements to suit everyone the world over. So there'll be 'cups' for Americans and grams for the Europeans and so on. However, If you live in a country that tends to measure things by volume like the U.S., I would still advise you to invest in a [good set of digital kitchen scales](#) and weigh your food out. It is the only way you can go about this diet in a scientific manner.

## CALORIE LEVELS

Now it would be virtually impossible to cover every Calorie level between 1600 – 3600, but there's no need. There are enough plans and different meals to be able to tweak them up or down a few hundred Calories to fit your need. For example, if you're looking at the 3000 Calorie low-carb plan, and need a 2800 plan, look at one of the others (say the 2500 plan) and swap a meal or 2 to make it 2800 – very simple.

## NUTRITION LABELS

I get this all the time. "The label says something different to what you say". Or, "the label's macros don't add up to the Calories it states." You're over-thinking this way too much. You must accept the fact that you simply can *never* know exactly how many Calories you've had in a day. You can come close, but you can't know for sure. A label states what they found in a certain sample of that product, it doesn't state exactly how many calories that particular product you're holding in your hand contains. Every product, every piece of meat, every sweet potato, tomato etc. is going to be slightly different in its make-up. As meticulous as you might be, by the end of the day, you could be 100 or more Calories up or

down from what you think. But averaging it out over the longer-term, it'll be fine. Just stop thinking about this kind of thing – you can't know for sure. None of us do. It's ok – really ;)

### EATING EVERY 3 HOURS

You don't need to eat every 3 hours to stay “anabolic”. You don't need to eat 6 or 7 times a day, unless you enjoy being a slave to your diet. Food digests slowly. A high protein meal will take many hours to break down and digest, transporting those amino acids into your bloodstream. At the moment I eat 3 or 4 times a day; it suits my lifestyle. Read my article '[How Much Protein Can The Body Absorb In One Sitting](#)' for more on this.

### NO HIGH CARB MEAL PLANS UNDER 2000 CALORIES

You will note there are no higher-carb meal plans under 2000 Calories in this book. This is because going high carb when attempting to cut fat is not the way to go and I don't want to encourage anyone to go down that route. It has been verified over and over again that a lower carb (but not zero carb) approach, coupled with weight training is the single best way to strip body fat and improve body composition i.e. more lean muscle with less fat. I give studies proving this in my [Total Six Pack Abs](#) book. For more on this you might want to check out this paper entitled '[Low-Carbohydrate Diets Promote a More Favorable Body Composition Than Low-Fat Diets](#)'.

**NOTE:** Are you on **Facebook**? Please “[Like](#)” the [MuscleHack Fan Page](#). You'll be able to get help, upload your own progress pics, and discuss tips with fellow MuscleHackers.

- Follow me on **Twitter** here [@MuscleHacker](#)
- Join our [forum](#) for free advice
- Get the [FREE Andriod app here](#)

## VERY SIMPLE LOW CAL & LOW CARB - 1600 CALORIES

Thanks to 'weightconqueror' on the [MuscleHack forum](#) for submitting the outline of this one, which I have fleshed out.

### Meal #1: 5 x Whole Eggs (boiled)

**TOTAL CALS : 386 | Protein: 30g | Fat : 26g | Carbs (net): 2.5g**

### Meal #2: 5 x Whole Eggs (boiled) and Nuts

5 x whole eggs

- Calories : 386
- Protein: 30g
- Fat : 26g
- Carbs (net): 2.5g

1 ounce or 28g almonds

- Calories : 164
- Protein: 6g
- Fat : 14.4g
- Carbs (net): 2.6g

**TOTAL CALS: 550 | Protein: 36g | Fat: 40g | Carbs (net): 5.1g**

### Meal #3: A Protein Shake (add your [5g creatine](#) if this is after your workout)

A [protein shake](#) in water. About 40g, which will yield some fat and carbs but around 33g protein.

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**



## Meal #4: Chicken & Almond Leafy Salad

200g Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs: 0g

1 ounce or 28g almonds

- Calories : 164
- Protein: 6g
- Fat : 14.4g
- Carbs (net): 2.6g

Handful of leafy veggies with 1 tablespoon of olive oil.

- Calories: 150
- Protein: 0g
- Fat: 13g
- Carbs (net) : 8.25g

**TOTAL CALS: 521 | Protein: 51g | Fat: 30.4g | Carbs (net): 10.85g**

### **TOTALS FOR THE DAY:**

**CALORIES: 1609**

**PROTEIN: 150g**

**FAT: 97.4g**

**NET CARBS: 36.5g**

# SIMPLE LOW CARB - 1900 CALORIES

Total Calories: ~1900 per day. Thanks to [forum](#) moderator Petter Olsen. I have based this on his meal plan.

## Meal #1: Bacon & Eggs

50g or 1 ½ ounces Bacon

- Calories : 238
- Protein: 10g
- Fat : 22g
- Carbs (net): 0g

3 x Whole Eggs

- Calories : 213
- Protein: 18g
- Fat : 15g
- Carbs (net): 1.5g

**TOTAL CALS : 451 | Protein: 28g | Fat : 37g | Carbs (net): 1.5g**

## Meal #2: Protein Shake (add your [5g creatine](#) if this is after your workout)

A [protein shake](#) in water. About 40g, which will yield some fat and carbs but around 33g protein.

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

### Meal #3: Ground Beef with Mayo

200g or 7 ounces of ground beef

- Calories : 532
- Protein: 52g
- Fat : 36g
- Carbs (net): 0g

50g or 1 ½ ounces mayo (full fat)

- Calories : 355.5
- Protein: 1g
- Fat : 38.5g
- Carbs (net): 0g

TOTAL CALS: 887.5 | Protein: 53g | Fat: 74.5g | Carbs (net): 0g

### Meal #4: Chicken, Cheese, & Broccoli (salt to taste)

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

200g or 7 ounces Broccoli

- Calories: 50
- Protein: 4.5g
- Fat: 0g
- Carbs (net): 8g

**TOTAL CALS: 413 | Protein: 59.5g | Fat: 15g | Carbs (net): 10g**

**TOTALS FOR THE DAY:**

**CALORIES: 1906.5**

**PROTEIN: 173g**

**FAT: 127.5g**

**NET CARBS: 14.25g**

# LOW CARB - 2000 CALORIES

Thanks to [forum](#) user Augusto. This is a tweaked version of his meal plan submission.

## Meal #1 – Scrambled Eggs & Egg Whites

4 Scrambled Eggs

- Calories : 284
- Protein: 24g
- Fat : 20g
- Carbs (net): 2g

100g Egg Whites

- Calories : 40
- Protein: 10g
- Fat : 0g
- Carbs (net): 0g

**TOTAL CALS: 324 | Protein: 34g | Fat: 20g | Carbs (net): 2g**

## MEAL #2 – Protein Shake (add your [5g creatine](#) if this is after your workout)

A [protein shake](#) in water. About 40g, which will yield some fat and carbs but around 33g protein.

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

## MEAL #3 – Spaghetti, Beef, & Tomato Sauce

100g or 3oz. Spaghetti

- Calories : 120
- Protein: 5g
- Fat : 0.5g
- Carbs (net): 24g

50g or 1.5 oz. Ground Beef

- Calories : 119
- Protein: 14g
- Fat : 7g
- Carbs (net): 0g

60g Tomato Sauce (not ketchup, the jars for cooking with pasta or spaghetti)

- Calories : 25
- Protein: 1g
- Fat : 0g
- Carbs (net): 5g

**TOTAL CALS: 264 | Protein: 20g | Fat: 7.5g | Carbs (net): 29g**

#### MEAL # 4 – Small Green Salad with Tuna and Mayo

60g Green Salad

- Calories: 12
- Protein: 1g
- Fat: 0g
- Carbs (net): 2g

60g Tuna

- Calories: 60
- Protein: 15g
- Fat: 0g
- Carbs (net): 0g

15g Mayo

- Calories: 90
- Protein: 0g
- Fat: 10g
- Carbs (net): 0g

**TOTAL CALS: 162 | Protein: 16g | Fat: 10g | Carbs (net): 2g**

## MEAL #5 – Chicken, Potato, Salad, & Dressing

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g

80g Boiled Potato (no skin)

- Calories: 66
- Protein: 1.5g
- Fat: 0g
- Carbs (net): 15g

60g Green Salad

- Calories: 12
- Protein: 1g
- Fat: 0g
- Carbs (net): 2g

15g or 1 tablespoon Ranch Dressing

- Calories: 70
- Protein: 0g
- Fat: 7.7
- Carbs: 0g

10ml Olive Oil or 2 teaspoons

- Calories: 81
- Protein: 0g
- Fat: 9g
- Carbs: 0g

**TOTAL CALS: 436 | Protein: 47.5g | Fat: 19.7g | Carbs (net): 17g**

## MEAL #6 – Snack of Cheese & Almonds

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

40g or 1.5oz Almonds

- Calories: 228
- Protein: 8g
- Fat: 20.5g
- Carbs (net): 3g
- 

**TOTAL CALS: 384.5 | Protein: 18g | Fat: 32.5g | Carbs (net): 5g**

## MEAL #7 – Boiled Eggs, Peanut Butter

3 x Whole Eggs

Calories : 213  
Protein: 18g  
Fat : 15g  
Carbs (net): 1.5g

15g Peanut Butter

Calories: 100  
Protein: 4g  
Fat: 8g  
Carbs (net): 3g

**TOTAL CALS 313 | Protein: 22g | Fat: 23g | Carbs: 4.5g**



**TOTALS FOR THE DAY:**

**CALORIES: 2054**

**PROTEIN: 190.5g**

**FAT: 113.7g**

**NET CARBS: 62.25g**

# LOW CARB - 2500 CALORIES

## Meal #1 Egg, Ham, Cheese, Bell Pepper, & Mushroom Omelet

3 x Whole Eggs

- Calories : 213
- Protein: 18g
- Fat : 15g
- Carbs (net): 1.5g

90g Cheddar Cheese, which is about 4 regular slices or 3 ounces. Melt this over your cauliflower.

- Calories: 312
- Protein: 20g
- Fat: 24g
- Carbs (net): 4g

½ Bell Pepper chopped up

- Calories: 10
- Protein: 0.5g
- Fat: 0g
- Carbs (net): 2g

½ Cup Mushroom sliced (about a handful)

- Calories: 8
- Protein: 1g
- Fat: 0g
- Carbs (net): 1g

2 x Thin Slices of Cooked Ham or about 45g

- Calories: 120
- Protein: 12g
- Fat: 8g
- Carbs (net): 0g

**TOTAL CALS : 663 | Protein: 51.5g | Fat : 47g | Carbs (net): 8.5g**

**Meal #2: The Monster Smoothie. Whey, Heavy/Double Cream, Peanut Butter, Water, Flax Seed.**

40g Serving [Whey Protein](#)

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

1 x tablespoon (about 15g) Natural Peanut Butter

- Calories: 100
- Protein: 4g
- Fat: 8g
- Carbs (net): 3g

150ml or 5 fl oz. Heavy Cream (called double cream in the UK)

- Calories: 523
- Protein: 3g
- Fat: 55g
- Carbs (net): 4g

350ml or 1 ½ Cups Water – 0 Calories

1 x heaped tablespoon Flax Seed (~15g)

- Calories: 78
- Protein: 2g
- Fat: 6g
- Carbs (net): 4g

**TOTAL CALS: 853 | Protein: 42g | Fat: 70g | Carbs (net): 13.75g**

**MEAL #3 – Protein Shake (40g)** Take after your workout. You can move this meal around to whenever you train in the day.

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

**Meal #4 Steak, & Mixed Buttered Veggies**

5oz or 140g Steak (cooked)

- Calories: 345
- Protein: 39g
- Fat: 21g
- Carbs (net): 0g

15g or 1 tablespoon Butter for melting over your veggies (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

6 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 8g
- Protein: 6g
- Fat: 1g
- Carbs (net): 14g

**TOTAL CALS: 542 | Protein: 45g | Fat: 34g | Carbs (net): 14g**

**MEAL #5 – Full Fat Cottage Cheese and with flaked or ground Almonds (use stevia to sweeten the cottage cheese if you wish)**

1 Cup Full-Fat Cottage Cheese (if in the UK, this is basically the size of a tub that you buy in Tesco or Asda, simply empty the entire contents into a bowl).

- Calories: 179.5
- Protein: 27g
- Fat: 5.5g
- Carbs (net): 5.5g

1 ounce or 28g almonds

- Calories : 164
- Protein: 6g
- Fat : 14.4g
- Carbs (net): 2.6g

**TOTAL CALS: 343.5 | Protein: 33g | Fat: 19.9g | Carbs (net): 8.1g**

**TOTALS FOR THE DAY:**

**CALORIES: 2553.5**

**PROTEIN: 204.5g**

**FAT: 171.9g**

**NET CARBS: 47.1g**

# LOW-CARB 3000 CALORIES

## Meal #1: Bacon & Eggs with Cheese

50g or 1 ½ ounces Bacon

- Calories : 238
- Protein: 10g
- Fat : 22g
- Carbs (net): 0g

3 x Whole Eggs

- Calories : 213
- Protein: 18g
- Fat : 15g
- Carbs (net): 1.5g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces (put on your eggs)

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

**TOTAL CALS : 607 | Protein: 38g | Fat : 49g | Carbs (net): 3.5g**

## Meal #2: The Monster Smoothie. Whey, Heavy/Double Cream, Peanut Butter, Water, Flax Seed.

40g Serving [Whey Protein](#)

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

1 x tablespoon (about 15g) Natural Peanut Butter

- Calories: 100
- Protein: 4g
- Fat: 8g
- Carbs: 3g

150ml or 5 fl oz. Heavy Cream (called double cream in the UK)

- Calories: 523
- Protein: 3g
- Fat: 55g
- Carbs (net): 4g

350ml or 1 ½ Cups Water – 0 Calories

1 x heaped tablespoon Flax Seed (~15g)

- Calories: 78
- Protein: 2g
- Fat: 6g
- Carbs (net): 4g

**TOTAL CALS: 853 | Protein: 42g | Fat: 70g | Carbs (net): 13.75g**

**MEAL #3 – Protein Shake (40g) Take after your workout. You can move this meal around to whenever you train in the day.**

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

## MEAL #4 Steak, Cauliflower Cheese, Mixed Buttered Veggies

5oz or 140g Steak (cooked)

- Calories: 345
- Protein: 39g
- Fat: 21g
- Carbs (net): 0g

1 ½ Cups Cauliflower (100g) – cooked weight.

- Calories: 28.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 3g

90g Cheddar Cheese, which is about 4 regular slices or 3 ounces. Melt this over your cauliflower.

- Calories: 312
- Protein: 20g
- Fat: 24g
- Carbs (net): 4g

15g or 1 tablespoon Butter for melting over your veggies (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

3 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 44.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 7g

**TOTAL CALS: 838 | Protein: 65g | Fat: 58g | Carbs (net): 14g**



## Meal #5: Chicken & Almond Leafy Salad

200g Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs: 0g

1 ounce or 28g almonds

- Calories : 164
- Protein: 6g
- Fat : 14.4g
- Carbs (net): 2.6g

Handful of leafy veggies with 1 tablespoon of olive oil.

- Calories: 150
- Protein: 0g
- Fat: 13g
- Carbs (net) : 8.25g

**TOTAL CALS: 521 | Protein: 51g | Fat: 30.4g | Carbs (net): 10.85g**

### TOTALS FOR THE DAY:

**CALORIES: 2971**

**PROTEIN: 229g**

**FAT: 208.4**

**NET CARBS: 44.85**

# LOW-CARB 3500 CALORIES

What I'll do for the 3500 Calorie meal plan is modify the 3000 Calorie plan, because it's such a great way to eat.

## Meal #1: Bacon & Eggs with Cheese

50g or 1 ½ ounces Bacon

- Calories : 238
- Protein: 10g
- Fat : 22g
- Carbs (net): 0g

3 x Whole Eggs

- Calories : 213
- Protein: 18g
- Fat : 15g
- Carbs (net): 1.5g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces (put on your eggs)

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

**TOTAL CALS : 607 | Protein: 38g | Fat : 49g | Carbs (net): 3.5g**

## Meal #2: The Monster Smoothie. Whey, Heavy/Double Cream, Peanut Butter, Water, Flax Seed.

40g Serving [Whey Protein](#)

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

1 x tablespoon (about 15g) Natural Peanut Butter

- Calories: 100
- Protein: 4g
- Fat: 8g
- Carbs: 3g

150ml or 5 fl oz. Heavy Cream (called double cream in the UK)

- Calories: 523
- Protein: 3g
- Fat: 55g
- Carbs (net): 4g

350ml or 1 ½ Cups Water – 0 Calories

1 x heaped tablespoon Flax Seed (~15g)

- Calories: 78
- Protein: 2g
- Fat: 6g
- Carbs (net): 4g

**TOTAL CALS: 853 | Protein: 42g | Fat: 70g | Carbs (net): 13.75g**

**MEAL #3 – Protein Shake (40g) Take after your workout. You can move this meal around to whenever you train in the day.**

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

## MEAL #4 Steak, Cauliflower Cheese, Mixed Buttered Veggies

5oz or 140g Steak (cooked)

- Calories: 345
- Protein: 39g
- Fat: 21g
- Carbs (net): 0g

1 ½ Cups Cauliflower (100g) – cooked weight.

- Calories: 28.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 3g

90g Cheddar Cheese, which is about 4 regular slices or 3 ounces. Melt this over your cauliflower.

- Calories: 312
- Protein: 20g
- Fat: 24g
- Carbs (net): 4g

15g or 1 tablespoon Butter for melting over your veggies (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

3 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 44.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 7g

**TOTAL CALS: 838 | Protein: 65g | Fat: 58g | Carbs (net): 14g**

**Meal #5: Beef Chilli with Cheese (you can get instructions on how to make this delicious meal [here](#))**

200g or 7 ounces of ground beef

- Calories : 532
- Protein: 52g
- Fat : 36g
- Carbs (net): 0g

90g Cheddar Cheese, which is about 4 regular slices or 3 ounces. Melt this over your cauliflower.

- Calories: 312
- Protein: 20g
- Fat: 24g
- Carbs (net): 4g

10ml Olive Oil or 2 teaspoons

- Calories: 81
- Protein: 0g
- Fat: 9g
- Carbs: 0g

½ Bell Pepper chopped up

- Calories: 10
- Protein: 0.5
- Fat: 0g
- Carbs: 2g

200g or 7 ounces of Chopped tomatoes. You can buy tins of chopped tomatoes. They're usually about 400g by weight. So just pour in half the tin. In the UK, Tesco do 400g tins of chopped tomatoes for just 36p.

- Calories: 36.5
- Protein: 2
- Fat: 0.5g
- Carbs: 6g

1/2 cup water (4 fl. oz.)

- Calories: 0

2 tablespoons malt vinegar

- Calories: 0

1 x heaped teaspoon (~8g) chilli powder

- Calories : 25
- Protein: 1g
- Fat : 1g
- Carbs (net): 3g

**TOTAL CALS: 996.5 | Protein: 75.5g | Fat: 70.5g | Carbs (net): 15g**

**TOTALS FOR THE DAY:**

**CALORIES: 3446.5**

**PROTEIN: 253.5g**

**FAT: 248.5**

**NET CARBS: 49**

# HIGH CARB - 2000 CALORIES

**MEAL #1 – PROATS** i.e. Protein Oats combo (more details on this meal [here](#))

- 30g serving of oats
- 100ml / 3.5 fl oz water
- 25g serving [Whey Protein](#)
- 200ml / 7 fl oz milk

Just mix it all together and enjoy. Vanilla flavor whey works best.

**TOTAL CALS: 290 | Protein: 32g | Fat: 5.5g | Carbs (net): 28g**

**MEAL #2 – Beef Chilli** (you can get cooking instructions for this meal [here](#))

150g or 5oz Lean Beef Mince

- Calories: 294
- Protein: 40g
- Fat: 14g
- Carbs (net): 2g

120g or 4oz Kidney Beans

- Calories: 125
- Protein: 8g
- Fat: 1g
- Carbs (net): 21g

½ Bell Pepper chopped up

- Calories: 10
- Protein: 0.5
- Fat: 0g
- Carbs: 2g

200g or 7 ounces of Chopped tomatoes. You can buy tins of chopped tomatoes. They're usually about 400g by weight. So just pour in half the tin. In the UK, Tesco do 400g tins of chopped tomatoes for just 36p.

- Calories: 36.5
- Protein: 2
- Fat: 0.5g
- Carbs: 6g

1/2 cup water (4 fl. oz.)

- Calories: 0

2 tablespoons malt vinegar

- Calories: 0

1 x heaped teaspoon (~8g) chilli powder

- Calories : 25
- Protein: 1g
- Fat : 1g
- Carbs (net): 3g

45g Cheddar Cheese, which is about 2 regular slices or 1 1/2 ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

**TOTAL CALS: 646.5 | Protein: 61.5g | Fat: 28.5g | Carbs (net): 36g**



**MEAL #3 – Protein Shake (40g)** Take after your workout. You can move this meal around to whenever you train in the day.

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

**MEAL #4 – Chicken A La King (you can get cooking instructions for this meal [here](#))**

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g

1 cup/8 fl oz or 240ml Whole Milk

- Calories: 148
- Protein: 8g
- Fat: 8g
- Carbs (net): 11g

2 x tablespoons Wholemeal Flour (about 30g)

- Calories: 108.5
- Protein: 4g
- Fat: 0.5g
- Carbs (net): 22g

1 x hard-boiled egg sliced

- Calories: 77.2
- Protein: 6g
- Fat: 5.8g
- Carbs (net): 0.25g

3 x tablespoons Chopped Onion

- Calories: 18
- Protein: 0.5g
- Fat: 0g
- Carbs (net): 4g

1 x cup Cooked Spinach (for UK readers that's basically a large handful)

- Calories: 88
- Protein: 6g
- Fat: 4g
- Carbs (net): 7g

**TOTAL CALS: 646.7 | Protein: 69.5g | Fat: 21.3g | Carbs (net): 44.25g**

**MEAL #5 – Full Fat Cottage Cheese, Whey, Stevia (you can throw in a handful of blueberries or other fruit here, just adjust the macros and Calories)**

1 Cup Full-Fat Cottage Cheese (if in the UK, this is basically the size of a tub that you buy in Tesco or Asda, simply empty the entire contents into a bowl).

- Calories: 179.5
- Protein: 27g
- Fat: 5.5g
- Carbs (net): 5.5g

20g Whey Protein (about half of your normal serving)

- Calories: 76.5
- Protein: 16.5g
- Fat: 0.5g
- Carbs (net): 1.5g

3 x teaspoons stevia

- Calories: 6
- Protein: 0g
- Fat: 0g
- Carbs (net): 1.5g

**TOTAL CALS: 262 | Protein: 43.5g | Fat: 6g | Carbs (net): 8.5g**

**TOTALS FOR THE DAY:**

**CALORIES: 1997**

**PROTEIN: 239.5g**

**FAT: 62.3g**

**NET CARBS: 119.5g**

# HIGH CARB - 2500 CALORIES

## Meal #1 – Eggs & Toast with Butter

2 x Slices Burgen Bread (toasted is good)

- Calories: 231.2
- Protein: 14g
- Fat: 8.8g
- Carbs (net): 24g

4 x Eggs

- Calories: 287.6
- Protein: 24g
- Fat: 20.4g
- Carbs (net): 2g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

**TOTAL CALS: 626.80 | Protein: 38g | Fat: 41.2g | Carbs (net): 26g**

## MEAL #2 – Couscous, Chicken, Butter & Veggies (more details on this meal [here](#))

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g

100g or 3.5oz Couscous (uncooked weight)

- Calories: 364.5
- Protein: 13g
- Fat: 0.5g
- Carbs (net): 77g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

3 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 44.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 7g

**TOTAL CALS: 724 | Protein: 61g | Fat: 16g | Carbs (net): 84g**

**MEAL #3 - Protein Shake (40g)** Take after your workout. You can move this meal around to whenever you train in the day.

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

**Meal #4 – PROATS i.e. Protein Oats combo (more details on this meal [here](#))**

- 30g serving of oats
- 100ml / 3.5 fl oz water
- 25g serving [Whey Protein](#)
- 200ml / 7 fl oz milk

Just mix it all together and enjoy. Vanilla flavor whey works best.

**TOTAL CALS: 290 | Protein: 32g | Fat: 5.5g | Carbs (net): 28g**

**Meal #5 – Lean Beef Mince, Sweet Potato, Cheese, Butter, Tomato**

150g or 5oz Lean Beef Mince

- Calories: 294
- Protein: 40g
- Fat: 14g
- Carbs (net): 2g

200g or 7oz. Sweet Potato

- Calories: 184.5
- Protein: 2g
- Fat: 0.5g
- Carbs (net): 43g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

## 1 Regular Tomato

- Calories: 16
- Protein: 1g
- Fat: 0g
- Carbs (net): 3g

**TOTAL CALS: 758.5 | Protein: 53g | Fat: 38.5g | Carbs (net): 50g**

### **TOTALS FOR THE DAY:**

**CALORIES: 2550**

**PROTEIN: 217**

**FAT: 102**

**NET CARBS: 191**

# HIGH CARB - 3000 CALORIES

Thanks for [forum](#) member KRS for the bones of this one. I added my own take on it.

## Meal #1 – Eggs & Toast with Butter

2 x Slices Burgen Bread (toasted is good)

- Calories: 231.2
- Protein: 14g
- Fat: 8.8g
- Carbs (net): 24g

4 x Eggs

- Calories: 287.6
- Protein: 24g
- Fat: 20.4g
- Carbs (net): 2g

2 x Tablespoons Butter for spreading on your toast (about 30g)

- Calories: 207
- Protein: 0g
- Fat: 23g
- Carbs (net): 0g

**TOTAL CALS: 725.80 | Protein: 38g | Fat: 52.2g | Carbs (net): 26g**

## Meal #2 – Chicken, Brown Rice, Butter, Kidney Beans, Broccoli

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g



100g or 3.5oz Brown Rice (raw weight)

- Calories: 351
- Protein: 7g
- Fat: 3g
- Carbs (net): 74g

120g or 4oz Kidney Beans

- Calories: 125
- Protein: 8g
- Fat: 1g
- Carbs (net): 21g

100g or 3.5oz Broccoli

- Calories: 28
- Protein: 3g
- Fat: 0g
- Carbs (net): 4g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

**TOTAL CALS: 819 | Protein: 63g | Fat: 19g | Carbs (net): 99g**

**MEAL #3 – Oats, Whey & Sunflower Seeds (good for before your workout)**

## 60g Porridge Oats

- Calories: 208
- Protein: 6g
- Fat: 4g
- Carbs (net): 37g

## 25g Sunflower Seeds

- Calories: 152
- Protein: 6g
- Fat: 12g
- Carbs (net): 5g

40g [Whey Protein](#), which will yield some fat and carbs but around 33g protein.

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 512 | Protein: 45g | Fat: 17g | Carbs (net): 44.75g**

**MEAL #4 – Protein Shake (40g) Take after your workout. You can move this meal around to whenever you train in the day.**

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

**TOTAL CALS: 152 | Protein: 33g | Fat: 1g | Carbs (net): 2.75g**

## MEAL #5 – Lean Beef Mince, Sweet Potato, Cheese, Butter, Tomato

150g or 5oz Lean Beef Mince

- Calories: 294
- Protein: 40g
- Fat: 14g
- Carbs (net): 2g

200g or 7oz. Sweet Potato

- Calories: 184.5
- Protein: 2g
- Fat: 0.5g
- Carbs (net): 43g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

1 Regular Tomato

- Calories: 16
- Protein: 1g
- Fat: 0g
- Carbs (net): 3g

**TOTAL CALS: 758.5 | Protein: 53g | Fat: 38.5g | Carbs (net): 50g**

**TOTALS FOR THE DAY:**

**CALORIES: 2967.30**

**PROTEIN: 232g**

**FAT: 127.7g**

**NET CARBS: 222.5g**

# HIGH CARB - 3600 CALORIES

## Meal #1 – Eggs with a Bagel & Cream Cheese

4 x Eggs

- Calories: 287.6
- Protein: 24g
- Fat: 20.4g
- Carbs (net): 2g

1 x Regular Bagel

- Calories: 270
- Protein: 10g
- Fat: 2g
- Carbs (net): 53g

1 x tablespoon (about 15g) Cream Cheese

- Calories: 51
- Protein: 1g
- Fat: 5g
- Carbs (net): 0.5g

**TOTAL CALS: 608.6 | Protein: 35g | Fat: 27.4g | Carbs (net): 55.5g**

**Meal #2 – Smoothie with whey, banana, peanut butter, and whole milk.** Great for pre-workout. If you train first thing in the morning, this is a fantastic quick option for you straight outta bed :)

40g Serving [Whey Protein](#)

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

1 x Medium Banana

- Calories: 116.5
- Protein: 1g
- Fat: 0.5g
- Carbs (net): 27g

1 x tablespoon (about 15g) Natural Peanut Butter

- Calories: 100
- Protein: 4g
- Fat: 8g
- Carbs (net): 3g

2 x cups (16 fl oz or 475ml) of Whole Milk

- Calories: 296
- Protein: 16g
- Fat: 16g
- Carbs (net): 22g

**TOTAL CALS: 664.5 | Protein: 54g | Fat: 25.5g | Carbs (net): 54.75g**

**Meal #3 – Whey Protein Shake with Whole Milk (and [creatine](#) if post-workout)**

40g Serving Whey Protein

- Calories: 152
- Protein: 33g
- Fat: 1g
- Carbs (net): 2.75g

2 x cups (16 fl oz or 475ml) of Whole Milk

- Calories: 296
- Protein: 16g
- Fat: 16g
- Carbs (net): 22g

**TOTAL CALS: 448 | Protein: 49g | Fat: 17g | Carbs (net): 24.75g**

**Meal #4 – Steak, Brown Rice, Cheese, Buttered Veggies** (Big meal perfect for eating within 3 hours of finishing your workout)

5oz or 140g Steak (cooked)

- Calories: 345
- Protein: 39g
- Fat: 21g
- Carbs (net): 0g

45g Cheddar Cheese, which is about 2 regular slices or 1 ½ ounces

- Calories: 156
- Protein: 10g
- Fat: 12g
- Carbs (net): 2g

100g or 3.5oz Brown Rice (raw weight)

- Calories: 351
- Protein: 7g
- Fat: 3g
- Carbs (net): 74g

15g or 1 tablespoon Butter for melting over your veggies (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

3 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 44.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 7g

**TOTAL CALS: 1004.5 | Protein: 59g | Fat: 48.5g | Carbs (net): 83g**

**Meal #5 – Couscous, Sweet Potato, Chicken, Butter & Veggies.** This is very filling. One last big meal before bedtime to fuel muscle growth right through the night)

200g or 7 ounces Chicken

- Calories: 207
- Protein: 45g
- Fat: 3g
- Carbs (net): 0g

100g or 3.5oz Couscous (uncooked weight)

- Calories: 364.5
- Protein: 13g
- Fat: 0.5g
- Carbs (net): 77g

200g or 7oz. Sweet Potato

- Calories: 184.5
- Protein: 2g
- Fat: 0.5g
- Carbs (net): 43g

15g or 1 tablespoon Butter (Kerrygold brand is best)

- Calories: 108
- Protein: 0g
- Fat: 12g
- Carbs (net): 0g

3 x Heaped Tablespoons of Mixed Veggies (I buy a bag of frozen carrots, peas, cauliflower, broccoli)

- Calories: 44.5
- Protein: 3g
- Fat: 0.5g
- Carbs (net): 7g

**TOTAL CALS: 908.5 | Protein: 63g | Fat: 16.5g | Carbs (net): 127g**



**TOTALS FOR THE DAY:**

**CALORIES: 3634.1**

**PROTEIN: 260g**

**FAT: 134.9**

**NET CARBS: 345**

## ARMS BLAST EXPERIMENT REVEALED!

In November 2009 I recruited some volunteers via MuscleHack to test a new bodybuilding protocol I had developed. The goal of which was to try and increase the size of the subject's arms by half an inch in 1 week! ([Get Your Copy Here](#))

As you will see, some people reached this target, some did even better!



Greg Magisana, Kingaroy, Queensland, Australia. **GAINED 2CMs or 0.8 INCHES!**

"Hello Mark. I have finished the Blast Arms Routine and I am happy to say that it has worked. My measurements were as follows...

Before they were 34cm relaxed and 36cm flexed. It didn't change at all until the 4th day afterwards when they seem to have grown overnight. Now the final measurement is 35cm relaxed and a huge difference flexed come to 38cm 😊 . I can see the difference in the size and my muscle

seems to be more solid/harder when flexed. Thanks again. "



Craig. Sydney, Australia. **GAINED 1.5CMs** which is OVER 1/2 an INCH!

"Hey Mark. Left arm began at 29cm and finished up at 30.3cm. Right arm began at 30cm and grew to 31.5cm – also taken on Monday. [ed. this was 6 days after the workout]

I found the cadence a really good way to train to failure – I was so concentrated on counting those intervals that it meant I trained to true failure because I didn't know what rep I was on.

The static failure was REAL tough to give 100% but I definitely found it gave me a deep burn in the bicep for at least 10 minutes after I had completed the set (something not usually experienced for me). Thank you so much for the opportunity".

Mark in Cheltenham, UK. **GAINED 1/2 INCH!**

"Hi Mark

- 1 day before workout L = 12.5", R = 13"
- Workout Tues 24/11/2009
- Sat measurement L = 13", R = 13.5" (peak) [ed. 5 days after the workout]
- Last measurement L = 13", R = 13.5"

So I have gained 1/2 inch on both."

**[CLICK HERE TO GET YOUR COPY OF THE 'ARMS BLAST EXPERIMENT' 2 NOW!](#)**