



# HOME OF GAINS MEAL PLANNER THE BULKING PLAN

AVOID 'DIRTY' BULKING AND ADD SERIOUS MASS AND SIZE WITH NUTRITIOUS FOODS FROM THE MAXIMUSCLE MIX AND MATCH NUTRITION BUILDER\*.

Before you start planning your diet, first calculate your total daily energy intake by using the nutrition calculator overleaf. You may need to adjust some of your meal choices to attain the calculated calorie intake.  
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## BREAKFAST

### PICK ANY ONE

**1 SCRAMBLED EGGS & CHERRY TOMS**  
3 eggs, handful cherry tomatoes, 2 thick toast  
648 KCAL - 44 g CARBS - 29 g PROTEIN - 41 g FAT

**2 LOADED OMLETTE**  
3 eggs, 4 pieces wafer ham, handful mushrooms, handful spinach, 2 wholemeal toast  
607 KCAL - 32 g CARBS - 36 g PROTEIN - 37 g FAT

**3 PEANUT BUTTER, AVO & CHOC SMOOTHIE**  
300 ml whole-milk, 1/2 avocado, 2 tbsp peanut butter, 1 tsp honey, 2 tsp cocoa powder  
603 KCAL - 26 g CARBS - 22 g PROTEIN - 46 g FAT

**4 MILLIONAIRE SHORTBREAD PORRIDGE**  
large bowl porridge with whole-milk, Maximuscle Millionaire shortbread Promax bar  
611 KCAL - 68 g CARBS - 37 g PROTEIN - 21 g FAT

**5 FRENCH TOAST & BLUEBERRIES**  
3 thick wholemeal toast, 3 eggs, 1 handful blueberries, 2 tbsp 0% fat Greek yoghurt, 1 tsp honey  
517 KCAL - 70 g CARBS - 35 g PROTEIN - 13 g FAT

## LUNCH

### PICK ANY ONE

**1 LOADED SWEET POTATO**  
1 large potato, 1 can tuna, 1 tbsp mayo, 3 tbsp peas, 3 tbsp sweetcorn  
645 KCAL - 102 g CARBS - 47g PROTEIN - 8 g FAT

**2 CHICKEN SALAD PITAS**  
2 wholemeal pitas, 1 chicken breast, mixed salad, 2 tsp pest  
588 KCAL - 81 g CARBS - 44 g PROTEIN - 11 g FAT

**3 SALMON & CREAM CHEESE BAGELS**  
2 wholemeal bagel, 50 g smoked salmon, 1 1/2 tbsp light cream cheese  
612 KCAL - 81 g CARBS - 44 g PROTEIN - 11 g FAT

**4 CHICKEN, MUSTARD PASTA**  
1 chicken breast, 1/2 mug dry pasta, 1/2 yellow pepper, 2 tsp wholegrain mustard, 150 ml single cream  
707 KCAL - 57 g CARBS - 42 g PROTEIN - 36 g FAT

**5 BAKED EGGS & AVOCADO**  
4 rashers of bacon, 1 ripe avocado, 2 eggs, 1/2 chilli to taste  
702 KCAL - 2 g CARBS - 40 g PROTEIN - 59 g FAT

## DINNER

### PICK ANY ONE

**1 STEAK STIR FRY**  
100 g steak, 50 g baby corn, 50 g sugarsnap peas, 50 g beansprouts, 250 g dried noodles, 2 tbsp light soy sauce  
725 KCAL - 97 g CARBS - 54 g PROTEIN - 16 g FAT

**2 THAI GREEN CURRY**  
2 tsp green curry paste, 1/2 can coconut milk, 75 g cooked & peeled king prawns, 50 g baby corn, juice of 1 lime, 2 tsp fish sauce, 1 1/2 handful brown rice  
626 KCAL - 54 g CARBS - 21g PROTEIN - 27g FAT

**3 STAEK BURRITO**  
100 g steak 1 small red onion, 1/2 red pepper, 6 cherry tomatoes, 1/2 can kidney beans, 1 wholemeal tortilla, 1 handful brown rice  
671 KCAL - 87 g CARBS - 48 g PROTEIN - 16 g FAT

**4 MEATBALLS & PASTA**  
5 beef meat balls, 1/2 mug dry pasta, 300 g tomato pasta sauce  
664 KCAL - 70 g CARBS - 34 g PROTEIN - 28 g FAT

**5 GNOCCHI & SAUSAGE RAGU**  
250 g cooked gnocchi, 2 pork sausages, 1/2 can chopped tomatoes, 1 small red onion, small bunch basil  
697 KCAL - 90 g CARBS - 26 g PROTEIN - 18 g FAT

## MID-MORNING SNACKS PICK ANY ONE

**1 BERRY PROGAIN PORRIDGE**  
Porridge with skimmed milk, 80 g berries, 1 serve Maximuscle Progain  
493 KCAL - 76 g CARBS - 27 g PROTEIN - 10 g FAT

**3 RICE CRISPY BITES**  
2 rice crispy bites - Recipe - youtube.com/Maxinutrition  
427 KCAL - 36 g CARBS - 23 g PROTEIN - 18g FAT

**2 TRAIL MIX**  
2 handfuls mixed nuts, raisings & sultanas  
420 KCAL - 28 g CARBS - 16 g PROTEIN - 26 g FAT

**4 EGG PANINI**  
2 boiled eggs, 2 tsp light mayo, 1 panini  
427 KCAL - 36 g CARBS - 23 g PROTEIN - 18g FAT

## EVENING SNACKS PICK ANY ONE

**1 CHOC MINT CASEIN & YOG**  
200 g Greek yoghurt, 1 serve Maximuscle Casein  
365 KCAL - 9 g CARBS - 35 g PROTEIN - 20 g FAT

**3 CARAMEL HOT CHOC**  
Mug hot chocolate with whole milk, 1x Maximuscle chocolate caramel casein  
427 KCAL - 36 g CARBS - 23 g PROTEIN - 18g FAT

**2 CHEESE & CRACKERS**  
4 crackers, 75 g cheddar cheese  
437 KCAL - 19 g CARBS - 21 g PROTEIN - 30 g FAT

**4 FRUITY COTTAGE CHEESE**  
300 g cottage cheese, 2 rings pineapple  
453 KCAL - 45 g CARBS - 29 g PROTEIN - 18 g FAT



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A bulking diet looks very different from person to person, depending on an individual's body weight and training intensity. Make sure you're eating the right amount of calories per day to bulk whilst keeping fat gains to a minimum. Before you start planning your diet, calculate your required total daily energy intake using the nutrition calculator below.

## KEY PRODUCTS

The following Maximuscle products are featured in this bulking plan. Visit [maxinutrition.com](http://maxinutrition.com) to view the full Maximuscle Progain range for additional support to achieve your goals of increasing mass and size.



### PROGAIN

- ✓ 30 g high quality protein
- ✓ Naturally rich in BCAAs & Glutamine
- ✓ 500 calories per serving



### MICELLAR CASEIN

- ✓ Slow releasing milk proteins
- ✓ 89 - 90% milk protein concentrate content\*\*
- ✓ Low in fat and sugar



### PROGAIN FLAPJACK MIXED BERRY

- ✓ 20 g protein<sup>§</sup>
- ✓ High in fibre
- ✓ 3.5 g creatine monohydrate<sup>°</sup>



### WHEY PROTEIN ISOLATE

- ✓ 88 - 96% whey protein isolate content\*\*



### PROMAX BAR - MILLIONAIRES SHORTBREAD

- ✓ 20 g protein<sup>§</sup>
- ✓ Helps muscle development\*
- ✓ High in fibre
- ✓ Contains vitamin D and magnesium

<sup>§</sup> Products have been formulated to meet an average of 20 g protein per bar  
<sup>\*</sup> Protein helps to maintain & build muscles

<sup>\*\*</sup> Varies depending on flavour  
<sup>°</sup> Creatine increases physical performance during successive bursts of short term, high intensity exercise (when a minimum of 3 g creatine is consumed daily)

## CALCULATIONS

FOLLOW THE STEP BY STEP GUIDE BELOW TO CALCULATE YOUR DAILY ENERGY REQUIREMENTS:

The example below is based on a man who is 70 kg, 180 cm tall, 27 years old & training 5 days/week.

STEP 1 - First you need to calculate your Basal Metabolic Rate  
MEN:  $BMR = 66.5 + [13.75 \times \text{WEIGHT (kg)}] + [5.0 \times \text{HEIGHT (cm)}] - [6.76 \times \text{AGE (years)}]$   
WOMEN:  $BMR = 655.1 + [9.56 \times \text{WEIGHT (kg)}] + [1.85 \times \text{HEIGHT (cm)}] - [4.68 \times \text{AGE (years)}]$

EXAMPLE:  $66.5 + [13.75 \times 70 \text{ kg}] + [5 \times 180 \text{ cm}] - [6.76 \times 27 \text{ years}] = 1746 \text{ kcal}$

YOU:

STEP 2 - Multiply your BMR by 1.55, the activity factor for exercising 3 - 5 times per week

EXAMPLE:  $1746 \times 1.55 = 2707 \text{ kcal}$

YOU:

STEP 3 - In order to create a calorie excess now add 500 calories to the total.

EXAMPLE:  $2707 + 500 = 3207 \text{ kcal}$

YOU:

## SUPPORT YOUR BULKING GOALS

- ✓ **BULK CLEAN:** Increase your daily calories with nutrient packed foods such as avocado, oily fish and sweet potato.
- ✓ **CARDIO:** Don't overlook cardio whilst bulking. Cardio is important to keep your cardiovascular system healthy and can keep fat gains to a minimum.
- ✓ **TRACK YOUR PROGRESS:** By tracking your weight gains you can see if you need to amend your diet or training to support your gains.
- ✓ **POST WORKOUT NUTRITION:** Maximise muscle growth by tucking into a convenient protein bar or protein shake as you walk out of the gym doors.
- ✓ **REST:** Not enough sleep and increased stress can prolong the body's recovery period and make tomorrows workout tougher. Opt for 8 hours of sleep per night, supplementing with naps if necessary.

\*The meal and snack options included in this bulking diet are based on an individual requiring an average of 3207 calories per day. Nutritional values may vary depending on food and brand choices.