



## TIGERS ATHLETE

# DAILY EATING GUIDE FOR MUSCLE GAIN

### MEAL #1 (TARGET 25-35g PROTEIN & 40-60g CARBS)

- Option 1: 4 whole eggs & 4 egg whites, 2 servings of instant cheese grits or large bowl of cereal
- Option 2: 1 beef patty, 2 whole eggs & 2 egg whites, 2 large pancakes or large order hash browns
- Option 3: 1 Meal Replacement Shake in whole milk & 2 bananas
- Option 4: 2 Breakfast Bars, Meal Replacement Bars, Snack Bars & PBJs or banana or waffle or large bowl cereal
- Option 5: 1 Breakfast Bar, Meal Replacement Bar, Snack Bar, & 1 scoop of Protein Shake (your choice) & 1 peanut butter & jelly or banana sandwich (PBJs)
- Option 6: 2 scoops of Protein shake in whole milk, large bowl of cereal or 2 servings of oatmeal

### MEAL #2 (TARGET 25-35g PROTEIN & 40-60g CARBS)

- Option 1: 1 Meal Replacement Bar & 1 PBJs or 1 banana
- Option 2: 2 Breakfast Bar, Meal Replacement Bar, Snack Bar & PBJs or banana or waffle or large bowl cereal
- Option 3: 1 Meal Replacement Shake & 1 banana
- Option 4: 2 scoops of protein mix, 1 PBJs & 1 banana
- Option 5: Tuna sandwich (1 can tuna) on whole wheat & 1 banana
- Option 7: ¾ lb turkey on whole wheat, bag of chips, & 1 apple
- Option 8: 1 Meal Replacement Shake in whole milk, 1 peanut butter & jelly sandwich (PBJs) on wheat or 1 banana
- Option 9: 12 ounces' whole milk with 2 scoops protein mix & 2 servings of oatmeal.

### MEAL #3 (TARGET 25-35g PROTEIN & 40-60g CARBS)

- Option 1: ¾ lb turkey on whole wheat, bag of chips, & 1 apple
- Option 2: ¾ pound hamburger, large fry, & 1 banana
- Option 3: Tuna sandwich on whole wheat & 1 PBJs on wheat & 1 banana
- Option 4: 2 chicken breast, large sweet potato or whole wheat pasta and large salad or fresh or frozen vegetables
- Option 5: 1 Meal Replacement Bar, Breakfast Bar, Snack Bar, & 1 scoop Protein Mix & 1 PBJs & 1 banana
- Option 6: 1 Meal Replacement Shake & 2 bananas
- Option 7: 2 Breakfast Bar, Meal Replacement Bar, Snack Bar & PBJs or banana or waffle or large bowl cereal
- Option 8: 1 serving Protein Mix in whole milk, large bowl of cereal or 2 servings of oatmeal

### MEAL #4 (TARGET 25-35g PROTEIN & 40-60g CARBS)

Same as Meal #2

### MEAL #5 (immediately after workout) (TARGET 25-35g PROTEIN & 40-60g CARBS)

- Option 1: Post Workout Recovery & Meal Replacement Shake
  - Option 2: Post-workout Recovery shake & 1 scoop of protein mix in whole milk, 1 PBJs & 1 banana, or large bowl cereal
- Non Workout Days
- Do meal #6 at meal #5 and do Meal #6 like Meal #2 right before bed.

### MEAL #6 (TARGET 25-30g PROTEIN & 40-60g CARBS)

- Option 1: 2 chicken breast, large serving pasta or potato and a salad or fresh or frozen vegetables
- Option 2: Large steak, large potato, & large serving green beans
- Option 3: Large spaghetti & meat & salad
- Option 4: 1 Meal Replacement Bar, Breakfast Bar, Snack Bar & 1 scoop Protein Mix & 1 PBJs & 1 banana
- Option 5: 2 Breakfast Bar, Meal Replacement Bar, Snack Bar & PBJs or banana or waffle or large bowl cereal
- Option 6: 1 Meal Replacement Shake & 2 bananas
- Option 7: 1 serving Protein Mix in whole milk, large bowl of cereal or 2 servings of oatmeal

### MEAL #7 2-3 AM (Optional) (TARGET 25-30g PROTEIN & 40-60g CARBS)

- Option 1: 1 Meal Replacement Shake & 1 banana
- Option 2: 1 serving Protein Mix, 1 PBJs & 1 banana

### 10 - 15 minutes prior to workout

Power Bar, or Fruit

### During Workout

1-2 servings of A REHYDRATION drink of your choice  
*NOTE: "pre-workout" drink is for 17 & over. If you choose to use it before 17, I recommend only using it on heavy lifting days. Rehydrate when working out, training, or practicing, as needed throughout the day to maintain endurance & performance. 32 ozs fluid every hour in hot conditions*

Meals should be 2.5 – 3 hours apart.

Drink ¾ - 1 gallon of water per day. No sodas. Can use crystal light to flavor your water

### Day Sample Meals

(You do NOT have to eat these exact foods)

#### TIME . . . . MEAL

- 7:00 am. . . . Oatmeal, berries, 2 eggs, 2 tablespoons flaxseeds
- 9:15 am. . . . Pre-workout protein bar (your choice)
- 11:15 am. . . . Post-workout shake
- 12:15 pm. . . . Turkey sandwich on 100% whole wheat bread with 6 ounces of turkey, avocado, and piled with other vegetables, along with spinach and salad with olive oil and vinegar dressing
- 3:00 pm. . . . Apple with ¼ cup nuts
- 6:00 pm. . . . 5 ounces grilled salmon, ½ cup whole wheat, steamed asparagus drizzled with olive oil.
- 9:30 pm. . . . 1 cup low fat cottage cheese and ½ cup berries