



Building Muscle & Strengthening Minds

## DAILY NUTRITION PLAN

2500 daily calories

## PURPOSE

Primary: Muscle building

Secondary: Body recomposition

*"Leave Weakness Behind"*



## INTRODUCTION

This meal plan is designed with a focus on **muscle growth** and is ideal for anyone looking to **build strength** and **increase muscle mass**, while keeping the body healthy and energized.

The plan provides approximately **2,500 calories per day** and is carefully balanced to give your body the nutrients it needs to **optimize hypertrophy and recovery**.

With a macronutrient split of **40% carbohydrates, 30% protein, and 30% fat**, this plan is designed to:

Support muscle building with a high protein intake, ensuring your body gets the building blocks it needs for muscle repair and growth.

Provide energy for training and daily activities through complex carbohydrates and healthy fat sources.

Promote recovery and satiety so you can perform at your best and avoid cravings.

At AntiWeak, we believe **strong nutrition is the key to strong results**. That's why this plan is based on **natural, nutrient-rich ingredients** that are easy to find, easy to prepare, and simple to integrate into your daily routine.

### How does the plan work?

The plan includes **3 main meals** and **2–3 snacks**, giving you a steady distribution of energy and nutrients throughout the day.

Ingredients and portions are carefully chosen to provide the calories and macros needed for muscle growth.

There's room for flexibility and variation, so you can adapt the plan to your taste and lifestyle.

Remember: muscle growth requires a combination of **effective training, solid nutrition, and adequate rest**. This plan gives you a strong foundation – but it's your dedication and effort that will create the results.

**Note:** All nutritional values and portion sizes are approximate and may vary depending on the exact ingredients you use. Adjust quantities to suit your body's unique needs and training intensity.



# DAILY MEAL PLAN (APPROX. 2,500 KCAL)

## Breakfast (550 kcal)

- Oatmeal: 60 g oats cooked with 200 ml skimmed milk
- Peanut butter: 1 tbsp (15 g)
- Fresh berries: 50 g (e.g., blueberries or raspberries)
- Protein powder (vanilla or unflavored): 20 g, stirred in after cooking

### Nutritional values:

Kcal: 550 | Protein: 30 g | Fat: 15 g | Carbs: 68 g

## Morning Snack (400 kcal)

- Boiled eggs: 2 pcs
- Whole grain bread: 2 slices
- Avocado: ½ (approx. 50 g)

### Nutritional values:

Kcal: 400 | Protein: 20 g | Fat: 22 g | Carbs: 30 g

## Lunch (600 kcal)

- Chicken breast (grilled or pan-fried): 150 g
- Brown rice: 75 g (dry weight)
- Broccoli (steamed): 150 g
- Olive oil: 1 tsp

### Nutritional values:

Kcal: 600 | Protein: 50 g | Fat: 15 g | Carbs: 65 g



## Afternoon Snack (350 kcal)

- Cottage cheese (1.5%): 200 g
- Almonds: 15 g
- Apple: 1 piece (approx. 100 g)

### Nutritional values:

Kcal: 350 | Protein: 25 g | Fat: 15 g | Carbs: 30 g

## Dinner (600 kcal)

- Lean beef (5–10% fat): 150 g
- Sweet potatoes (baked): 100 g
- Green salad (spinach, tomato, cucumber): 150 g
- Light sour cream (as dressing): 1 tbsp

### Nutritional values:

Kcal: 600 | Protein: 45 g | Fat: 18 g | Carbs: 50 g

## Evening Snack (200 kcal)

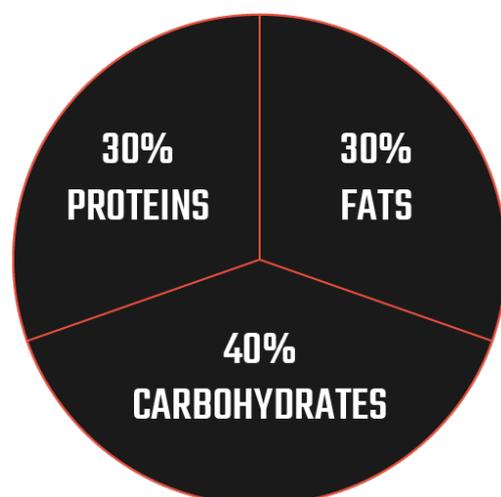
- Protein shake: 30 g protein powder mixed with 250 ml water or skimmed milk

### Nutritional values:

Kcal: 200 | Protein: 25 g | Fat: 3 g | Carbs: 5 g

## Daily Macro Breakdown:

- Calories: 2500 kcal
- Protein: 195 g (30%)
- Fat: 90 g (30%)
- Carbohydrates: 255 g (40%)





## NOTES LOG

WEEK NO.	NOTES
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	
WEEK 7	
WEEK 8	



## PROGRESS TRACKER

<b>MEASUREMENT</b> ↓ <b>WEEK</b> →	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>	<b>7.</b>	<b>8.</b>
<b>Body weight</b>								
<b>Body fat %</b>								
<b>Muscle mass %</b>								
<b>Water %</b>								
<b>Upper arm</b>								
<b>Chest</b>								
<b>Waist</b>								
<b>Hips</b>								
<b>Thigh</b>								
<b>Calf</b>								