



Building Muscle & Strengthening Minds

## DAILY NUTRITION PLAN

3500 calories daily

## PURPOSE

Primary: Weight gain

Secondary: Muscle building

*"Leave Weakness Behind"*



## INTRODUCTION

This meal plan is designed for those aiming to gain weight with a strong focus on muscle growth and strength development. With a daily intake of approximately 3,500 calories, it provides the necessary surplus to build muscle mass while keeping your body healthy and energized.

The plan features an adjusted macro split with an emphasis on carbohydrates to ensure optimal energy for training and recovery:

**50% carbohydrates** to fuel your strength training and daily activities.

**25% protein** to provide the essential building blocks for muscle growth without overloading digestion.

**25% fat** to support long-lasting energy and hormonal balance.

At AntiWeak, it's all about creating results through a sustainable approach. That's why this meal plan is built around accessible ingredients, wholesome meals, and flexibility – making it easy to integrate into your daily life.

### How does the plan work?

The plan consists of **three main meals** and **2–3 snacks** to keep your energy and nutrient levels stable throughout the day.

Ingredients are carefully selected to give you a balanced approach to both calories and macronutrients.

Meals can be adjusted to your taste and preferences, as long as you stick to the overall macro and calorie targets.

Remember, muscle growth requires a combination of effective training, sufficient calories, and quality rest. This plan gives you a solid foundation to reach your goals – but it's your dedication and consistency that will make the real difference.

***Note:** All nutritional values and portion sizes are approximate and may vary depending on the specific ingredients you choose. Adjust quantities as needed to match your unique body requirements and training intensity.*



# DAILY MEAL PLAN (APPROX. 3,500 KCAL)

## Breakfast (860 kcal)

- Oats: 120 g cooked with 300 ml skimmed milk
- Banana: 1 pc (100 g)
- Peanut butter: 1 tbsp (15 g)
- Chia seeds: 10 g

*Nutritional values:*

Kcal: 860 | Protein: 27 g | Fat: 22 g | Carbs: 130 g

## Morning Snack (600 kcal)

- Boiled eggs: 2 pcs
- Whole grain bread: 3 slices
- Avocado: ½ (50 g)

*Nutritional values:*

Kcal: 600 | Protein: 20 g | Fat: 28 g | Carbs: 60 g

## Lunch (720 kcal)

- Chicken breast (grilled or pan-fried): 150 g
- Brown rice: 125 g (dry weight)
- Broccoli (steamed): 150 g
- Olive oil: 1 tsp
- Light dressing: 1 tbsp

*Nutritional values:*

Kcal: 720 | Protein: 44 g | Fat: 14 g | Carbs: 100 g

## Afternoon Snack (360 kcal)

- Cottage cheese (1.5%): 150 g
- Rice cakes with peanut butter: 2 pcs (20 g peanut butter total)



- Apple: 1 pc (150 g)

*Nutritional values:*

Kcal: 360 | Protein: 24 g | Fat: 13 g | Carbs: 43 g

## Dinner (850 kcal)

- Salmon (grilled or baked): 150 g
- Sweet potatoes (baked): 250 g
- Green salad (spinach, tomato, cucumber): 150 g
- Light sour cream (for dressing): 2 tbsp
- Whole grain bread: 2 slices
- Olive oil: 2 tsp

*Nutritional values:*

Kcal: 850 | Protein: 40 g | Fat: 30 g | Carbs: 98 g

## Evening Snack (350 kcal)

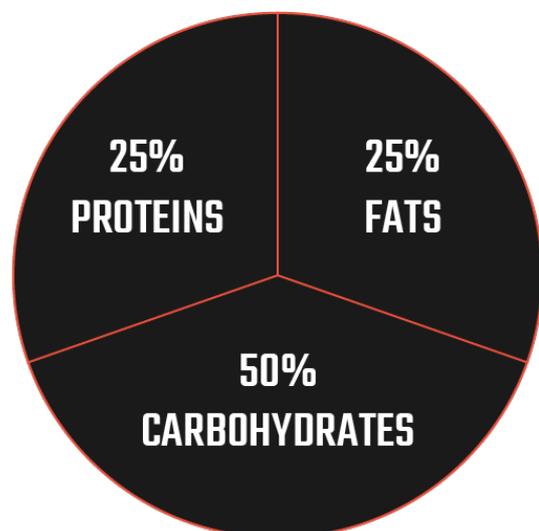
- Protein powder: 20 g mixed with 300 ml skimmed milk
- Oats: 30 g
- Honey: 1 tsp

*Nutritional values:*

Kcal: 350 | Protein: 23 g | Fat: 6 g | Carbs: 40 g

## Daily Macro Breakdown

- Calories: ~3,500 kcal
- Protein: 210 g (25%)
- Fat: 134 g (25%)
- Carbohydrates: 436 g (50%)





## 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><br>↓ <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>                           |           |           |           |           |           |           |           |           |