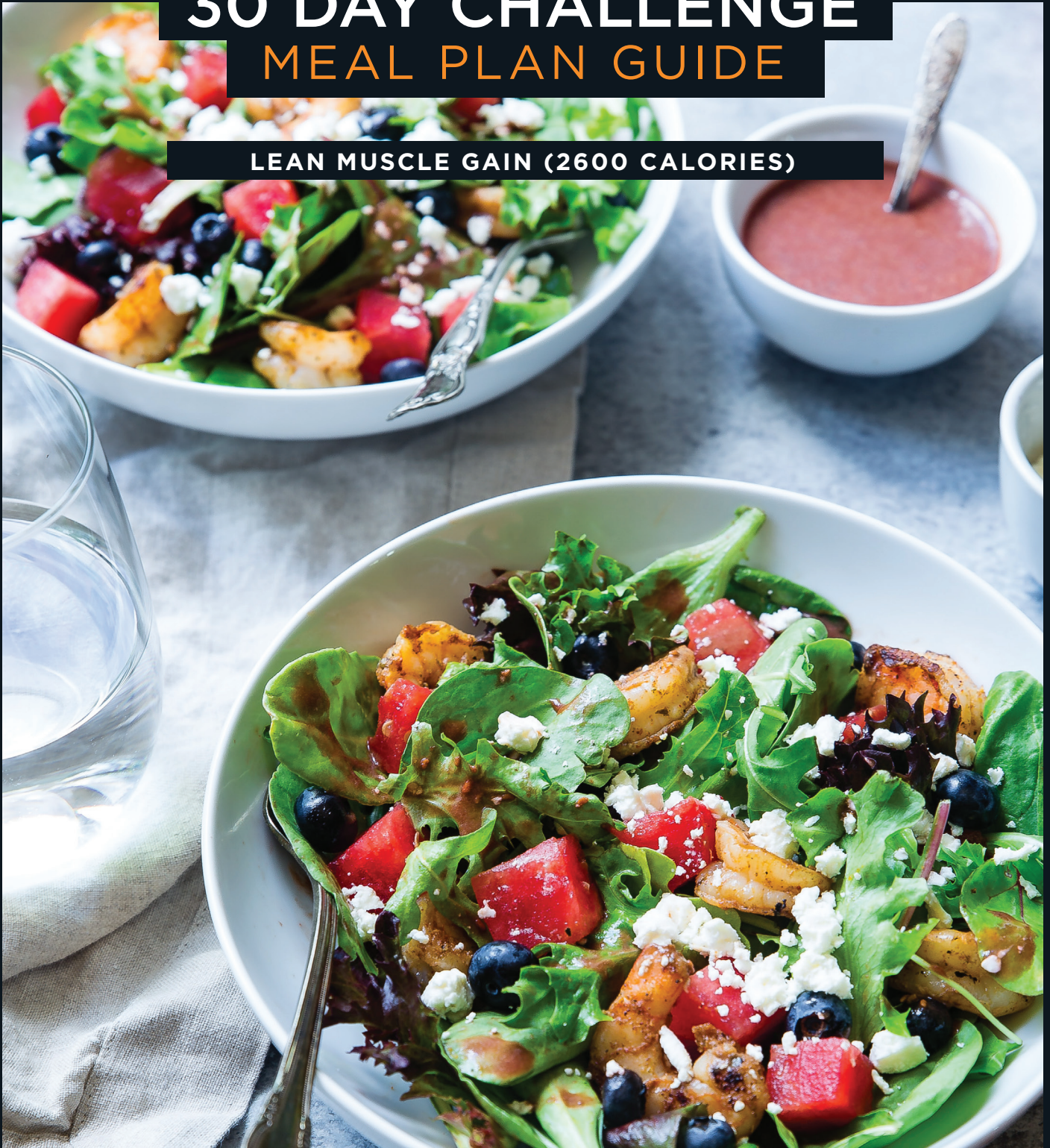




30 DAY CHALLENGE

MEAL PLAN GUIDE

LEAN MUSCLE GAIN (2600 CALORIES)



30 DAY DIET

TIPS AND GUIDELINES

- Eat all meals each day
- Spread your meals out, a 3hr - 4hr gap between each meal
- Drink plenty of water - 3L Minimum.
- You can add on seasoning to your meat (no carb).
- To optimise fat loss, try to do cardio fasted (first thing upon waking). 30mins is required, reason being this will be the perfect time to optimise a fat burning effect and give the metabolism a kick start for the day. If you can't commit to fasted cardio find some time during the day to complete your cardio session.
- Be prepared! Meaning have your food and supplementation ready for the day, this will ensure that you will be on track to achieve your goals daily.
- When heading out to social events the best way to stay on track is pick a meal that would best fit your meal plan. Look at the menu online prior so you are organized.
- Make sure you weigh all of your food.
- All meats, rice and sweet potato are weighed cooked
- Cook meats with a small amount of Olive oil or Spray Olive Oil.
- Don't skip meals.
- You can add in black coffee - no sugar (Equal and Splenda allowed)
- You can add in frank hot sauce, sugar free cordial (cottees), taco seasoning, salsa (old El Paso), 1tbs American mustard (Heinz brand), Pepsi Max or Coke Zero (2 per day)
- Fat Burner recommended (if desired) OxyShred
- Pre workout recommended (if desired) RP Max

Please note G3 Fitness is providing this information based on personal experience, research and studies through our experience within the industry. All recommendations made about weight training, cardio, nutrition, supplements or lifestyle information provided should be discussed between yourself and health care provider. The information you receive in emails, programs, services and products do not take place of professional medical advice. All members and challenge participants should consult their health care provider before undergoing any diet and exercise program. Members and challenge participants who have any type of medical condition or injury need to make G3 Fitness Owners aware of this in writing before beginning any program within a studio.

LEAN MUSCLE GAIN (2600 CALORIES)

	WHAT TO EAT	ALTERNATIVE OPTIONS/NOTES	
MEAL 1	Option 1	Option 2	
	Breakfast Omelette 3x Whole Eggs 50g Cherry Tomato 50g Mushrooms 50g Spinach 50g Lean bacon 20ml - Tomato or BBQ Sauce (fountain no added sugar) 1x Helga Multigrain Bread 1x Green Tea with Lemon	3x Crumpets 30g Honey 15g Butter 1x WPI Scoop 1x Green Tea with Lemon	
MEAL 2	Option 1	Option 2	
	Berry & Banana Protein Smoothie 1x WPI Scoop (Vanilla is best) 1x Banana 50g Frozen Mixed Berries 15g Mayvers Peanut Butter	1 can of Tuna 2x Thick Rice Cakes (sunrise) 50g Cherry Tomatoes 50g Lettuce 50g Cucumbers 20g Mayonnaise ¼ Avocado Salt & Pepper	
MEAL 3	Option 1		Lean Meat Options are:
	250g Lean Meat 200g Basmati Rice ½ Avocado or 10g Japanese Mayo (kewpie) 100g Salad/Green Veg		<ul style="list-style-type: none"> • Chicken Breast • Turkey Breast • White Fish • Lean Beef/Chicken Mince • Rice weighed cooked
MEAL 4	Cobs Oven Baked Corn Puffs 40g	Calbree Harvest Snaps Baked Pea Crisps 40g	
MEAL 5	Option 1	Option 2	Lean Meat Options are:
	250g Lean Meat ½ Avocado 200g Basmati Rice 100g Salad/Green Veg	Steak Sandwich 190g Rump Steak 3x Tip Top Sandwich Thins 50g Lettuce 50g Tomatoes 20ml - Tomato or BBQ Sauce (fountain no added sugar)	<ul style="list-style-type: none"> • Chicken Breast • Turkey Breast • White Fish or Tuna • Lean Beef/Chicken Mince • Rice weighed cooked
MEAL 6	1 YoPro Frozen Dessert Sold at Coles	Protein Mousse (Recipe on last page)	

*Greens/salad options (100g-150g) - Broccoli, Asparagus, Cauliflower, Spinach, Cucumber, Lettuce, Tomato, Onion, Capsicum.

LEAN MUSCLE GAIN (2600 CALORIES)

Vitamins

- Men's Multi Vitamin
- 1000mg Vitamin C
- 2000mg Fish Oil

Supplements

- OxyShred – upon wakening
- L-carnitine – upon wakening and before any type of cardio
- WPI protein – Meal 2

Cardio

- 30min walk daily (not needed when training HIIT)
- 1 hour cardio Sunday – eg. Walk
- 4-6x G3 sessions per week

Protein Mousse

Ingredients

- 170g greek yoghurt - Chobani preferred
- 1 scoop protein powder
- 2 tsp stevia
- 1 tsp coconut sugar

Instructions

1. Mix together the protein powder, sweetener and coconut sugar before adding it to the yoghurt and mixing well. Stir until desired texture is achieved.