

ETR²: Your Plan for Muscle Mass Gain



EAT a sport nutrition based diet

TRAIN with a sport specific plan

REST let muscles recover

REPEAT

Gaining muscle is hard work. Contrary to popular belief it takes more than “eating extra protein” to gain muscle. The following system is your game plan to add muscle mass:

EAT

Meet the energy requirements of your training program. Follow a sports based nutrition plan.

Feed your muscles in order to help them grow. Experts say building ½ - 1 pound of muscle per week, requires 400-500 extra calories (or more) a day. Balance this intake throughout your day to help maintain a lean physique (don't eat it all at night). Eat a balance of carbohydrates and protein, with healthy fats mixed in.

Carbohydrates - Your primary energy source

In order to workout hard and recover quickly, you must have energy. This energy comes from carbohydrates like breads, pastas, fruits, and dairy. Before intense strength training, consume a high carbohydrate, moderate protein, low fat meal or snack (for more information on timing see “Eat to Compete”). After training, eating carbohydrates to replenish muscle glycogen may help you recover faster and train harder. Aim for a daily carbohydrate intake of 3-5 grams per pound/per day.



Protein - Rebuilding and repairing muscle tissue

Research supports a protein intake of 0.7-0.9 grams per pound of body weight per day, for athletes in heavy training. Lean meat, fish, poultry, eggs, low-fat dairy, nuts and beans will provide the protein you need in a day, without the use of fancy and expensive powders and shakes.

Fat - Healthy fats for recovery

Include healthy fats from fish, nuts, oils, and avocados. Fats support energy, immune function and recovery.

TRAIN

Follow a sport specific training program designed to maximize muscle gain. Use your plan to help you stay focused on training goals and achieve success without overtraining.

REST

Allowing your muscles to repair and rebuild themselves takes time. Research supports 48-72 hours for full recovery. Sleep and “down time” are keys to creating maximum muscle gain.

REPEAT

Staying consistent with eating and training will ultimately help you reach your goals. Gaining muscle is a full time job. Stay focused and work hard, be patient.

WHAT'S YOUR GAME PLAN?

Ryan, a football athlete weighing 150 pounds would require about 600 grams of carbohydrates and about 120 grams of protein per day, in order to gain muscle. The balance of his caloric needs comes from fat. The menu on the back of this page shows an example of a sports-based, muscle gaining, high calorie diet that provides these amounts of carbohydrates and protein.

IN ACTION...Tried and true techniques that work to put on lean mass:

- Eat at least five times a day, such as three meals and two snacks.
- Eat larger than normal portions at meal times.
- Stock your backpack, locker, and glove compartment with convenient, non-perishable snacks like: cereal bars, trail mix, dried fruit, peanut butter crackers, bagels, canned or fresh fruits, and liquid meals.
- Have an extra snack before bed, like a peanut butter and jelly sandwich with milk.
- Drink high calorie, nutrient-rich beverages like shakes and smoothies.
- Choose high calorie options such as a banana over an apple, granola over flakes, and nuts over pretzels.

Energy and Protein Packed Menu for Muscle Gain

Amount	Food Item	Calories	Protein (g)	Carbohydrate (g)	Fat (g)
BREAKFAST					
1½ cups	Raisin Bran cereal	300	9	70	2
1½ cups	2% milk	182	12	18	7
1 cup	Orange juice	114	0	27	0
1	Banana	105	1	27	0.5
1 slice	Toast with margarine and honey	120	2	18	5
SNACK					
1 cup	Grapes	114	1	28	1
1	String cheese	80	7	0	6
LUNCH					
1	Turkey sandwich on wheat bread with mustard	350	28	45	5
1 oz.	Mini carrots (dipped in 1 tbsp. of ranch dressing)	103	0.5	7	7
1	Banana	105	1	27	0.5
1	Oatmeal cookie	200	3	30	8
1 cup	2% milk	120	8	12	5
DINNER					
4 oz.	Tenderloin, cooked	202	31	0	7
½ cup	Broccoli with parmesan cheese, sprinkled	84	5	6	5
1 medium	Baked potato with 2 tsp. margarine	213	4	37	8
2 cups	2% milk	240	16	24	9
2 cups	Fresh fruit	300	4	74	0
SNACK					
1½ cups	Frozen yogurt	490	13	81	10
1 cup	Grape juice	154	1	38	0
TOTAL					
		3576	146.5	569	86
Percent of total calories			16%	62%	22%