

Mass Building Nutrition Plan

TESTO FUEL



This is a 7 day meal plan based on an average weight, athletic male. Adopt it to your needs. We advise also speaking to a medical professional before taking on a new diet plan.

The plan follows a 3 meal, 3 snack approach. It's designed to put you in a calorie surplus to maximize muscle growth, whilst minimizing fat gain.

The meals are made of affordable ingredients that are available in most outlets.

Drink lots of water throughout the day and remember to supplement your TestoFuel for best results.



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1/2 Cup Oats with skimmed milk. 1/4 Cup Pumpkin Seeds	1/2 Cup Granola 1/2 Cup Greek Yoghurt 1/2 Cup Raspberries	2 Scrambled Eggs 1 Slice Rye Bread	1/2 Cup Oats with Skimmed Milk 1/4 Cup Pumpkin Seeds 1 Tbsp Peanut Butter	2 Scrambled Eggs 1 Slice Rye Bread	3 Egg Omelette 1/4 Cup Oats with Skimmed Milk	1/2 Cup Oats with Skimmed Milk 1/4 Cup Pumpkin Seeds 1Tbsp Peanut Butter
Mid Morning Snack	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk
Lunch	150g turkey breast 2 cups mixed veg 1/2 cup brown rice	6oz diced chicken and spices 1/2 cup brown rice Mixed peppers	100g prawns 1tbsp lemon mayo 2 slices whole bread 1/2 cup spinach	1 grilled chicken breast 1 cup brocolli 1/2 cup brown rice	150g turkey breast with seasoning 2 cups mixed veg 1/2 cup brown rice	1 chicken breast 2 slices of wholemeal bread Mixed raw vegetables	Beef burrito wrap Avocado, beans, mixed peppers
Afternoon Snack	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk	1 Scoop Protein Shake Skimmed Milk
Evening Meal	200g salmon 1 cup mixed veg 1 cup sweet potato	6oz steak 100-200g mixed vegetables of choice 1/2 cup of couscous	100-150g lean minced beef steak 1 medium jar of passata sauce 3 mushrooms and 1 medium onion	2 white fish fillets 2 cups mixed vegetables of choice 1 cup white potatoes in butter	2 lamb burgers 2 wholemeal buns Mixed raw vegetables of choice (tomato, cucumber etc)	1 Grilled salmon fillet 1/2 cup brown rice 2 cups mixed veg	100g white fish 100g tinned tomatoes 1/2 cup brown rice 2 cups mixed vegetables of choice
Evening Snack	1 slice rye bread 1/2 cup cottage cheese 1/2 cup mixed berries	2 boiled eggs Handful of mixed nuts Glass of milk	1 slice rye bread 1/2 cup cottage cheese 1/2 cup mixed berries	1/2 cup Greek yogurt 1/4 cup mixed nuts 1 banana	1/2 cup pineapple cottage cheese 2 squares 80% cocoa dark chocolate 1/2 cup mixed berries	1/2 cup Greek yogurt 1/2 cup mixed nuts 1/2 cup blueberries	1/2 cup Greek yogurt 2 squares 80% cocoa dark chocolate 1/2 cup mixed berries