

The table shows an example of a muscle gaining diet. To gain muscle calories must be high and protein must always be available. We have achieved this by eating often and eating starchy carbohydrates later in the day. 3 of the snacks include protein shakes and one includes creatine.

As the weeks go by monitor what is happening to your weight. If you are gaining ½ to 1lb per week, that's fine. If you are not gaining make some small increases in food intake. For example try adding an extra weetabix and an extra slice of toast at breakfast. If you are gaining too fast and putting on fat you can reduce the calories by changing to skimmed milk and cutting out the toast.

Keep a record of what you are eating and make the changes needed to stay on track. This is a necessary process because we are all different. Although the basic rules for gaining muscle remain constant we are all different. For this reason I do not put exact amounts of food.

Rules for muscle gain

1. Progressive with your weights.

2. Eat enough quality calories.

3. Get enough recovery between sessions

These factors need to be tweaked to suit the individual. You may also find that it takes time to build your food intake up.

I had a client who was only able to eat 2 weetabix when he first started his muscle gain diet.

Every couple of weeks he added ½ a weetabix until he was able to eat enough to start gaining muscle. He ended up eating 6!

Follow the rules and stay with the plan. Use your diary to make the needed adjustments and you will succeed.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Weetabix with whole milk Wholemeal toast with jam	Protein shake with whole milk Creatine Banana	Peanut butter sandwich on wholemeal bread Yogurt	Protein shake with whole milk Apple	Fillet steak with rice and carrots Wholemeal bread and yogurt	Protein shake with whole milk Banana
Tuesday	Porridge with whole milk Scrambled eggs	Protein shake with whole milk Creatine Banana	Tuna salad with sweet potato and Glass of whole milk	Protein shake with whole milk Apple	Chicken breast with baked potato and green beans	Protein shake with whole milk Banana
Wednesday	Weetabix with whole milk Wholemeal toast with jam	Protein shake with whole milk Creatine Banana	Baked potato with baked beans Glass of whole milk	Protein shake with whole milk Apple	Mushroom omelette and salad with 2 silces of wholemeal bread	Protein shake with whole milk Banana
Thursday	Porridge with whole milk Scrambled eggs	Protein shake with whole milk Creatine Banana	Ryvita with cottage cheese Glass of whole milk	Protein shake with whole milk Apple	Poached eggs on Wholemeal toast	Protein shake with whole milk Banana
Friday	Weetabix with whole milk Wholemeal toast with jam	Protein shake with whole milk Creatine Banana	Chicken sandwich on wholemeal bread with salad Glass of whole milk	Protein shake with whole milk Apple	Salmon with sweet Potato and salad	Protein shake with whole milk Banana
Saturday	Porridge with whole milk Scrambled eggs	Protein shake with whole milk Creatine Banana	Turkey sandwich on wholemeal bread with salad Glass of whole milk	Protein shake with whole milk Apple	Mackerel With corn on the cob, broccoli and baked potato	Protein shake with whole milk Banana
Sunday	Weetabix with whole milk Wholemeal toast with jam	Protein shake with whole milk Creatine Banana	Baked potato with cottage cheese and red onion Yogurt	Protein shake with whole milk Apple	Turkey with rice and green beans	Protein shake with whole milk Banana