



GAIN SIZE AND STRENGTH  
TO PERFORM AT YOUR PEAK



## THE WAY TO BULK

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### Guide to reading the meal plan

This meal plan provides a daily energy intake of roughly 14,300kJ (3,400Cal) and is based on recommendations for healthy weight gain in males aged between 18 – 44 years who have moderate – high levels of physical activity. Energy requirements can differ depending on age, gender, activity levels, height, weight and health status. For personalised advice, see a sports dietician.

For weight gain, calories consumed must be more than calories expended. You can achieve this by increasing the amount of food you eat at meal times, increasing the energy density of the foods you eat and/or eating more frequently throughout the day ie. every couple of hours.

Increased calories and adequate protein intake are the key dietary principles for gaining mass. To gain weight as muscle or lean body mass rather than body fat, it is also important to have a good resistance training (aka weight or strength training) program in place.

All quantities for meat is given as grams of cooked meat (not raw).

Try limit your intake of red meat to 2 serves a week. Eat white meat regularly (chicken and turkey). Don't forget to include oily fish like salmon. Mix things up by adding some legumes to your diet to provide an alternative source of protein.

Steam or bake your vegetables and leave the skin on for more fibre and extra nutrients.

If you don't like brown rice mix half and half with white.

Plan ahead and prepare your meals the day before when possible.

Keep Musashi protein bars in your gym bag, desk draw or glove compartment of your car.

An after-dinner snack (or dessert) is optional but can be a great way to get more calories in if you struggle with weight gain.



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## Meal Plan – AM Training Session

MEAL ONE (Pre training 5:30am)	MEAL TWO (8:30am)	MEAL THREE (10:30am)	MEAL FOUR (1pm)	MEAL FIVE (3.30pm)	MEAL SIX (6.30pm)
<p><b>30min before training</b></p> <ul style="list-style-type: none"> <li>• Musashi Pre Workout energy bar</li> <li>• Musashi Pre Workout powder</li> </ul> <p><b>During training</b> Musashi Intra Workout</p> <p><b>Post training (within 30min)</b> Musashi Bulk Protein powder mixed with water</p>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Muesli</b> ¾ cup toasted oats + 1 cup milk (full fat). Topped with 1 sliced banana, 1 handful of raw almonds and 1 tsp of honey</li> <li>• <b>Scrambled eggs</b> 2 large eggs + ½ cup milk (full fat). Served on 2 slices wholegrain toast with 1 handful of spinach and ½ avocado. With 1 orange, apple or other fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Protein smoothie</b> Blend 1 handful of mixed berries, 1 tbsp of peanut butter + 1 serve Musashi Bulk Extreme powder with water</li> </ul>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Chicken and salad wrap</b> 1 x large wholegrain wrap + 100g cooked chicken, 1 cup salad vegetables (lettuce, tomato, cucumber etc) + 4 slices of beetroot, 2 slices of cheese and 1 tsp of mayo (full fat). With 1 orange, apple or other fresh fruit</li> <li>• <b>Tuna rice salad</b> 95g tin of tuna in oil + 1 cup cooked rice (brown or Basmati), ½ cup sweetcorn and ¼ cup cottage cheese. With 1 orange, apple or other fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Yoghurt</b> 200g Greek yoghurt (full fat) + 1 handful of walnuts and 5 chopped dates (or other dried fruit)</li> </ul>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Grilled salmon</b> 150g salmon (1 fillet) + 1 cup steamed green beans and 1 large sweet potato (or 1 cup cooked Basmati or wholegrain rice)</li> <li>• <b>Beef stir-fry</b> 150g beef steak + 1 cup stir fry veg mix (broccoli, cauliflower, carrots etc) cooked with 1 tbsp teriyaki sauce. Top with 1 handful of cashew nuts and serve with 1 cup wholegrain or Basmati rice</li> </ul>



**BULK**

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## Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (3pm)	MEAL FIVE (Pre training 5:30pm)	MEAL SIX (7:30pm)	MEAL SEVEN (dessert/supper)
<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Porridge</b> ¾ cup oats + 1 cup milk (full fat). Mix with 1 scoop (36g) Musashi Bulk Extreme protein powder and top with ½ a banana sliced</li> <li>• <b>Fruit toast</b> 2 slices, spread with cottage cheese (¼ cup), jam and 1 banana sliced. Plus hot chocolate/flat white made with full fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Protein bar</b> Musashi Deluxe bar. With 10 dried apricot halves (or other dried fruit)</li> </ul>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Chicken and pasta salad</b> 100g cooked chicken + 1 cup cooked whole meal pasta, 1 cup roast pumpkin, ¼ cup feta cheese and 1 tbs pesto.</li> <li>• <b>Turkey sandwich</b> 2 slices of thick wholegrain bread + 80g turkey meat + salad veg (lettuce, tomato, cucumber etc) and 1 tsp mayo (full fat) Plus 200g Greek yoghurt (full fat) mixed with 1 tsp honey</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Musashi Bulk Protein drink</b></li> <li>• <b>Large multigrain rice wafer cakes/ corn thins (x3)</b> topped with butter and Vegemite or Marmite</li> </ul>	<p><b>1 hour before training</b> Musashi Pre Workout energy bar</p> <p><b>30mins before training</b> Musashi Pre Workout powder</p> <p><b>During training</b> Musashi Intra Workout</p> <p><b>Post training (within 15mins)</b> 1 tsp Musashi Createine added to 1 serve Musashi Bulk Protein powder with water</p>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Home made pizza</b> 1x large wholegrain pita topped with 1 tbs tomato paste, tuna (95g in oil) and cheese (½ cup grated). Serve with 1 cup salad veg (lettuce, tomato, cucumber etc).</li> <li>• <b>Sweet stuffed potato</b> 1 whole potato baked and cooled (bake approx. 1hr). Remove flesh and mix with 1 tsp cumin, ¼ tsp coriander, salt &amp; pepper, 1 tomato and 1 onion chopped, ¾ cup tinned black beans. Stuff mixture back into potato, top with ¼ cup of cheese and grill. Serve with 2 tbs sour cream and 1 cup of broccoli</li> </ul>	<p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Creamed rice</b> Half a tin (210g) + ½ cup of tinned peaches</li> <li>• <b>Protein custard</b> ½ cup custard (made with full fat milk, sweetened with honey). Mix with 1 scoop (36g) Musashi Bulk Extreme protein powder</li> </ul>