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Free Meal Plan

1-Day Meal Plan for Muscle Gain

MUSCLE GAIN MEAL PLAN

2,800 Calories Protein: 180g Carbs: 350g Fat: 75g

Meal	Food Items	Calories	Protein	Fat
Breakfast	4 egg omelette. oats with banana	600	40g	20g
Snack	Protein smoothie (protein powder, oats, banana, peanut butter)	400	30g	12g
Lunch	Chicken breast, pasta, spinach salad wolive oil	750	50g	20g
Snack	Rice cakes with peanut butter whey protein	350	30g	12g
Dinner	Grilled steak, roasted potatoes, mixed veggies	700	60g	18g

GROCERY LIST

Eggs, oats, bananas, protein powder, peanut butter, chicken breast, pasta, spinach, olive oil, rice protein, steak, potatoes, and mixed

BONUS TIPS

- Stay hydrated and drink plenty of water
- Alm for a balance of strength training and rest days



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1-Day Meal Plans for Three Fitness Goals

FAT LOSS MEAL PLAN

1.600 Calories Protein: 190g Carbs: 158g Fat: 50g

Meal	Food Items	Calories	Protein	Fat
Breakfast	3 egg whites, 1 whole egg oats with perries	350	30g	10g
Snack	1 scoop whey protein + almond milk	150	25g	3g
Lunch	grilled chicken 1/2 cup brown broccoli	450	450	10g
Snack	cottage cheese + 3 almonds	200	20g	9g
Dinner	baked salmon, asparagus quinoa	550	350	50g

MAINTENANCE MEAL PLAN

2.300 Calories Protein: 185g Carbs: 220g Fat: 65g

Meal	Food Items	Calories	Protein	Fat
Breakfast	Oats + whey protein banana, peanut butter	500	350	156
Snack	Greek yogurt + honey + almonds	250	20g	10g
Lunch	Grilled turkey wrap, sweet potatoes, salad	600	450	606
Snack	Boiled eggs, hummus + carrot sticks	200	10g	10g
Dinner	Grilled beef, quinoa, green beans	650	600	188