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muscle building dinner



KRIS GETHIN'S MUSCLE-BUILDING 12-WEEK TRAINER FOOD AND FLUID LIST

PROTEIN

- ↳ Beef
- ↳ Sirloin/loin
- ↳ Pork
- ↳ Bacon
- ↳ Ground meats
- ↳ Game meats
- ↳ Tuna
- ↳ Turkey
- ↳ Salmon
- ↳ Sardines/canned
- ↳ Small canned fish
- ↳ Ricotta cheese (whey)
- ↳ Cottage cheese (lowfat)
- ↳ Lowfat paneer
- ↳ Greek yogurt
- ↳ Egg whites
- ↳ Whole eggs
- ↳ Soy/ tofu
- ↳ Plant-based protein
- ↳ Whey protein

CARBS

- ↳ Quinoa
- ↳ Brown rice
- ↳ Whole grains like bulgur or spelt
- ↳ Raw or cooked vegetables
- ↳ Whole raw fruit
- ↳ High-fiber bread
- ↳ Oats
- ↳ Muesli
- ↳ Potatoes
- ↳ Sweet potatoes
- ↳ Salad greens
- ↳ Green vegetables

FATS

- ↳ Extra virgin coconut oil
- ↳ Olive oil
- ↳ Canola oil
- ↳ Avocado/avocado oil
- ↳ Nuts and seeds
- ↳ Fatty fish
- ↳ Natural nut butters

MEAL REPLACEMENTS/ALTERNATIVES

- ↳ Meal replacement shakes
- ↳ Protein powder mixed with oats
- ↳ Myzeon by Design
- ↳ Dry or wet mass
- ↳ Bodybuilding.com B-Base Fuel
- ↳ Nova Protein Bars

FLUIDS

- ↳ Water
- ↳ Coconut water
- ↳ Black coffee
- ↳ Green tea
- ↳ Unsweetened/unsweetened fruit teas
- ↳ Water flavored with BCAAs

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