

MUSCLE GAIN FEMALE

WITH ASN'S MEAL PLAN FOR MUSCLE GAIN

*20mins before
breakfast*

5g Evolve Glutamine, 5g Scivation Xtend, 5g Evolve Creatine

Meal 1

Omlette: 2 whole eggs, 2 egg whites, chopped ham, mushrooms, 2 slices multi grain bread

Meal 2

150g chicken/beef, 150g sweet potatoes, 100g green beans

Meal 3

1 scoop Evolve WVPI, 1x 200ml yoghurt, 20g almonds

Meal 4

150g chicken/beef, 1/2 cup brown rice, apple

Pre-Workout

1 scoops Evolve Anabolic Injection, 5g Evolve Glutamine, 5g Evolve Creatine

Post-Workout

1 scoops Evolve Anabolic Injection, 5g Evolve Glutamine, 5g Evolve Creatine

Meal 7

200g chicken/beef, veggies/salad, 20mls olive oil

**Additional
Supps**

Estrogen blockers

Evolve ACAI

BodyScience Multi-VMA

Primaforce ZMA & D-Aspartic Acid

Meal plan by
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IFBB World Champion



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