

MUSCLE GAIN FOR MEN

WITH ASN'S MEAL PLAN FOR GROWTH

Meal 1

2 Whole eggs, 6 Egg whites, Chopped ham, Mushrooms
5 Slices multi grain bread
5g Evolve Glutamine, 5g Evolve Creatine mixed
with Pineapple juice

Meal 2

250g Chicken/Beef, 300gr Sweet potatos, 100g Corn

Meal 3

1 Can Tuna in oil, 2 Bolied eggs, 200g Pasta (weighed cooked)

Meal 4

250g Chicken/Beef, 300g Sweet potatoes, 100g Corn

Pre Workout

2 Scoops Evolve Anabolic Injection, 5g Evolve Glutamine,
5g Evolve Creatine

Post Workout

3 Scoops Evolve Anabolic Injection, 5g Evolve Glutamine,
5g Creatine

Meal 7

300g Chicken/Beef, Veggies/Salad, 20mls Olive oil

Additinal Supps

Fusion Zeus
Primaforce ZMA
BodyScience Mutli-VMA

Meal plan by
Charlie Duce
PNB World Champion



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