



We at Max Muscle Sports Nutrition want to make sure that young athletes learn the value of proper nutrition and intense training to help them accomplish their goals.

There are thousands of athletes competing today who don't rely on steroids to propel them to the next level. They train hard and make sure their body recovers properly. They get stronger and better every day that they work out intensely and they supply their body with the correct nutrition to properly recover. Take pride in being a natural athlete!

Ultimately everyone has a different metabolism and caloric needs. Below are a few examples, and good starting points this is based on the average, so the best method is to monitor your eating habits and make sure you are getting enough of the right foods. Best way to build a plan specific your needs is to visit Max Muscle, and speak with one of our Certified Sports Nutrition Coaches, to push yourself to the next level.

Lean Muscle Building and Maintenance Diet

This sample diet is between 2,200 and 2,500 calories

Meal 1: Typically Breakfast

- 2-3 eggs, boiled scrambled or fried in olive oil, (egg whites or egg substitute are ok). Throw in some veggies, broccoli, etc.
 - 1 or 2 slices of whole wheat toast, or high protein whole grain bread.
 - Fruit juice (apple, grape, orange etc.)
 - Apple, orange or fresh fruit
- OR, instead of cooking try this healthy shake, 12 ounces milk or soy milk, ½ banana, ½ cup strawberries or any frozen berry, 1 or 2 scoops of Max Muscle MaxPro Protein,, ½ serving or ounce of Ultra 100 Liquid Vitamin, ½ cup of ice, blend and enjoy a powerful shake with 25 plus grams of protein, carbs and more than 100 nutrients! Note: You can replace the milk with juice.

Meal 2: Typically a School Snack around 10am

- Protein bar, such as Max Crunch Bar or something around 20g of protein.
- OR, 1 MaxPro Protein Shake
- OR, any snack with 15g or more protein

Meal 3: Typically Lunch 12pm

- Chicken, turkey or ham sandwich: At least 3oz of meat

Light mayo or olive oil mayonnaise.

- OR, if you don't like those types of sandwiches try a high protein peanut butter sandwich on high protein whole grain bread.
- 10 or so baby carrots or carrot sticks
- Small bag or serving of Sun Chips or a healthier type of chip with some grain and fiber
- 8-12 ounces of milk or water

Meal 4: Typically an after School Snack around 3pm

- Protein shake, 1 or 2 scoops of Max Muscle Protein, 8-12 ounces milk or soy milk, banana or berries (½ cup) or both, ½ cup ice and blend. Feel free to try chocolate, peanut butter and banana or any other flavors and tasty ingredients that you like!
- OR, protein bar, such as Max Crunch Bar or something around 20g of protein.
- OR, 16oz milk only if you are not home and stop by a convenience store for a snack.
- OR, any snack with 15g or more protein

Meal 5: Typically Dinner around 6:30 or 7pm

- 4-6 ounces of lean meat (chicken, steak, lean burgers, turkey meat etc)
- 1 or more cups of veggies such as, broccoli, green beans, snap peas, zucchini, carrots, corn etc. And/OR, a dinner salad.
- Pasta and/or rice. OR a small serving of both. Mashed potatoes, wild rice, hummus, and other similar foods can be substituted here.
- 8 ounces of milk, soy milk or water
- 1 or 2 slices of whole grain bread or high protein grain bread. Note: if you are trying to lose weight, only 1 slice of high protein whole grain bread. Also, if desired, use a light canola or olive oil spread.

Meal 6: Typically a snack around 10 or so

The general idea for this snack is to elevate your nitrogen one last time before going to bed. You typically want to minimize the calories while adding 20 grams or so of protein before bed.

- Protein bar, such as Max Crunch Bar or something around 20g of protein.
- OR, a light shake of 8 ounces of milk or water, ½ scoop of Max Muscle Protein, frozen berries are very low in calories and can make your shake taste really good, ½ cup of ice.

Lean Muscle Weight Gain Diet

This Sample diet is between 2,500 and 3,000 calories.

Meal 1: Typically Breakfast

- 3-4 eggs, boiled scrambled or fried in olive oil, (egg whites or egg substitute are OK). Throw in some veggies, broccoli, etc.

- 1 or 2 slices of whole wheat toast, or high protein whole grain bread.

Note: if you are trying to lose weight, then eat only 1 slice of high protein grain bread with a light canola or olive oil spread.

- Apple, orange or fresh fruit

- 8 ounces milk or soy milk

- OR, instead of cooking try this healthy shake: 12 ounces milk or soy milk, 1 banana, ½ cup strawberries or any frozen berry, 3-4 scoops Gourmet Gainer, ½ serving or ounce of Ultra 100 Liquid Vitamin, ½ cup of ice.

Blend and enjoy a powerful shake with 35 plus grams of protein, carbs and more than 100 nutrients! Note: You can replace the milk with juice,

Meal 2: Typically a School Snack around 10am

- Protein bar, such as Max Crunch Bar or something around 20g of protein.

- OR, 16oz milk

- OR, any snack with 15g or more protein

Meal 3: Typically Lunch 12pm

- Chicken, turkey or ham sandwich: The key here is to get mom or the lunch lady to give you at least 4-5 ounces of meat in that sandwich and a slice of cheese. Light mayo or olive oil mayonnaise.

- OR, if you don't like those types of sandwiches try a high protein peanut butter sandwich on high protein whole grain bread.

- 10 or so baby carrots or carrot sticks

- Small bag or serving of Sun Chips or a healthier type of chip with some grain and fiber
- 8-12 ounces of milk or soy milk or water

Note: If you are trying to add more calories and still hungry at lunchtime, try adding another ½ sandwich.

Meal 4: Typically an after School Snack around 3pm

- Protein Shake, 3-4 scoops of Max Gourmet Gainer, 8-12 ounces milk or soy milk, banana or berries (½ cup) or both, ½ cup ice and blend. Feel free to try chocolate, peanut butter and banana or any other flavors and tasty ingredients that you like!
- OR, protein bar, such as Max Crunch Bar or something around 20g of protein.
- OR, any snack with 20g or more protein

Meal 5: Typically Dinner around 6:30 or 7pm

- 4-6 ounces of lean meat (chicken, steak, lean burgers, turkey meat etc)
- 1 or more cups of veggies such as, broccoli, green beans, snap peas, zucchini, carrots, corn etc. And/OR, a dinner salad.
- 1-1 ½ cups pasta and/or rice. OR a large serving of both. Mashed potatoes, wild rice, hummus, and other similar foods can be substituted here.
- 8 ounces of milk, soymilk or water
- 2 slices of whole grain bread or high protein grain bread. Note: if you are trying to lose weight, then eat only 1 slice of high protein whole grain bread. If desired, use a light canola or olive oil spread.

Meal 6: Typically a snack around 10 or so

The general idea for this snack is to elevate your nitrogen one last time before going to bed. You typically want to minimize the calories while adding 20 grams or so of protein before bed.

- Protein bar, such as Max Crunch Bar or something around 20g of protein.
- OR, a light shake of 8 ounces of milk or water, ½ scoop of Max Muscle protein, frozen berries are very low in calories and can make your shake taste great, or ½ cup of ice.
- OR, If you are trying to gain weight and need additional calories, try this higher calorie shake. 2-3 scoops of Gourmet Gainer, frozen berries or a banana or both, 1 scoop of ice cream, 8-12 ounces of milk, water or soy milk, ½ cup of ice. Blend and enjoy.
- OR, any light snack with 15g or more protein