

Copyright Notice

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Legal Disclaimer

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Consult your physician before making any changes to your lifestyle, diet, or exercise habits. You are solely responsible for the way information in " Monster Muscle Meal Plans " is perceived and utilized and so, you do so at your own risk.

In no way will Alain Gonzalez or any persons associated with "Monster Muscle Meal Plans" be held responsible for any injuries or problems that may occur due to the use of this book or the advice contained within.

Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Muscle-Building Disclaimer

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

2500 Calories – Meal Plan 1

Meal 1	Meal 2
1 Cup - Raw Oats 2 Whole Eggs (Large) 6 tbsp. Egg Whites 2oz Sliced Turkey Breast 1 Banana	7oz Sweet Potato 4oz Chicken Breast 28g Mixed Nuts
Meal 3	Meal 4
1.5 Cup White Rice 2.5oz Bottom Round Steak 1 Cup Broccoli 1 Cup Red Kidney Beans	4 Slices Wheat Bread 4oz Tuna 1 Cup Spinach 1 Red Apple
Meal 5	Snack
1.5Cup White Rice 1 Cup Mixed Veggies 2.5oz Bottom Round Steak 4oz Sweet Potato	1 Cup Fat Free Greek Yogurt

2500 Calories – Meal Plan 2

Meal 1	Meal 2
2 Whole Eggs (Large) 2 Packet Flavored Oatmeal 1 Plain Bagel (or wheat) 1 Banana	3.5oz Tilapia 1 Cup White Rice (or brown) 1 Cup Broccoli or 100grams String Beans
Meal 3	Meal 4
5oz Multigrain Spaghetti 4oz Ground Turkey 1 Cup Spinach	4 Slices Whole Wheat Bread 4oz Turkey Breast (Cold Cut) 1 Red Apple 28g Almonds
Meal 5	
1 Cup White Rice (or Brown) 1 Cup Mixed Veggies 3.5oz Tilapia 1 tbsp. Sunflower Seeds	

2500 Calories – Meal Plan 3

Meal 1	Meal 2
1 Scoop Whey Protein 1 Banana 1 Cup Raw Oats 2 tbsp. Almond Butter	1 Baked Potato 2.5oz Steak 1 Cup Broccoli
Meal 3	Meal 4
4oz Tuna 2 Slices White Bread (or Wheat) 1 Plain Bagel (or Wheat) 1 Red Apple	5oz Multigrain Spaghetti 3oz Chicken Breast ½ Avocado
Meal 5	Snack
1 Cup White Rice (or brown) 5oz Chicken Breast ½ Cup Red Kidney Beans 1 Cup Mixed Veggies	1 Cup Fat Free Greek Yogurt (Plain or Flavored)

2500 Calories – Meal Plan 4

Meal 1	Meal 2
2 Whole Eggs (Large) 2 Cups Egg Whites 1 Plain Bagel (or wheat) 2 Packets Flavored Oatmeal 1 Small Fruit Cup	1 Potato Hamburger Bun 1 Turkey Burger 1 Cup Spinach 1 Banana
Meal 3	Meal 4
7oz Sweet Potato 2.5oz Tilapia 1 Cup Broccoli 28g Almonds	4 Slices Wheat Bread 4oz Sliced Turkey 1 Cup Spinach 1 Apple
Meal 5	
1 Cup White Rice 1 Cup Red Kidney Beans 2.5oz Chicken Breast 148g Petite Red Potatoes	

2500 Calories – Grocery List

Carbohydrates	Fats	Proteins
Sweet Potatoes White Potatoes Petite Red Potatoes Mixed Veggies Broccoli Spinach Bananas Apples Raw Oats Flavored Oatmeal Packets Multi-Grain Spaghetti Noodles Potato Hamburger Buns Wheat Bread String Beans Red Kidney Beans Plain Bagels (or wheat) Assorted Fruit	Eggs Peanut Butter Almonds and/or Mixed Nuts Avocado Sunflower Seeds	Boneless Chicken Breasts Bottom Round Steak Liquid Egg Whites Sliced Turkey Breast (Cold Cuts) Tilapia Whey Protein Ground Turkey Fat Free Greek Yogurt