Muscle Meals

How To Get Absolutely Ripped And Muscular With Proper Diet And Training

William Murphy | [Free Bonus Book For Customers](http://www.clkmg.com/phil917/musclemeals)



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# Introduction

Thank you so much for purchasing this book and putting your trust in me. As a valued customer, I just wanted to let you know I have created a special free muscle building bonus gift for you to download.



To download this free gift just head over to [http://hugeprestige.com/musclemeals](http://www.clkmg.com/phil917/musclemeals), leave your email address, and I will send you the free gift instantly. With that said let’s dive right in!

If you’re reading this book, it probably means that you’re looking to build muscle across your body. A muscular body conveys a sense of healthiness and strength. If you fall into the category of skinny or overweight, you may not know the proper meals you need to build muscle. You also may not know what exercises you need to build up your strength. Many people dream about having a strong, muscular figure. So, if you want to be the owner of that strong, muscular figure, be more healthy, and just happier overall, you need to follow the guidelines in this book! Trust me, you can do it! With all that being said, let’s dive right in!

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# Eating To Build Muscle

**1. *Eat More:*** When it comes to building muscle mass, the reality is most people are simply not consuming enough calories. The truth is; if you want to build muscle, you NEED to be eating at a caloric surplus. You can change your eating habits by taking the following steps.

* Track Your Calories: You should monitor the calories that you eat for a week using a fitness tracker like MyFitnessPal for example.
* A good rule of thumb to follow is to eat 15 - 20 times your bodyweight. So if you weigh 200 lbs you would eat around 3000 - 4000 calories a day in order to attain a caloric surplus.
* Add Calories: Don’t be afraid to add calories. After 14 days, if you’re not seeing any results, you may want to increase your caloric intake by 250 - 500 calories.
* Track Your Weight: You should measure your weight weekly. Keep eating the exact amount of calories, if you see progress on the scale. If you don’t gain weight, then continue upping your calories. Repeat this process continuously until you start seeing progress on the scale.

***2.*** ***Eat Throughout The Day:*** Many people looking to build muscle have trouble eating at a caloric surplus. This is because they try to eat all of their calories in a few big meals. This predictably results in feelings of being overly stuffed and even nausea. And when this happens, in the long run people tend to stop eating and lose their caloric surplus, which means they won’t build any muscle. Use these strategies to avoid this from happening to you.

• Eat Breakfast: If you want to start building muscle, then you need to start your day right by eating a solid breakfast. Try to get into the habit of eating shortly after you wake up every day.

• Eat Every Few Hours. You should set times for eating and stick to them continuously. For example: Breakfast 8 a.m., snack 10.30 a.m., lunch 1 p.m., snack 5 p.m., dinner 8 p.m. and before bed snack 10.30 p.m. This will allow you to reach your caloric surplus without getting overly full.

***3. Eat Calorie Dense Food:*** While you want to eat as healthy as possible, you should focus on hitting your caloric surplus first and foremost. For example, vegetables are healthy, but they are not very calorie dense. So if you find yourself struggling to hit your calorie goal one day, don’t be afraid to eat some more calorie dense food. It will be more conducive to building muscle in the long term. See the examples below for ideas of some calorie dense food.

• Whole Grain Carbs: Rice, bread, oats, pasta, potatoes, beans, yams, and etc. For example, 200 grams of whole grain pasta has 700 calories.

• Milk: If you don’t fear drinking something with a bit of fat content, then you can go for whole milk. 1 liter of whole milk contains 500 calories.

• Nuts: Almonds, cashews, walnuts, peanuts, etc. 100 grams of peanuts is around 500 calories. You can also try peanut butter, this calorie dense food is a staple for many seeking to build muscle.

• Healthy Fats: Liquid fish oil, flax oil, olive oil, etc. 1 Tablespoon of each oil can net you an extra 300 calories a day without contributing to feelings of fullness or nausea.

***4. Build Strength:*** Although somewhat simplified, the stronger you become, the more muscle you’ll have. If you want to build muscle, you need to be doing some form of strength training. You should do exercises that hit several muscles at the same time. For an example, Pull-ups, Bench Press, Overhead Press, Deadlifts and Squats.

5. Prepare Food in Advance: Nobody has time to cook three times a day and if you try to I can almost guarantee that at some point you will burn out. Preparing your food in advance will be easier in the long run and help you greatly on your road to building muscle.

***7. Take Food with You:*** Try to avoid the situations where you don’t have any access to food for several hours. This will not help you when it comes to hitting your caloric surplus. You should get into the habit of taking food with you, whether it be work, school, or any other destination.

Example of meal plan to start building muscle fast: You will need some inspiration to get started with a muscle building diet. Remember to use a fitness tracker to make sure you’re hitting your calorie goals!

• Breakfast: Scrambled poultry eggs, Oats with raisins, milk and Granola with milk.

• Snack: Quark with apples, Peanuts, and a Protein shake.

• Lunch: A can of tuna with plain rice, Turkey sandwich, and Pasta Bolognese.

• Dinner: You can eat meat or poultry with rice and legumes. You can also eat fruit as a sweet dessert.

• Before Bed Snack: Cottage cheese with flax seeds and berries and a glass of milk.

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# Maximize Muscle Growth

Follow these guidelines in order to maximize your muscle building efforts.

* ***Lift Heavy:*** You should lift a weight that is heavy enough that you can barely complete 5 sets. If you’re not feeling the burn by the last couple sets then you are wasting your time and should increase your weight.
* ***Eat Protein:*** Protein is essential when it comes to building muscle. Protein is the most important building block when it comes to muscle development. Try to aim twice your bodyweight in grams of protein. For example, if you weigh 150 lbs, aim for 300 grams of protein every day. If you do not eat plenty of protein in your diet, then your body will not be able to repair and grow your muscle tissue.
* ***Clean Calories:*** Along with the protein, you need to be sure about that you are getting adequate calories in your daily diet plan. Of Course, you can't go out and eat ice cream and donuts to hit your caloric surplus every day. You need to eat foods that are rich in nutrients. Aim to eat less processed food in order to maximize your muscle growth.
* ***Protein Shakes:*** Sometimes, it’s hard to hit your protein goals for the day. You may need to supplement your diet so that you can give your body the nutrients it needs to build a muscular body. This is where protein shakes can come in handy. These shakes can add an additional 25 - 50 grams of protein per shake. Have one with breakfast and one after your workout and you can easily hit a third of your daily protein goal from shakes alone.
* ***Drink Plenty of Water:*** Water is crucial for our body in many ways. A good rule is to drink at least eight 8 ounce glasses of water every day. Everyone is different so a good way to know that you are drinking enough water is to observe the color your urine. If you see that your urine is getting bright yellow, then you should increase the amount of water you are drinking on a daily basis.
* ***Get enough sleep:***  You should aim for at least 8 hours of sleep every single night. If you do not get proper rest, then you can say goodbye to your muscle gains. Your muscles will grow while you are resting or sleeping. So, if you are not giving your body enough time to recover, then your body won’t be able to rebuild and grow your muscle tissue.
* ***Mix It Up:*** When it comes to working out or eating properly, this advice isn’t set in stone. It’s OK to change it up every once in awhile. This doesn’t mean go crazy and completely fall off the bandwagon. But if you miss a lifting workout one day and replace it with another activity such as a sport you enjoy, don’t start panicking. Likewise if you slip up and don’t eat clean for a meal, you needn’t worry. As long as overall you stay on the path, a minor detour here and there will not hurt you. In fact, it can be beneficial by giving you a break from the stress of being strict all the time.
* ***Eat Meat:*** This may seem obvious to some but if you want to maximize your calories to protein ratio, you’re going to want to include meat in your diet. Try to eat meat that’s high in protein with little fat, such as Chicken. Meats like this will help you to put on muscle with minimal fat gain. While you certainly can get enough protein without consuming meat, it is definitely easier this way.
* ***Use Amino Acids:*** A big secret among athletes and strength training enthusiasts is a type of supplement which is known as branched chain amino acids(BCAAs). These are special protein-building blocks that can be rapidly absorbed and easily used by muscles during exercise. This is cheap, available and can be eaten without stomach problem both before, during and immediately after your workout, and can rapidly increase your muscle gain. You should not train for size without amino acids in your bloodstream. BCAAs is a good way to gain muscle more quickly; you should aim for 10-20 grams of BCAAs. You can consume it before, and then every 60-90 minutes during your exercise or your weight-training workouts.
* ***Supplements:*** You can get most of the nutrition your body needs from your diet. But, if you want to be sure that you’re getting everything you need to build muscle mass you may want to consider some supplements. Some common supplements that can greatly help with muscle gain and recovery include:
* -Creatine: 0.3 g/kg bodyweight for 5-7 days followed by 5 g/day.
* -Citrulline: 6-8 g, 30-60 minutes before exercise.
* -Beta-Alanine: 2-5 g, 30-60 minutes before exercise.
* -Carnitine: 750 mg, 2,000 mg/day, in 2 doses.

None of these supplements are substitutes for lifting frequently and lifting heavy, but they will certainly help to enhance results.

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# Exercises For Building Muscle

* **Bench Press:** The bench press is a staple of gym goers around the world. This is because this movement can give you massive muscle gains for chest and arms. It involves simply laying on a bench, lifting a weight down to your chest, and back up again. If you haven’t added this movement to your routine already, then you should.
* **Deadlift:** Another classic movement. This lift is very simple, you stand in front of a bar, bend down (keeping your back straight!), pick up the bar, stand up with the bar, then put the bar down. Sound simple, but trust me it gets difficult when you try to pick up a bar with several hundred pounds attached. This is a compound lift so you will feel the burn all over your body when you perform this exercise.
* ***Turkish Get Up:*** This movement starts with you lying down on the ground with a weight beside your head (usually a kettlebell or dumbell). You then lift the weight straight into the air and attempt to stand up, all while keeping the weight over your head. Once you have stood up, you then go back to lying down, all while keeping the weight over your head. This is a great exercise for working your core. This movement is fantastic for ab muscles but also shoulders, hips, glutes, and more!
* ***Clean & Press:*** The clean and press exercise is an effective old school exercise for building muscle and strength. It involves taking a weight from off the ground, lifting it to your shoulders, and then finally hoisting the weight overhead. It’s a staple in strength training and building muscle. It can help build massive traps, upper back, shoulders and forearm muscles.
* ***Farmers Walk:*** Carrying something heavy is a mandatory of any muscle building routine. The Farmer’s Walk is great for building up strength across your body. It simply involves picking up a heavy weight in both hands (usually kettlebells or dumbbells) and walking. Trust me, this one gets difficult very fast!
* **Squats:** Another staple movement, this exercise involves placing a barbell on your back, lowering down until your thighs are parallel with the ground, then rising back up again. There’s a reason that this exercise is feared by many, it’s extremely demanding. That being said, if you can master this movement, you will gain huge amounts of muscle mass on your legs. Be sure to include these in your routine.
* **Pull ups:** This killer exercise can help you work a lot of muscle groups in your upper body. Your chest, back, arms, and shoulders are all activated at some point when you perform a pull up. That’s why it’s still one of the most used exercises in the gym. Get good at doing these and I guarantee you’ll start seeing results you want. If you aren’t able to do unassisted strict pull ups, consider doing banded pull ups or using a pull up machine at your gym.
* ***Dumbbell Row:*** This exercise involves using a dumbbell. You start in a bent over position with the dumbbell near your waist. Then simply lift the dumbbell straight up. This exercise is a great way to work your arms and back so be sure to incorporate it into your routine.
* ***Sled Dragging / Pushing:*** This is not a traditional weight lifting exercise. But it is an effective one that is starting to be incorporated in routines around the world. It simply involves pushing or pulling a weighted sled as fast as possible. Not only is this great for building muscle, but this also helps with stability and conditioning as well. I like to use these exercises as finishers after a hard workout. Be sure to add these to your routine if you really want to challenge yourself!

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# Muscle Building Recipes

**Peaches And Cream Smoothie**

*INGREDIENTS*

* 2 cups peaches
* 1⁄4 cup fat-free Greek yogurt
* 1⁄2 cup orange juice
* Two scoops vanilla whey or egg white protein powder

*Making process:*

Place all the ingredients in blender in the order listed. Blend on high until all ingredients are well blended. Serve.

Makes 1 (20 oz.) smoothie: 430 calories, 52g of protein, 49g of carbs and 3g of fat.

Drink it: Right after your workout.

**Strawberry Shortcake Smoothie**

*INGREDIENTS*

* One 1⁄2 cup frozen strawberries
* One tablespoon of strawberry 100% all-fruit preserves
* 1 cup unsweetened vanilla almond milk
* Two scoops cookies & cream whey protein powder

*Making process*

Place all the ingredients in the juicer or mixer in the order listed above and blend on high until smooth.

Makes 1 (18 oz.) smoothie: 378 of calories, 46g of protein, 37g of carbs and 6g of fat.

Drink it: Anytime, as a meal replacement.

**Bahama Bro Smoothie**

*INGREDIENTS*

* One 1⁄2 cups frozen pineapple
* Four ice cubes
* 1⁄2 cup fresh-squeezed orange juice
* 1⁄4 cup canned light coconut milk
* 1⁄4 cup 100% pomegranate juice
* Two scoops vanilla whey or egg white protein powder

*Making process*

Place all the ingredients in a blender in the order listed. Blend on high until smooth.

Makes 1 (18 oz.) smoothie: 467 of calories, 46g protein, 59g carbs, 8g fat

Drink it: Right after your workout.

**Strawberry Grapefruit Smoothie**

*INGREDIENTS*

• 2 cups frozen strawberries

• 1 cup pink grapefruit juice

• 1/3 cup fresh-squeezed lime juice

• Two scoops vanilla whey or egg white protein powder

• Six ice cubes

*Making process*

Place all the ingredients in blender in order listed. Blend on high until smooth.

Makes 1 (22 oz.) smoothie: 433 of calories, 47g of protein, 61g of carbs and 3g of fat.

Drink it: Right after your workout

**Peanut Butter and Jelly Smoothie**

*INGREDIENTS*

* 1 cup frozen strawberries
* Four ice cubes
* 2 tbsp. natural peanut butter
* 1 tbsp. strawberry 100% fruit spread
* 3⁄4 cup unsweetened vanilla almond milk
* One scoop strawberry protein powder

*Making process*

Place all the ingredients in a blender in the order listed. Blend on high until the consistency is smooth.

Makes 1 (20 oz.) smoothie: 422 of calories, 31g of protein, 35g of carbs, 20g of fat.

Drink it: Anytime, as a meal replacement.

**Black Forest Smoothie**

*INGREDIENTS*

• One 1⁄2 cups frozen cherries

• 1 cup spinach leaves, packed

• 1 cup unsweetened vanilla or chocolate flavour almond milk

• Two scoops chocolate egg white or whey protein powder

*Making process*

Place all the ingredients in the blender in the sequence listed above and blend on high power until well mixed.

Makes 1 (18 oz.) smoothie: 405 of calories, 49g of protein, 43g of carbs, and 7g of fat.

Drink it: As a dessert.

**Acai Blueberry Cobbler**

*INGREDIENTS*

• 1 cup frozen blueberries

• Six ice cubes

• One 1⁄4 cups unsweetened vanilla almond milk

• 1⁄4 cup old-fashioned oats

• Two scoops vanilla whey or egg white protein powder

• Three tablespoon acai powder

• Two tablespoon light agave nectar

*Making process*

Place all the ingredients in a blender in the order listed above and blend on high power until smooth.

Makes 1 (20 oz.) smoothie: 514 of calories, 49g of protein, 54g of carbs and 12g of fat.

Drink it: 30–60 minutes before training.

**Ultimate Breakfast Sandwich**

*INGREDIENTS:*

* Two piece of Canadian bacon
* Half of red or green bell pepper and sliced and seeded
* Two eggs
* Half cup no-salt-added, low-fat cottage cheese
* Half cup spinach (raw or cooked)
* 1 seven inch whole-wheat pita
* Half cup shredded reduced-fat cheese
* Salt and fresh ground
* black pepper to taste

• One tablespoon of salsa

*DIRECTIONS:*

1. Start by cooking your bacon until it’s crispy, then set it aside.

2. Secondly, place the veggies in the pan and sauté lightly.

3. After the peppers are cooked, beat your eggs in a small bowl with a fork.

4. Finally add the eggs to pan and scramble lightly. When eggs are nearly cooked, pour cottage cheese and continue cooking until done.

5. Place the eggs, veggies, and bacon onto your pita. Add salsa on top. Serve.

**Turkey & Egg White Scramble**

*INGREDIENTS:*

* Three piece of turkey bacon, such as Jennie-O Extra Lean Turkey Bacon
* One and a half cups of egg whites, such as All Whites 100% Liquid Egg Whites
* 1/4 cup of diced tomato
* 1/4 cup of diced onion
* ¼ of sliced avocado
* 1 oz. low-fat cheese, shredded

*DIRECTIONS:*

1. Start by cooking your turkey bacon in a pan until it’s crispy. Set aside.

2. Use a bowl to combine the egg whites, tomato, and onion. Pour the bowl into your pan and cook until the eggs are the consistency you like.

3. Finally add crumbled bacon and top with avocado and cheese.

SERVES: 1

NUTRITION: 521 calories; 56 g protein; 40 g carbs; 11 g fat

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# Final Word

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I hope you’ve enjoyed this book. Use the information within this book and you’ll start getting the muscle gains you’ve always wanted. Hit your diet goals, exercise regularly, and I guarantee you will see results. Now you have the knowledge, all you need to do is take action.