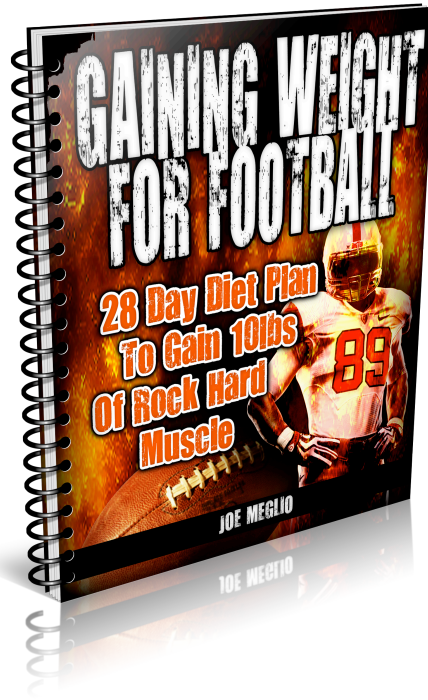


GAINING WEIGHT FOR FOOTBALL

**28 Day Diet Plan
To Gain 10lbs
Of Rock Hard
Muscle**



JOE MEGLIO



GAINING WEIGHT FOR FOOTBALL

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For more information, please contact:

Meglio Performance Systems LLC

100 Snug Harbor Road

Staten Island, New York 10310

Email: Joe@MeglioPerformance.com

Website: <http://megliofitness.com>

Disclaimer

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity and diet. With that in mind, those participating in strength and conditioning programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

About The Author

Joe Meglio is a performance coach at the Underground Strength Gym in Edison New, Jersey. In addition to being a performance coach, Joe played four years of college baseball and was one of the team captains his senior year.

In 2011 Joe Meglio was voted the # 1 Rising Star in the Fitness Industry by FitnessBusinessInterviews.com and was also voted as the 1st ever STACK.com Expert of The Month. For more information on Joe Meglio please check out joemeglio.com or contact Joe directly at Joe@MeglioPerformance.com



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Getting Started

Have your coaches ever said this to you before?

“You’re too small”

“You’re too weak”

“You’re not big enough”

“You need more power”

If so, this book is exactly what you need. Over the years, football players have gotten bigger, stronger and more explosive. Unfortunately, being a great football player isn’t enough nowadays. Not only do you have to be a good football player but you need to be football strong and built like a football player.

Simply put, if you want to play a high level of football you are going to have to gain weight. The key here is you have to gain functional weight and make sure the weight gain enhances your football performance. Luckily for you, this is exactly what this book is about! If you follow the program outlined in this book and the nutrition information to the tee, you have the potential of gaining 10-15 lbs in 1 month!

Do you want to know the secret? Well here it is: you have to eat big, to get big. Food is the most anabolic thing you can put in your body. If you want to put on some appreciable mass, you need to start by eating more food. More specifically you need to start eating more nutrient rich and calorie dense food. Before we get into exactly what you need to do let’s see why you are not gaining weight

4 Reasons Why Your Players Are Not Gaining Weight

1. You're Players Are Not Eating Enough!

As much as you're players think they are eating, they're not eating enough. In order to gain weight, they have to take in more calories than they are burning. If they are not gaining weight, it is because they are not eating enough calories.

2. Bad Food Selection.

If you're players think they are eating a lot, chances are they are eating a lot of empty calories that do not promote healthy weight gain. Empty calories include cereals, sugary and refined snacks, junk food and fast food.

While these foods may help put on weight, the problem with this is that these types of food do not build football muscle. These foods lack the quality protein and other nutrients needed to gain healthy weight and build serious muscle.

3. You're Players Are Not Being Consistent

The key to gaining weight is consistency. If you're player's follow the nutrition program outlined in this book 70% or 80% of the time, don't expect them to get excellent results. They have to be fully committed to gaining weight and getting stronger. Don't expect them to only do it a few days a week and get amazing results.

4. You're Players Are Making Excuses

"I don't have enough time to cook"

"I don't know how to cook"

"My parents don't buy that food"

"I can't gain weight"

"I don't have a gym membership"

"My coach doesn't want me lifting weights"

"I don't want to get too big"

"If I get too big I won't be able to throw or hit"

If you're players are making excuses like this, they will never gain weight. In order to gain weight they need to be dedicated and maybe even make some sacrifices. Making excuses will only set them back. They need to take control of their training and nutrition and dedicate the next month to gaining weight and becoming football strong.

6 Steps You're Players Can Start Doing Tomorrow

Step 1: Keep a food log for a week

Keeping a food log for one week is a great way to see how much food you're actually eating. Without knowing where you are now, it's impossible to know what you have to do to gain weight. A food log will also reveal some bad habits that may be holding you back from achieving the results you're really looking for.

A food log doesn't mean you have to count calories or measure food. Let's be honest, both are not realistic approaches for the typical football player. Chances are you're too busy playing football, lifting, doing schoolwork and being a teenager.

However all you need to do is write down exactly what you eat everyday for a week. Include the time you consumed each meal and, if possible, an estimate of how much (use your palm as a reference) you ate.

After the first week, follow the steps below and then after 1 month keep another food log for a week to track progress.

Step 2: Start eating a BIG breakfast everyday

If you are skipping breakfast, this is a huge mistake and a terrible start to your day. Breakfast is the perfect time to consume a large amount of calories and get your day started on the right foot. A bowl of cereal is not going cut it. Instead of skipping out on breakfast, wake up 20 minutes earlier and eat, eat, eat!!!

Step 3: Double your lunch

This step is pretty self-explanatory. If you usually bring 1 PB & J sandwich to school, start eating 2 and make sure to wash it down with some milk. Regardless of what you're eating for lunch now, start by eating more of it. Make sure that there is a solid protein source also like meat, chicken or eggs. Some good choices are turkey and cheese sandwiches, grilled chicken sandwich and tuna fish with mixed greens.

Step 4: Eat a meal when you come home from school or around 3PM

Since dinner is a few hours, stick to a smaller meal here. Some ideas include applesauce with whey protein powder, homemade weight gainer shakes, protein bar or 1-2 sandwiches.

Step 5: Eat leftovers from dinner

By this point you should have already had 4 high calorie and high quality meals. It's time to add in a 4th large meal by consuming all the leftovers from dinner. This is another easy way to get in a ton of calories and help you gain weight.

Step 6: Have 1-2 tablespoons of Olive Oil OR Peanut Butter with each meal

One tablespoon of olive oil has 120 calories in it and 2 tablespoons of peanut butter has 180 calories. Start consuming olive oil or peanut butter with each of your 5 meals. You can have them straight up on a spoon or however you want.

Summary

- Keep a 7-day food log during the first week and then another 7 day food log after the first month.
- Have a large breakfast EVERYDAY
- Start doubling your lunch
- Eat a small meal when you get home from school
- Have a big dinner (whatever your parents cook) and then eat the leftovers from dinner before bed
- Start having 1-2 tablespoons of olive oil or peanut butter with each meal

If you follow these 6 steps to the tee, you will put on weight. If you want to gain more weight, start eating more!

Shopping list

This is a shopping list that I use personally. While all the foods listed are not essential, this is a good list to refer to before your trips to the supermarket. I recommend that you buy organic foods whenever possible. I have found the best places for food shopping is Farmer's markets, Trader Joe's, Whole Foods and Costco.

Drinks

When it comes to gaining weight, drinking calories is an easy way to get in a lot of calories quickly and without filling up.

Make sure that you drink a lot of water everyday. Aim for half your bodyweight in ounces. So if you weigh 150lbs, aim for at least 75 oz of water daily.

- Whole Milk (preferably organic)
- Water
- Coconut water (natures Gatorade)
- Green Tea
- Fruit juices (on occasion are okay)

If you are lactose intolerant or have a milk allergy, try a nondairy based milk instead

- Almond Milk
- Hemp Milk
- Rice Milk

Fruit

Consume at least 3 servings of fruit daily. You can eat them alone as a snack or as part of your meal as dessert.

- Strawberries
- Bananas
- Blueberries
- Apple
- Pears
- Oranges
- Cherries
- Pineapple
- Grapes

Vegetables

Veggies are critical to your overall health. Be sure to eat a couple servings, multiple times a day. An easy way to get a lot of veggies into your diet is to eat 1 large salad a plus veggies at dinner. While you should aim for more, this is a good start.

- Spinach
- Asparagus
- Peppers
- Mixed greens
- Zucchini
- Eggplant
- Cucumbers
- Tomatoes
- Broccoli
- Cauliflower

Fat Sources

The foods listed below are foods that are high in fats. These food choices below are very calorie dense and are an excellent way to gain weight fast

- Peanut Butter
- Almond Butter
- Almonds
- Cashews
- Walnuts
- Coconut oil
- Extra virgin olive oil

Carbohydrate Sources

The foods below are critical to you gaining weight and should be consumed everyday with each meal.

- Rice (white, brown)
- Quinoa
- Whole Grain Bread
- Whole grain pasta
- Potatoes (sweet potatoes, yams, russet potatoes, red, golden etc...)
- Oatmeal
- Beans & legumes

Protein Sources

Protein is the key to building muscle and being football strong. You should have protein with each meal you eat daily.

- Ground beef
- Ground turkey beef
- Skinless chicken breasts or tenders
- Eggs
- Tuna fish
- Salmon
- Pork Chops
- Whey Protein Powder
- Shrimp
- Tilapia
- Steak
- Veal
- Greek Yogurt
- Cottage Cheese

Game Day Nutrition

The goal of game day nutrition is to make sure you are properly fueled to perform at your best. Below are 5 game day meal plans that you should utilize during the football season.

In addition to these meals make sure you are properly hydrated. In order to hydrate properly, make sure you are drinking a lot of water hours before the game starts. During your games you can sip on coconut water to replace electrolytes that are lost. If you cannot sip on coconut water, Propel or G2 are acceptable.

These meals are designed to be digested quickly so they should be consumed 1 and a half hours before your game or pregame routine. Eating too large of a meal too close to game time will slow you down and make you sluggish.

Game Day Sample Meal 1

Protein and Applesauce

1 scoop of whey protein powder

Half a cup of unsweetened applesauce

*Direction: mix 1 scoop of protein with the applesauce and stir until mixed smoothly

Game Day Sample Meal 2

Peanut butter and banana sandwich

2 slices of whole grain bread

2 tablespoons of peanut butter

1 large banana

Game Day Sample Meal 3

Peanut butter and jelly sandwich

2 slices of whole grain bread

2 tablespoons of peanut butter

1 tablespoon of jelly

Game Day Sample Meal 4

Fruit & Nuts

1 serving of any type of fruit (apple, orange, berries)

2-3 handfuls of any nut (cashews, almonds, walnuts)

Game Day Sample Meal 5

Protein bar

Find a protein bar that is low in sugar alcohols and contains whey protein as the main source of protein

Workout Nutrition

Similar to game day nutrition, the goal of workout nutrition is to make sure you are properly fueled to perform at your best. Below are 9 different meals (3 pre workout, 3 during workout and 3 post workout meals). The pre workout meals should be consumed roughly about 1 and half hours before your workouts. During workout meals should be sipped on throughout the whole workout. Post workout meals should be consumed within 45 minutes of the end of the workout

In addition to these meals make sure you are properly hydrated. In order to hydrate properly, make sure you are drinking a lot of water hours before your workouts. These meals are designed to be digested quickly and deliver high quality nutrients to your muscles. Eating too large of a meal too close to a workout will slow you down and make you sluggish.

Pre-Workout Sample Meal 1

1 scoop of whey protein powder

Half a cup of unsweetened applesauce

Direction: mix 1 scoop of protein with the applesauce and stir until mixed smoothly

Pre-Workout Sample Meal 2

Whey protein shake:

1 scoop of whey protein powder

8 ounces of milk (preferably organic)

Pre-Workout Sample Meal 3

1 slice of whole grain bread

1-2 pieces of thinly slices chicken breast

During Workout Sample Meal 1

Sip on coconut water throughout the duration of the workout

During Workout Sample Meal 2

Sip on Gatorade or G2 for the duration of the workout

During Workout Sample Meal 3

Sip on 20 ounces of chocolate milk

Post Workout Sample Meal 1

1-2 large sweet potato mashed

2-3 pieces of thinly slices chicken breast

1 banana

Post Workout Sample Meal 2

1 scoop of whey protein powder

1 cup of oats with 8-12 ounces of milk (preferably organic)

1 banana

Post Workout Sample Meal 3

20 ounces of chocolate milk

1 large

28 Day Sample Meal Plan

Day 1

Breakfast 7:00 AM

3-5 scrambled eggs
2 pieces of whole grain toast
1 piece of fruit
1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
8 ounces of milk

After School 3:00 PM

2 Scoops of Whey Protein Powder
2 Tablespoons of peanut butter
2 Tablespoons of Olive Oil
1-2 Frozen bananas
12 Ounces of whole milk

Dinner 7:00 PM

12-ounce steak
1 large baked potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or weight gainer shake

Day 2

Breakfast 7:00 AM

Protein oatmeal

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
2-3 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread

8 ounces of milk

Dinner 7:00 PM

12 ounces of ground turkey beef

1 cup of rice

3 cups of vegetables

1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or weight gainer shake

Day 3

Breakfast 7:00 AM

2 Scoops of Whey Protein Powder

2 Tablespoons of peanut butter

2 Tablespoons of Olive Oil

1-2 Frozen bananas

12 Ounces of whole milk

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread

8 ounces of milk

After School 3:00 PM

Roast beef and cheese on a whole grain roll

1 piece of fruit

1 tablespoon of olive oil

Dinner 7:00 PM

10 ounces of salmon

1 cup of quinoa

3 cups of vegetables

1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 4

Breakfast 7:00 AM

3-5 scrambled eggs

2 pieces of whole grain toast

1 piece of fruit

1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

Roast beef and cheese on a whole grain roll

1 piece of fruit

1 tablespoon of olive oil

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread

8 ounces of milk

Dinner 7:00 PM

3 ¼ pound cheeseburgers

2 whole grain hamburger buns

3 cups of vegetables

1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 5

Breakfast 7:00 AM

Protein oatmeal

Lunch 11:00 AM

Mix green salad

1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)

2-3 pieces of thinly sliced chicken breast

2 tablespoons of olive oil

Any vinegar (balsamic, white, red, apple cider vinegar)

After School 3:00 PM

Protein oatmeal

Dinner 7:00 PM

12 ounces of meatloaf

1 cup of mash potatoes

3 cups of vegetables

1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 6

Breakfast 7:00 AM

2 Scoops of Whey Protein Powder
2 Tablespoons of peanut butter
2 Tablespoons of Olive Oil
1-2 Frozen bananas
12 Ounces of whole milk

Lunch 11:00 AM

Roast beef and cheese on a whole grain roll
1 piece of fruit
1 tablespoon of olive oil

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
8 ounces of milk

Dinner 7:00 PM

10 ounces of tilapia
1 large sweet potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 7**Breakfast 7:00 AM**

Cheat Day Whatever you want

Lunch 11:00 AM

Cheat Day Whatever you want

After School 3:00 PM

Cheat Day Whatever you want

Dinner 7:00 PM

Cheat Day Whatever you want

Before Bed 10:00 PM

Cheat Day Whatever you want

Day 8

Breakfast 7:00 AM

3-5 scrambled eggs
2 pieces of whole grain toast
1 small baked potato
1 piece of fruit
1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk

After School 3:00 PM

1 Scoop of Whey Protein Powder
1 Frozen Banana
1 Tablespoon of olive oil
4 Pitted Dates
12 Ounces of whole milk

Dinner 7:00 PM

12-ounce steak
1 large baked potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 9**Breakfast 7:00 AM**

Protein oatmeal
Banana

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
2-3 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk

Dinner 7:00 PM

12 ounces of ground turkey beef

1 cup of rice
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 10

Breakfast 7:00 AM

1 Scoop of Whey Protein Powder
1 Frozen Banana
1 Tablespoon of olive oil
4 Pitted Dates
12 Ounces of whole milk

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk

After School 3:00 PM

Protein oatmeal
Banana

Dinner 7:00 PM

10 ounces of salmon
1 cup of quinoa
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 11

Breakfast 7:00 AM

3-5 scrambled eggs
2 pieces of whole grain toast
1 small baked potato
1 piece of fruit
1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

Turkey and cheese on a whole grain roll

1 piece of fruit
1 tablespoon of olive oil

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk

Dinner 7:00 PM

3 ¼ pound cheeseburgers
2 whole grain hamburger buns
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 12

Breakfast 7:00 AM

Protein oatmeal
Banana

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
2-3 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)

After School 3:00 PM

Turkey and cheese on a whole grain roll
1 piece of fruit
1 tablespoon of olive oil

Dinner 7:00 PM

12 ounces of meatloaf
1 cup of mash potatoes
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 13

Breakfast 7:00 AM

1 Scoop of Whey Protein Powder
1 Frozen Banana
1 Tablespoon of olive oil
4 Pitted Dates
12 Ounces of whole milk

Lunch 11:00 AM

Turkey and cheese on a whole grain roll
1 piece of fruit
1 tablespoon of olive oil

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk

Dinner 7:00 PM

10 ounces of tilapia
1 large sweet potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 14**Breakfast 7:00 AM**

Cheat Day Whatever you want

Lunch 11:00 AM

Cheat Day Whatever you want

After School 3:00 PM

Cheat Day Whatever you want

Dinner 7:00 PM

Cheat Day Whatever you want

Before Bed 10:00 PM

Cheat Day Whatever you want

Day 15

Breakfast 7:00 AM

3-5 scrambled eggs
2 pieces of whole grain toast
1 small baked potato
1 piece of fruit
1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar

After School 3:00 PM

2 Scoops of Whey Protein Powder
1 Frozen Banana
5 Frozen Strawberries
2 TBSP of Coconut Oil
12 Ounces of whole milk

Dinner 7:00 PM

12-ounce steak
1 large baked potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 16**Breakfast 7:00 AM**

Protein oatmeal
Banana
1-2 handful of almonds

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
3-4 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)
1-2 handfuls of any nuts (walnuts, almonds, pecans)

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread

16 ounces of milk
Protein bar

Dinner 7:00 PM

12 ounces of ground turkey beef
1 cup of rice
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 17

Breakfast 7:00 AM

1 Scoop of Whey Protein Powder
1 Frozen Banana
1 Tablespoon of olive oil
4 Pitted Dates
12 Ounces of whole milk

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar

After School 3:00 PM

Protein oatmeal
Banana
1-2 handful of almonds

Dinner 7:00 PM

10 ounces of salmon
1 cup of quinoa
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 18

Breakfast 7:00 AM

3-5 scrambled eggs
2 pieces of whole grain toast

1 small baked potato
1 piece of fruit
1 tablespoon of peanut butter or olive oil

Lunch 11:00 AM

Grilled chicken and cheese on a whole grain roll
Roasted Peppers
2 tablespoons of olive oil
Balsamic
1 piece of fruit

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar

Dinner 7:00 PM

3 ¼ pound cheeseburgers
2 whole grain hamburger buns
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 19

Breakfast 7:00 AM

Protein oatmeal
Banana
1-2 handful of almonds

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
3-4 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)
1-2 handfuls of any nuts (walnuts, almonds, pecans)

After School 3:00 PM

Grilled chicken and cheese on a whole grain roll
Roasted Peppers
2 tablespoons of olive oil

Balsamic
1 piece of fruit

Dinner 7:00 PM

12 ounces of meatloaf
1 cup of mash potatoes
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 20

Breakfast 7:00 AM

1 Scoop of Whey Protein Powder
1 Frozen Banana
1 Tablespoon of olive oil
4 Pitted Dates
12 Ounces of whole milk

Lunch 11:00 AM

Grilled chicken and cheese on a whole grain roll
Roasted Peppers
2 tablespoons of olive oil
Balsamic
1 piece of fruit

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar

Dinner 7:00 PM

10 ounces of tilapia
1 large sweet potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 21

Breakfast 7:00 AM

Cheat Day Whatever you want

Lunch 11:00 AM

Cheat Day Whatever you want

After School 3:00 PM

Cheat Day Whatever you want

Dinner 7:00 PM

Cheat Day Whatever you want

Before Bed 10:00 PM

Cheat Day Whatever you want

Day 22

Breakfast 7:00 AM

4-6 scrambled eggs
2 pieces of whole grain toast
1 large baked potato
1 piece of fruit
2 tablespoons of peanut butter or olive oil

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar
1 piece of fruit

After School 3:00 PM

2 Scoops of Whey Protein Powder
1 Cup of Blueberries
1 Frozen Banana
1 TBSP of coconut oil or olive oil
12 Ounces of whole milk

Dinner 7:00 PM

12-ounce steak
1 large baked potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 23

Breakfast 7:00 AM

Protein oatmeal
Banana
1-2 handfuls of almonds
1 tablespoon of peanut butter

Lunch 11:00 AM

Mix green salad
1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)
3-4 pieces of thinly sliced chicken breast
2 tablespoons of olive oil
Any vinegar (balsamic, white, red, apple cider vinegar)
1-2 handfuls of any nuts (walnuts, almonds, pecans)
1 piece of fruit (apples, grapes, pear, berries)

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar
1 piece of fruit

Dinner 7:00 PM

12 ounces of ground turkey beef
1 cup of rice
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 24

Breakfast 7:00 AM

2 Scoops of Whey Protein Powder
1 Cup of Blueberries
1 Frozen Banana
1 TBSP of coconut oil or olive oil
12 Ounces of whole milk

Lunch 11:00 AM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar
1 piece of fruit

After School 3:00 PM

Protein oatmeal
Banana
1-2 handfuls of almonds
1 tablespoon of peanut butter

Dinner 7:00 PM

10 ounces of salmon
1 cup of quinoa
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 25**Breakfast 7:00 AM**

4-6 scrambled eggs
2 pieces of whole grain toast
1 large baked potato
1 piece of fruit
2 tablespoons of peanut butter or olive oil

Lunch 11:00 AM

Ham and cheese on a whole grain roll
2 tablespoons of olive oil or peanut butter
1 piece of fruit

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar
1 piece of fruit

Dinner 7:00 PM

3 ¼ pound cheeseburgers
2 whole grain hamburger buns
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 26**Breakfast 7:00 AM**

Protein oatmeal

Banana

1-2 handfuls of almonds

1 tablespoon of peanut butter

Lunch 11:00 AM

Mix green salad

1 cup of any mix vegetable (cucumbers, peppers, onion, carrots)

3-4 pieces of thinly sliced chicken breast

2 tablespoons of olive oil

Any vinegar (balsamic, white, red, apple cider vinegar)

1-2 handfuls of any nuts (walnuts, almonds, pecans)

1 piece of fruit (apples, grapes, pear, berries)

After School 3:00 PM

Ham and cheese on a whole grain roll

2 tablespoons of olive oil or peanut butter

1 piece of fruit

Dinner 7:00 PM

12 ounces of meatloaf

1 cup of mash potatoes

3 cups of vegetables

1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 27**Breakfast 7:00 AM**

1 Scoop of Whey Protein Powder

1 Frozen Banana

1 Tablespoon of olive oil

4 Pitted Dates

12 Ounces of whole milk

Lunch 11:00 AM

Ham and cheese on a whole grain roll
2 tablespoons of olive oil or peanut butter
1 piece of fruit

After School 3:00 PM

2 peanut butter and jelly sandwiches on whole grain bread
16 ounces of milk
Protein bar
1 piece of fruit

Dinner 7:00 PM

10 ounces of tilapia
1 large sweet potato
3 cups of vegetables
1 piece of fruit (optional)

Before Bed 10:00 PM

Leftovers from dinner or a weight gainer shake

Day 28**Breakfast 7:00 AM**

Cheat Day Whatever you want

Lunch 11:00 AM

Cheat Day Whatever you want

After School 3:00 PM

Cheat Day Whatever you want

Dinner 7:00 PM

Cheat Day Whatever you want

Before Bed 10:00 PM

Cheat Day Whatever you want

Football Strength & Conditioning Program

While nutrition is a critical component to gaining weight, a proper strength and conditioning program is critical to make sure you are gaining functional football weight. A lot of football players and coaches think that strength training will get you “too big” and “tight”. That is why you need a specific football program like the one below to make sure the muscle and weight you put on is enhancing your performance.

Before you start lifting weights, you have to master your own bodyweight. Even if you already started lifting weights, you may have to reconsider this. Simply put, you have to earn your right to use weight.

In order to earn your right to lift weights you have to master basic bodyweight exercises like squats, lunges, push-ups, rows and pull-ups to name a few. These are foundational exercises that will help build the strength and stability needed to maximize football performance. Lifting weights without a solid foundation of relative body strength (how well you handle your own bodyweight) can be dangerous and lead to injuries.

The program below is the perfect starting point because it will help you build the foundation you need to gain weight and become football strong. The best parts about these workouts are they can be done anywhere because all they require is your own bodyweight and occasionally dumbbells.

Technique is of the upmost importance when training. Never perform an exercise that you cannot use proper technique on. If you find your technique slipping or if an exercise is too challenging, don't push through it. Instead, use a regression of that exercise until you master it. For example, during week 3 if you cannot do a proper DB goblet squat, revert back to an iso squat or a prisoner squat.

On the other end of the spectrum, if an exercise is too easy, you can make it harder by doing more reps or loading the exercise with weight. For example, if step-ups are too easy with your own bodyweight, you can load it up by holding dumbbells at your side.

Please refer to the videos of each exercise for proper form. Be critical of your technique and make sure you are doing each exercise with proper form. As far as set and reps, all bodyweight exercises should be done for submaximal reps. Submaximal reps means doing 70-80% of you max and always leaving 2-3 reps in the tank. In other words, you will never train till failure. For example if you can do a max set of 10 reps of push-ups, you will only do 7-8. Submaximal training is important because it allows you to progress week to week without overtraining and it also ensures that each rep of each set is performed with perfect technique

Week 1-2

Day 1

- 1A) [ISO Squat Hold](#) - 5 X 30s
- 1B) [Recline Row](#) - 5 X Submax
- 1C) [Side Plank](#) - 20s Each Side
- 2A) [Wall RDL](#) - 4 X 15
- 2B) [ISO Push-up](#) - 4 X 20s
- 2C) [Front Plank](#) - 4 X 30s

*1A 1B 1C represents a tri-set (so does 2A 2B 2C). This means that all 3 exercises should be done before you rest. Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep.

Day 2

- 1A) [Incline push-ups](#) - 5 X Submax
- 1B) [BW Reverse lunge](#) - 5 X submax
- 1C) [Tall Kneeling Anti-Rotation Press](#) - 5 X 20s each side
- 2A) [Glute Bridge](#) 5 X 12
- 2B) [Flexed Arm Hang](#) 5 X 20s
- 2C) [Dead Bug](#) 5 X 10 each side

* Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep.

Day 3

- 1A) [1 leg Glute Bridge](#) 5 X 8 each leg
- 1B) [Bottoms Up Push-up](#) 5 X submax
- 1C) [Plank Series](#) (Front & Side Plank) 5 X Hold each position for 15-30s)
- 2A) [Prisoner Squats](#) 5 X Submax
- 2B) [ISO Recline Row](#) 5 X 20s
- 2C) [DB Farmer Walks](#) 50 X 40 Yards

*Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep.

Weeks 3-4

Day 1

- 1A) [DB Goblet Squat To Box](#) 5 X 10
- 1B) [Recline Row](#) 5 X Submax
- 1C) [Anti-Rotation Press](#) 5 X 20s each side
- 2A) [Push-ups](#) - 4 X Submax
- 2B) [Step-Ups](#) - 4 X Submax
- 3A) [DB Farmer Walk](#) - 4 X 30 Yards

*Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep

Day 2

- 1A) [Partner Hand Walks](#) 4 X 10-20 Yards
- 1B) [ISO Split Squat w/ Elevated foot](#) 4 X 20s
- 1C) [1 Leg Front Plank](#) 4 X 20s each side
- 2A) [DB Good morning](#) 4 X 10
- 2B) [Recline Row](#) 4 X Submax
- 3A) [1 Arm OH DB Carry](#) 4 X 20 Yards each side

*Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep

Day 3

- 1A) [DB Goblet Squat](#) 5 X 10
- 1B) [ISO Pull-up](#) 5 X 15s
- 2A) [Glute Bridge w/ Shoulders elevated](#) 5 X 12
- 2B) [Push-ups](#) 5 X Submax
- 3A) [Walking Lunges](#) 4 X Submax
- 3B) [Knee Raise on Parallel Bars](#) 4 X 10

*Feel free to increase or decrease the amount of reps or time of each exercise based on how easy or hard it is. Make sure to use proper technique on every exercise and every rep

FAQ

Should I follow this program if I don't want to get too big?

Absolutely, yes! First off, nobody has the issue of getting too “big.” Second off, this program is designed to not only help you gain weight but to make sure the weight you gain is going to enhance your football performance. So, with your newfound weight you can expect to be stronger, explosive, and have more power.

What should I do if my coach told me I shouldn't lift?

We understand and respect the fact that your coach wants you to be healthy. This program was designed with the goal of health being number one. If you're injured or hurt you can't play football. This program will not only get you stronger and help you gain weight but it will also help prevent injury.

Will I get fat using this program?

Absolutely not! The chances are right now your eating a lot of sugary, refined, and processed foods. The nutrition outlined in this program is centered on eating nutrient rich and calorie dense foods. Unlike eating fast food, the foods in this program are designed to help you gain weight in a healthy fashion.

If you start to gain more weight than you want to, or you start to put on more fat than you want to than just scale back the amount of food your eating, but still continue to eat the types of foods we recommend.

What if I don't have enough money to buy all of this food?

This is not an excuse. A carton of eggs cost less than 2 dollars. 1 pound of bananas costs 69 cents. A potato costs 99 cents per pound. Not only are these foods inexpensive but they provide much more than one meal.

Will following this program get me too tight to play football?

Absolutely not! The lifting program is designed with the goal of enhancing your football performance. Most of the workouts consist of bodyweight exercises and a few dumbbell exercises. This program will help improve your lower body strength, your core strength and stability, as well as improved upper body strength.

Do I really have to eat all of this food?

The meal plan we recommended is an example of how you can gain weight. Simply put, in order to gain weight you have to eat more food than you are currently eating. Feel free to eat smaller portions than we suggest but if your not gaining weight it is because you are not eating enough.

What should I do if my body can't handle all of this food?

The plan we recommended might need to be adjusted based on your current weight and current nutrition. If the meals are too large eat smaller portions. It is better to start out eating less of what we recommended and gradually increasing the amount you eat over time.

How can I do the workouts if I don't belong to a gym?

One of the best parts about these workouts is you do not need a gym. All you need is your bodyweight, occasionally dumbbells and a jump stretch band.

What if I don't have time to eat breakfast in the morning?

This is not an excuse. Make it your priority to wake up 20 minutes earlier and find time to make breakfast. If you cannot make time to eating breakfast, you probably shouldn't be using this program. All the breakfast's we suggest take no longer than 5 minutes to make.

How I'm I supposed to eat 5 meals a day?

We understand that eating 5 meals a day can be a challenge, but if you stick to the outline we recommend this should not be an issue. The first meal is breakfast and should be eaten before school, the second meal is lunch, the third meal is an after school snack, the fourth meal is dinner (whatever your parents cook), and the last meal is leftovers from dinner before bed. Aside from packing lunch for school, you do not need to worry about brining food with you everywhere you go. Additionally, many of the meals we provide are very quick to prepare and should not consume a lot of your time.

What if I'm not gaining weight during this program?

If you are not gaining weight it is because you are not eating enough. The amount of food we suggest are just recommendations. Some football players may need to eat more food than what we recommend.

What do I do if the training program is too easy?

The goal of the training program is to help build a solid foundation of strength and stability throughout your whole body, more specifically your lower half and core. If the workouts are too easy you can start loading up the bodyweight exercises with dumbbells. You can also hold isometric exercises or longer times and perform one to two extra sets of each exercise. Always make sure that you are using proper technique and doing the workouts as described before you say the workouts are too easy.

What do I do if the training program is too hard?

If the training program is too hard we never want you to compromise technique for doing a harder exercise. If some exercises are too hard use the regression to that exercise. For example, if a dumbbell goblet squat is too hard regress to the prisoner squat or isometric squat.

Additionally, if one week was extremely challenging feel free to repeat the workouts over and over again until you have mastered each exercise.

Is it okay to train till failure?

NO! Submaximal training is crucial to make sure you are using proper technique and leaving enough reps in the tank to progress week to week. If you train till failure you are leaving yourself vulnerable to injury because technique may breakdown. When in doubt just leave one to two reps in the tank. For example, if you can do 10 reps of an exercise only do 8 or 9.

Why I'm not getting sore after the workouts?

After one or even a few weeks of the workout your body may start to accommodate to the new training stimulus. The idea of muscle confusion and always getting sore after workouts is not an indicator of a great workout. The goal of each workout is to constantly get stronger, improve stability, and enhance your football performance. Soreness is not an indication of hard work or whether or not you are enhancing your football performance.

Do I really need to measure and weigh my food?

No. You do not have to. The measurements we provide are guidelines but feel free to eyeball it. Realize that if you are not gaining weight you need to eat more and if you feel like you're putting on too much fat cut back on the amount of food you were eating.

Do I need to count calories?

No. Similar to measuring and weighing food, counting calories is not a realistic approach to most athletes. Athletes spend most of their time playing their sports, recovering from their sport, doing homework, and socializing. There is no need to complicate gaining weight more than it has to be.

What if I'm allergic to some of these foods?

Always consult your doctor before starting a nutrition regime. Never eat foods that you are allergic to. The meal plan we have recommended is only a sample plan of how you can gain weight.

What if I do not like some of these foods?

In the event that you truly cannot stomach the foods we recommended, we suggest that you try to gain weight in a healthy fashion. The best way to do this is to think like a caveman. If it does not grow in the ground, if it does not swim in the sea, or walk on land you probably should not be eating it. Do not expect to gain solid weight if your diet consists of fast food, junk food, and other sugary, refined, processed food choices.

What if an exercise bothers me?

Always consult your doctor before starting a weight lifting regime. If something hurts you should never do it or work through the pain. There is always an exercise you can do instead of the one suggested to avoid training in pain.

How long should the workouts take me?

The workouts should last no longer than 45 minutes. Depending on the level of physical preparedness the workouts should last from 20-45 minutes.

On what days should I workout?

We prefer that you train every other day or in worse case scenario every two days. Some examples include:

Monday, Wednesday, Friday.

Tuesday, Thursday, Saturday.

Monday, Thursday, Sunday.

Is it okay to workout two days in a row?

While not ideal this is okay to do if you cannot train every other day.

What time of the day should I workout?

Whenever you have time. There is no right or wrong time of the day to train. As long as you are training with your best efforts that will deliver the best results.

Is it safe to use protein powder?

Yes. Using one scoop of most protein powders is equivalent to 4-5oz of grilled chicken. Whey protein powder is a more convenient form of protein and should be used when you do not have access to whole foods. Whole foods provide more nutrients and are more filling than whey protein powder.

We only recommend high quality protein powders. If a protein powder bothers you or upsets your stomach you should not be using it.

Is it safe to put on so much weight in a short amount of time?

If you follow the nutrition plan we outlined, yes it is. The plan we recommend contains nutrient rich and calorie dense foods that will help you build muscle, get stronger, and thus enhance your football performance. We do not recommend you force-feed yourself or force yourself to eat food if you are already full.

Will I be able to continue to gain weight after the 28 days?

Remember that in order to gain weight you have to eat more food than you are currently eating. If you still want to gain more weight after the 28 days increase the amount of food you are eating.