



DIET PLAN FOR LEAN PEOPLE - BUILD MUSCLE WITH FULL DAY EATING

Most lean men who can't gain muscle weight are simply eating the wrong way. Maybe you are not eating enough calories or you may have to change your eating style. It's a proven theory that in order to gain muscle mass you have to be in caloric surplus. Hence, this diet plan will allow you to eat small portions on regular intervals. The strategy behind is that, as you are going for surplus intake, your body should absorb whatever you eat and doesn't want to throw it as waste.



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As your physique is skinny or lean, your muscle mass will be much lesser compared to experience guys but the protein intake will remain almost the same while calculation. Hence, it is not wise for you guys to go for more than 25/30 grams of protein at a time as your body will not tolerate that.

This calculation applies to any one who is seriously looking to build muscle mass through natural foods and nutrition programme combined with muscle building workouts. Start with multiplying your weight in lbs. with ratio 12. This will give your basic calorie requirement for the day. But this is not enough for you to gain 1 pound a week. For that, you have to double your calories. While moving forward if you still need a mass physique then after 8 weeks of this programme, increase your calories by 500 a day. Below calculation is for a 60 kg lean individual who wants to build up muscle mass through this programme.



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Multiply Total Body weight in Kg with 2.2 will give your weight in LBS.

Weight (60 kg) * 2.2 = 132 lbs.

Multiply total lbs. with standard ratio number 12 will give you average daily calorie requirement

132 lbs. * 12 = 1584 calorie / day

Multiply average daily calorie requirement with 1.6 to get the RMR (Resting Metabolic Rate)

1584 * 1.6 = 2535

Add the average daily calorie burned through workouts to RMR (Assuming 45/60 minutes/ day strength training workout 4 days a week and 20 minutes low intensity cardio once in a week)

2535 + 151 = 2686

For the beginners, if you find difficult to calculate how many calories you will burn through workouts or if you are not sure about that, don't worry, just add 150 to RMR and then START moving forward. After calculating the resting metabolic rate and calorie burned through strength training and cardio, a 60 kg individual may require additional 500 calories to gain 1 pound a week.

Projected daily calorie needs to gain 1 pound a week
2686 + 500 = 3186 calorie/ day

Regarding the macros intake, your major portion will come from Carbs. That means 50% will be reserved for carbohydrates and your protein intake will be restricted to 1 gram per pound of your body weight. The reason to limit protein is that your skinny body can only utilize roughly this much amount of protein per day. Balance calorie will be from healthy sources of fat such as nuts, coconut oil, avocado etc.



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MACROS	IN GRAMS	ENERGY/GRAM	CALORIES/DAY
CARB	393	4	1572
PROTEIN	132	4	528
FAT	120	9	1080



MUSCLE BUILDING DIET PLAN (SAMPLE) FOR LEAN GUYS



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MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL(1/2 CUP / 40 GMS) 100 % WHOLEGRAIN OATS MIXED WITH NUTS + 1 SCOOP WHEY PROTEIN CONCENTRATE	1 APPLE (SMALL)		1 CUP BLACK TEA
MORNING SNACK	EGG OMLETE OR BOILED (3 EGG WHITES + 2 WHOLE EGGS)	1 ORANGE		1 CUP TEA OR COFFEE
LUNCH	GRILLED CHICKEN BREAST (100 GMS)/QUARTER + 1 CUP/ 200 GMS WHITE RICE+ 1 WHOLE WHEAT ROTI OR CHAPPATI		GREEN SALAD	
EVENING SNACK	2 SLICE BROWN BREAD + 50 GMS AVOCADO	1 BANANA		OR 1 AVOCADO BANANA MILK SHAKE (OPTIONAL)
PRE WORKOUT				1 CUP COFFEE
POST WORKOUT		1 BANANA		WHEY PROTEIN CONCENTRATE DRINK
DINNER	GRILLED FISH FILLET (150 GMS) +MEDIUM SIZE SWEET POTATO (250 GMS)+1 WHOLE WHEAT ROTI OR CHAPPATI		GREEN SALAD	
BEFORE BED	2 SLICE BROWN BREAD + 2 SPOON PEANUT BUTTER + 20 ALMONDS + 10 WALNUTS/CASHEWS			1 GLASS BOILED MILK
	PROTEIN- 132 g, CARBS - 393g, Fat- 120 Total CALORIE= 3180			Minimum 3 litres of fresh water throughout the day

Once in a week you can have one biryani or any other food you like. This will not make any difference in your physique but make sure that you do not over eat and should not go more than 50% of your average daily calorie intake.

Good Luck!!!

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