Muscle Gain Eating Plan and Supplementation…. By Mario van Biljon

Breakfast (as soon as possible after waking)	Large bowl of oats with 1Tbs honey, a sliced banana & skim milk 30-40 g **SSN 100% Whey Protein**
Mid Morning	**SSN Anabolic Muscle Builder** Shake blended with skim milk, natural peanut butter and/or fruit (e.g. frozen berries) – honey as an optional extra
Lunch	Lean Steak or Extra Lean Mince (200-250 g cooked weight) Large Baked Potato or Sweet Potato (put whatever you want on the potato)
1 hr Pre-Workout	30-40 g **SSN 100% Whey Protein** Fruit *eg.* Large Apple or Banana 3-5 g **SSN Creatine Monohydrate**
Intra-Workout	SSN **Cytomaize**
ASAP Post-Workout	**SSN Anabolic Muscle Builder** + a banana or bunch of grapes Add an additional 3-5 g **SSN** Creatine Monohydrate powder to this post-workout shake
Dinner	1 cup (cooked) rice or pasta Fish *eg.* salmon or tuna steak or Chicken breast (200-250 g cooked weight) Steamed or stir fried (non-stick pan and olive oil spray) Veges topped with 1Tbs Omega 3/6/9 or Flax seed oil
Before Bed or middle of the night	30-40 g **SSN 100% Whey Protein** blended with 1 Tbs natural peanut butter