

The 30 Day

Build Muscle Challenge

Diet Plan

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

Copyright & Disclaimer

You may NOT distribute this book freely via email, facebook, twitter or any other means.

You may NOT alter, transform, or build upon this book without the express written permission from the author. You may NOT translate this book to any other languages without the express written permission from the author. You may NOT sell this book.

The information in this book is for educational purposes only.

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

Although exercise is beneficial and this program has been created to progress beginners to advanced and elite training levels there is still the risk of injury.

If you experience any strain or pain while training, stop and immediately consult your family doctor or medical practitioner.

Richard Knight and www.BuildMuscleChallenge.com, its owners, agents, affiliates and employees will not be held responsible or liable for any injury sustained while lifting or moving weights at your home, gym or elsewhere and claim no responsibility to any person or entity for any liability, loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of the material in this book. This book is NOT medical advice, nor is it intended to replace it, and the author is NOT a doctor.

The individual results obtained from the use of this program will vary from person to person and we make no guarantee as to the degree of results that you will personally achieve.

Copyright and illegal distribution violations will be prosecuted.

The 30 Day Build Muscle Challenge. Copyright 2011.

Some Rights Reserved.

This publication is intended for educational use only.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

Key things to keep in mind:

This diet plan is a very simple diet plan designed to get you used to "Eating for Gains". In the beginning SIMPLE is definitely the best way to start out until you begin to get more and more advanced.

If you are unable to eat certain foods within this diet plan, it's NOT the end of the world. What's more important is that you hit your numbers "Protein, Carbs and Fat" for each meal.

Also, this diet was designed assuming you workout after Meal 1 and before Meal 2. If you workout at another time during the day, simply move Meal 2 to be consumed immediately after your workout. For example if you workout in the evening, here's an example of what your diet for that day will look like:

Meal 1: Breakfast Meal

Meal 3: Lunch Meal

Meal 4: Afternoon Snack

Meal 5: Mid Afternoon Meal

- **Workout**

Meal 2: Post Workout "Meal"

Meal 6: Dinner

Meal 7: Bedtime Snack

**** Keep in mind:** you should still be consuming a meal every 2 ½ - 3 hours, no matter when your workout is and how you shift your meals around

**** For best results** be sure to workout within 30 -40 minutes of your previous meal. And if your workouts are scheduled any time other than immediately after meal 1, for example in the evening, be sure to consume some "high glycemic" carbs preferably from fruits, fruit juice, sports drinks etc. prior to working out.

IMPORTANT: Don't worry if you can't finish all your meals in the beginning. The key is to keep challenging yourself to gradually consume more calories each day.

The good news is the more muscle you grow the bigger your appetite will naturally get. So don't get too worried or annoyed if you can't complete the entire diet within your first week or so, just continually consume more calories each day and use the "**How to Increase Your Appetite Guide**" until you get there.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

Your 30 Day Build Muscle Challenge 3700 Calorie Meal Plan

Meal 1	Breakfast (684 cal., 59g prot., 71g carb., 21g fat)
	2 Whole Extra Large Eggs (160 cal., 14g prot., 0g carb., 12g fat) 6 Egg Whites (96 cal., 24g prot., 0g carb., 0g fat) 2 Slices Cheese (100 cal., 8g prot., 4g carb., 6g fat) 1 Banana (121 cal., 1g prot., 31g carb., 0g fat) 3 Slices Whole Wheat Bread (207 cal., 12g prot., 36g carb., 3g fat)
Meal 2*	Post Workout (Immediately After Workout) (318 cal., 42g prot., 30g carb., 5g fat)
	2 Serving Post-Workout Whey Protein Shake (180 cal., 34g prot., 6g carb., 3g fat) 1 – 2 Servings "High Glycemic" Beverage (i.e. – fruit juice, Gatorade etc.) (30 – 50 g Carbs) **Ensure that your next meal is consumed within 60 min. of your Post Workout "Meal"
Meal 3	Lunch (678 cal., 39g prot., 98g carb., 16g fat)
	2 Turkey Burgers on Whole Wheat Buns (488 cal., 34g prot., 58g carb., 16g fat) 1 Cup Mixed Vegetables (80 cal., 3g prot., 15g carb., 0g fat) 1 Cup Orange juice (110 cal., 2g prot., 25g carb., 0g fat)
Meal 4	Afternoon Snack (384 cal., 34g prot., 30g carb., 7g fat)
	2 Servings "Casein" Protein Shake (180 cal., 34g prot., 6g carb., 3g fat) 2 Cups 1% Milk (204 cal., 16g prot., 24g carb., 4g fat)

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

Meal 5	Mid- Afternoon Meal (775 cal, 99g prot., 14g carb., 10g fat)
	2 6oz. Chicken Breast (562 cal., 70g prot., 0g carb., 6g fat) 1 4oz. Flounder Filet (100 cal., 21g prot., 0g carb., 2g fat) 1 Cup Garden Salad (11 cal., 0g prot., 2g carb., 0g fat) 1 Cup 1% Milk (102 cal., 8g prot., 12g carb, 2g fat)
Meal 6	Dinner (632 cal., 77g prot., 15g carb., 27g fat)
	9 oz. Skirt Steak (522 cal., 69g prot., 0g carb., 27g. fat) 5 Peeled Shrimp (30 cal., 5g prot., 0g carb., 0g fat) 1 Cup Mixed Vegetables (80 cal., 3g prot., 15g carb., 0g fat)
Meal 7	Bedtime Snack (337 cal., 49g prot., 10g carb., 3g fat)
	1 Can Tuna Fish (125 cal., 30g prot., 0g carb., 1g fat) 2 tbsp. Peanut Butter (146 cal., 7g. prot., 10g carb., 2g fat)
Daily Nutrient Total: 3742 Calories, 403 Grams Protein, 268 Grams Carbohydrates, 89 Grams Fat)	

Affiliate Disclosure

To my loyal subscribers, readers and friends: I believe in making my website and business practices completely transparent and full disclosure. Unlike many other website owners, and as my trusting subscriber, reader and/or customer I'll always be completely upfront about my business.

In this special report I have recommend products and services, other than my own, and with those recommendations I may receive a commission on referred sales. This commission not only allows me to create Special Reports like this one but these commissions are also used to pay for things like my webmaster, my video team, newsletter delivery, website design and other business expenses. This allows me to continue helping you with information I provide on my free blog, free newsletter, free you tube videos and free teleseminars.

I know there is alot of hoopla and empty promises made by alot of products and product owners out there. But rest assured the only products I will ever recommend are products that I 100% believe in and use myself. So if you see me make a recommendation that means you should be excited because it's something really special that will help you reach your goal and impact your life for the better.

If I haven't used it first hand, found it to be of exceptional quality, and believe it will undoubtedly help you achieve your goals faster, I don't and won't recommend it. Period.

30 Day Build Muscle Challenge

"Everything You Need To Gain 10 lbs in 1 Month"

"Everything You Need To Gain 10 lbs in 1 Month"

It makes absolutely no sense for me to recommend crappy products to you because it's my reputation and my name that would be tarnished for weeks, months, if not years if I did.

And I would never jeopardize the trust that you have placed in me to help you reach your goal for any type of commission. I will always keep your best interest in mind and put you first before making a profit because I know how it feels when others don't.

Thank you for being a loyal reader and subscriber and for your continued support.

Your friend and coach,

Richard Knight