

**This is a Quick Reference Guide from Weight Lifting Complete.**

You can get access to more helpful guides at the website.

Hint: Print this one page guide and keep in your WLC Log Book.

### Muscle Building Meal Plan Layout

Meal #	Time	Food Combination	Example
1	Meal 1	Lean Protein Natural Starchy Carb Natural Sugary Carb Essential Fats	Egg Whites, 1 Whole Egg 100% Whole Grain Bread Apple Fish Oil
2	2.5 to 3.5 hours later	Lean Protein Natural Starchy Carb Natural Sugary Carb Essential Fats	Chicken Breast Sweet Potato Banana Walnuts
3	2.5 to 3.5 hours later	Lean Protein Natural Starchy Carb Natural Fibrous Carb Essential Fats	Lean Beef White Potato Romaine Salad Extra Virgin Olive Oil
4	2.5 to 3.5 hours later	Lean Protein Natural Starchy Carb Natural Fibrous Carb Essential Fats	Whey Protein Oats Mixed Veggies Almonds
5	2.5 to 3.5 hours later	Lean Protein Natural Starchy Carb Natural Fibrous Carb Essential Fats	Wild Salmon Lima Beans Spinach Salad Extra Virgin Olive Oil
6	2.5 to 3.5 hours later	Lean Protein Natural Fibrous Carb Essential Fats	Cottage Cheese Mixed Veggies Flax Oil

Other Meals	Time	Food Combination	Example
Pre Workout	Before and During Workout Period	Simple Carbs Fast Acting Protein	Waxy Maize Corn Starch BCAA's
Post Workout 1	Directly After Your Workout	Simple Carbs Fast Acting Protein	Waxy Maize Corn Starch BCAA's
Post Workout 2	30 Minutes After Previous Meal	Lean Protein Source Natural Starchy Carb	Chicken Breast White Potato

**Tip: Use this sheet to plan your meals each day.**