

Diet for Weight Training

Adequate calories and protein are essential to assist with weight and muscle enhancement. The following meal plan is based on a 75kg male involved in resistance training for 1 hour 5 days/week.

Please note that research supports a maximum intake of 2g/kg/day protein for muscle gains. Excessive protein intake may result in serious long-term health problems.

Aim to drink 2L water daily

Breakfast (1hour pre-training)

Banana

2 x Low Fat Yoghurt (200g)

Egg

Whole meal Toast

Morning Tea

300mL Protein Shake e.g. Sustagen

Fruit

Nuts (20)

Lunch

100g Lean Chicken or 150g Tuna (tinned in spring water) roll/sandwich/wrap

Add 2 slices low fat cheese

Lots of vegetables

Afternoon Tea

300mL Protein Shake e.g. Sustagen

Fruit

Nuts (20)

Dinner

200g Lean Red meat/chicken/Fish (grilled)

1 cup rice or pasta (boiled)

Lots of vegetables (steamed)

Supper

Low fat plain ice-cream or custard with fresh berries/strawberries

OR

300mL Protein Shake e.g. Sustagen

For more information or for a more prescriptive, individualized meal plan contact your dietitian on 0412-126-643 and make an appointment today.

Visit www.sportsdietitians.com.au for more information.



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