

# 7-Day

## MUSCLE BUILDING MEAL PLAN



Presented by  
Mike Geary

# THE TRUTH ABOUT FAT BURNING FOODS

## 7 DAY MUSCLE BUILDING MEAL PLAN

Presented By Mike Geary, "The Nutrition Watchdog"

## LEGAL DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Mike Geary there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Mike Geary or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

## MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

# Table of Contents

The Truth About Muscle Building .....	4
Here's The Plan .....	5
3 Strategic Muscle Building Days Explained.....	6
Portion Sizes.....	7
Food List.....	8
Other Nutrition Guidelines.....	11
7 Day Muscle Building Meal Plan .....	12

# The Truth About Muscle Building

I've decided to include this muscle building meal plan for people who might want to get leaner (who doesn't?), but that might also want to gain lean muscle at the same time.

I hear you: "But I thought that you CAN'T build muscle AND lose fat at the same time!"

Nope, that's a myth. With the right combination of nutrition strategies and exercise plan, you can alternate muscle building phases and fat burning phases within the same week.

Of course, chasing two goals at once slows things down a little bit. So if you want to gain several pounds in a single week and become a bloated powerlifter, this plan is definitely NOT for you.

But if you want to gain lean muscle and get leaner in the process, than read on...

# Here's The Plan

1. Adjust your carb consumption depending on your lean body mass (see guidelines below).
2. Don't follow this plan if you're not following a muscle building exercise plan.
3. Don't binge or stuff on Cheat day and follow all cheat day guidelines from page 6.
4. Decide which day will be your Cheat day before the week begins.
5. Keep sweets and alcohol to cheat days only.
6. Don't be afraid of the extra carb intake on this plan. You need carbs to build muscles.
7. You can stay on this plan pretty much year in and year out, or switch to a cycle of the 7 Day Rapid Fat Loss Meal Plan to get even leaner while keeping your hard-earned muscles
8. Use only foods provided from the approved lists below.

## Your Weekly Carb Calendar

	Mo	Tu	We	Th	Fr	Sa	Su
<b>Strategic Day</b>	High Carb	Moderate Carb	High Carb	Moderate Carb	High Carb	Cheat	Moderate Carb
<b>Grams of Carbs</b>	Ecto = 2X LBM*  Others = 1.5X LBM	0.75 X LBM	Ecto = 2X LBM*  Others = 1.5X LBM	0.75 X LBM	Ecto = 2X LBM*  Others = 1.5X LBM	Free day	0.75 X LBM

\*Naturally skinny people (ectomorphs) should consume more carbs and follow the guidelines above

\*\*Calculate your carb intake based on your Lean Body Mass (LBM). To learn how to do so, follow this tutorial:

[http://www.bodybuilding.com/fun/lbm\\_calculator.htm](http://www.bodybuilding.com/fun/lbm_calculator.htm)

# 3 Strategic Muscle Building Days Explained

## High Carb Days

- + You'll eat high carbs on the days you work out
- + Your grams of carbs = multiply your lean body mass by 2 for ectomorphs, and by 1.5 for others
- + The majority of your carbs will be focused around training

## Moderate Carb Days

- + You'll eat moderate carbs on your off days
- + Your grams of carbs = multiply your lean body mass by 0.75

## Cheat Days

- + Eat whatever you want
- + You can fill up and satisfy yourself, but don't binge or stuff
- + If you consume alcohol on this day - make sure you do it AFTER a few cheat meals; otherwise, you could sabotage the hormonal effect of the cheat day
- + Even if you're trying to gain muscle and don't feel as restrained on your diet, it's not a reason to try to eat like Michael Phelps on that day

# Portion Sizes



Believe it or not, the size of your hands can help you build more muscle.

Ok, I know it sounds weird, but this is THE best way to monitor your food intake to consistently maintain a fat burning environment round the clock.

Your fist, palm, and thumbs are directly related to how many calories and grams you should be consuming on a daily basis.

Here's how it works.

## 1. Protein = the size of your palm

- + An acceptable range is 15 to 25 g per serving for women and 20 to 40 g for men
- + If you're not consistently exercising, these amounts should be lower

## 2. Carbs = the size of your fist

- + Acceptable range should be 25 to 50 g per serving
- + Post workout should be more toward 35 to 40 for women and at least 45 to 50 for men

## 3. Fats = the size of the end of your thumb x 2

- + Carbs and proteins only yield 4 calories per gram while fats yield 9 calories per gram, which indicates you have to monitor fat intake and use smaller portion sizes for fats (ex: 12 to 15 nuts, not HALF the jar!)
- + Acceptable range should be 15 to 30 grams per serving (approx. 1 to 2 tbsp.)

## Calorie Counting

If you follow the 7 Day Muscle Building Meal Plan, counting calories is NOT mandatory. But if you want to do so, simply multiply your bodyweight by 15 as a guideline.

This is just an estimate. Genetics, exercise intensity, sleep, recovery, and supplementation can ALL affect overall results as it relates to burning fat and/or gaining muscle.

You'll have to adjust your calories depending on the results you get, i.e. how easy it is for you to build muscle.



# Food List



## Type (P) = Proteins

**Eggs and egg whites** (try to use pastured-raised or locally farmed fresh eggs)

+ Men: 2 whole with 4 – 5 whites

+ Women: 1 whole with 2 – 3 whites

**Organic Cottage cheese** (try to use full fat raw or almond cheese)

+ Men: 1 cup

+ Women: ½ cup

**Organic Greek Yogurt** (no/low sugar plain flavors only)

+ Men: 1 cup

+ Women: ½ cup

**Lean beef, venison, lamb, pork tenderloin, or fresh ham** (try to use grass-fed or locally farmed raised)

+ Men: 5-6 oz.

+ Women: 3-4 oz.

**Turkey breast** (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

**Chicken breast** (try to use pasture-raised organic turkey meat)

+ Men: 6-8 oz.

+ Women: 4-5 oz.

**Low carb protein powder** (make sure you use a low temperature processed brand)

+ Men: 1½-2 scoops (30-40 g)

+ Women: 1-1½ scoops (20-30 g)

**Fresh wild caught fish: Salmon, Trout, Tuna, Cod, Tilapia, White fish**

+ Men: 6-8 oz.

+ Women: 3-4 oz.

**Other wild caught seafood: lobster, crab, shrimp, scallops** (limit intake)

+ Men: 6-8 oz.

+ Women: 3-4 oz.

## Type (S) = Starchy Carbs

**1.** Consume only the following Starchy Carbs and follow the directions and guidelines for each day provided below each daily nutrition template.

**2.** Serving sizes: Men under 200 lbs. = 1 cup, Men over 200 lbs. = 1½ cups. Women = ½ to ¾ cup. \*Unless indicated differently on meal plan.

**3.** Make sure to move your starch (and fruit) based meals to post workout or in the evening if you're not exercising.

**4.** Limit fat intake to under 10 g in all meals containing starchy carbs.

### Food List

+ Steel cut slow cook oats/oatmeal

+ Sweet potato / Yam

+ Potatoes

+ Acorn and butternut squash

+ Wild rice, brown rice, black rice, white rice (steamed not fried)

Quinoa



- + Acorn squash
- + Gluten free / wheat free pasta: rice flour or black bean
- + Legumes (avoid all canned beans and canned foods): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- + Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- + Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- + Corn (organic only and limit intake)
- + Peas

\*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.

## Type (FR) = Fruits

1. Serving size men = 1 to 1½ cups. Women = ½ to 1 cup.
2. NO fruit juices.

### Food List

- + Cherries
- + Apples
- + Oranges
- + Grapefruit
- + Bananas
- + Apricots
- + Kiwi
- + Mango
- + Watermelon
- + Blueberries
- + Raspberries
- + Blackberries
- + Peaches

- + Cranberries
- + Papaya
- + Plums
- + Pineapple
- + Nectarines
- + Tangerines
- + Pears
- + Grapes
- + Melon (honeydew, cantaloupe, etc.)

## Type (V) = Vegetables

1. Consume one serving of your favorite vegetables listed below as indicated on your daily nutrition templates.
2. Make sure to have at least two servings of green cruciferous vegetables per day.
3. Serving size (men and women) = 1 cup on all veggies (raw, steamed, or minimally cooked)

### Food List

- + Broccoli
- + Asparagus
- + Cucumber
- + Lettuce
- + Cabbage
- + Cauliflower
- + Spinach
- + Green beans
- + Radishes
- + Onions
- + Celery
- + Mushrooms
- + Artichoke

- + Peppers (any type)
- + Arugula
- + Tomatoes
- + Spaghetti Squash
- + Brussels sprouts
- + Zucchini
- + Kale
- + Spring mix
- + Collard greens
- + Eggplant
- + Carrots

\* Try to use organic or locally farm grown whenever possible.

## Type (F) = Fats or Oil

**1.** Consume **ONLY** one serving of fat as indicated on your daily nutrition templates below.

**2.** Serving size (men and women) = 1 tablespoon.  
Cheese = a sprinkle or small serving. Egg yolks = 1 or 2 max.

**3.** Monitor your portion sizes carefully with fats. It's very easy to overdo it and add in an additional 300 to 400 calories per day if you're not careful.

## Food List

- + Chia seeds, hemp seeds or ground up flaxseeds
- + Fish oil or krill oil
- + Olive oil
- + Mayo (use small amounts and avoid canola or refined vegetable oils)
- + Small amounts of raw cheese or almond cheese
- + Grass-fed or organic butter
- + Coconut oil (virgin or expeller-pressed)
- + Egg yolks (pasture-raised if possible)
- + Heavy cream (organic)
- + Raw nuts or seeds (monitor portions carefully)
- + Nut butters (1 tbsp. women, men 1½-2 tbsp.)
- + 2-3 oz. of avocado (about 1/2)

# Other Nutrition Guidelines

## Condiments

You may use condiments, but remember to watch hidden sugars and check carb count. Great examples are mustard, salsa, hot sauces, and organic soy sauce.

You can also feel free to use the following in moderation:

- + Sea Salt
- + Horseradish
- + Stevia or other no/low calorie all natural sweeteners (xylitol and erythritol)
- + Pepper (any kind)
- + Vinegar
- + Ketchup (high fructose corn syrup free or no sugar only)
- + Garlic

For more condiments ideas, refer to your **"Truth About Condiments, Snacks & Seasonings"** Guide.

## Sweeteners And Other Misc. Foods

- + Limit intake of artificial sweeteners (sucralose, aspartame, saccharine, acesulfame-K)
- + Try to use stevia, xylitol or erythritol instead
- + Stay away from cooking sprays and try to use small amounts of virgin or expeller-pressed coconut oil instead

## About Dairy

About 60% of all adults are dairy intolerant to some degree. Pay close attention to how cottage cheese, yogurt and whey protein make you feel.

If you experience bloating and digestive distress, make the following swaps:

- + Use a vegan protein powder like Onnit instead of whey protein
- + Use a light protein shake or a handful 1-2 oz. of raw nuts instead of cottage cheese or yogurt

# 7 Day Muscle Building Meal Plan

## Monday – Day 1 – High Carb Day

Action	Women	Men
<b>Meal 1</b> (pre-workout)	½ cup of oatmeal with 1 packet of stevia and cinnamon. After cooked stir in 15 g of protein powder	1 cup of oatmeal with 2 packet of stevia and cinnamon. After cooked stir in 25 g of protein powder
<b>Meal 2</b> (post-workout)	Protein & fruit shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries and 1/2 banana	Protein & fruit shake: Mix 30-40 g vanilla protein powder with 1 cup berries and 1 banana
<b>Meal 3</b>	6-8 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie	10 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie
<b>Meal 4</b>	6-8 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	8-10 oz. fish; 1 cup broccoli; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

## Daily Guidelines And Directions

- ✦ Focus your carbs around your workout. So if you train later in the afternoon, feel free to move Meal 1 and Meal 2 to the afternoon as your pre- and post-workout feedings.
- ✦ Adjust the meal plan to your exact carb needs, based on your body weight (1.5 g of carbs per pound of body weight in the case of this High Carb Day)

# 7 Day Muscle Building Meal Plan

## Tuesday – Day 2 – Moderate Carb Day

Action	Women	Men
<b>Meal 1</b>	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
<b>Meal 2</b>	6-8 oz. of your favorite lean protein; 1 cup of your favorite veggie	8-10 oz. of your favorite lean protein; 1 cup of your favorite veggie
<b>Meal 3</b>	Nut butter shake: 20-25 g vanilla protein powder with 1 tbsp. of nut butter	Nut butter shake: 30-40 g vanilla protein powder with 1 tbsp. of nut butter
<b>Meal 4</b>	6-8 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);	8-10 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

## Daily Guidelines And Directions

- ✦ If you choose to do additional cardio, add one portion of carbs in the evening (any carb from the Food List) and focus your carbs around your cardio session
- ✦ Adjust the meal plan to your exact carb needs, based on your body weight (0.75 g of carbs per pound of lean body mass in the case of this Moderate Carb Day)

# 7 Day Muscle Building Meal Plan

## Wednesday – Day 3 – High Carb Day

Action	Women	Men
<b>Meal 1</b> (pre-workout)	1-2 eggs scrambled; 2 Ezekiel bread toasts	2-3 eggs scrambled; 2 Ezekiel bread toasts
<b>Meal 2</b> (post-workout)	Protein & fruit shake: Mix 20-25 g vanilla protein powder with 1/2 cup berries and 1/2 banana	Protein & fruit shake: Mix 30-40 g vanilla protein powder with 1 cup berries and 1 banana
<b>Meal 3</b>	6-8 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie	10 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie
<b>Meal 4</b>	6-8 oz. chicken; 1 green beans; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	8-10 oz. chicken; 1 green beans; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; handful almonds	1 cup organic Greek yogurt or cottage cheese; handful almonds

## Daily Guidelines And Directions

- ✦ Focus your carbs around your workout. So if you train later in the afternoon, feel free to move Meal 1 and Meal 2 to the afternoon as your pre- and post-workout feedings.
- ✦ Adjust the meal plan to your exact carb needs, based on your body weight (1.5 g of carbs per pound of body weight in the case of this High Carb Day)

# 7 Day Muscle Building Meal Plan

## Thursday – Day 4 – Moderate Carb Day

Action	Women	Men
<b>Meal 1</b>	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
<b>Meal 2</b>	6-8 oz. of your favorite lean protein; 1 cup of your favorite veggie	8-10 oz. of your favorite lean protein; 1 cup of your favorite veggie
<b>Meal 3</b>	Avocado shake: 20-25 g vanilla protein powder with 1/2 avocado in it and 1 tsp. cinnamon	Avocado shake: 30-40 g vanilla protein powder with 1/2 avocado in it and 1 tsp. cinnamon
<b>Meal 4</b>	6-8 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);	8-10 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

## Daily Guidelines And Directions

- + If you choose to do additional cardio, add one portion of carbs in the evening (any carb from the Food List) and focus your carbs around your cardio session
- + Adjust the meal plan to your exact carb needs, based on your body weight (0.75 g of carbs per pound of lean body mass in the case of this Moderate Carb Day)



# 7 Day Muscle Building Meal Plan

## Friday – Day 5 – High Carb Day

Action	Women	Men
<b>Meal 1</b> (pre-workout)	½ cup potatoes with your favorite omelet or egg scramble (2 eggs)	1 cup potatoes with your favorite omelet or egg scramble (3 eggs)
<b>Meal 2</b> (post-workout)	Protein & fruit shake: Mix 20-25 g vanilla protein powder with 1 pear and 1 apple	Protein & fruit shake: Mix 30-40 g vanilla protein powder with 1 pear and 1 apple
<b>Meal 3</b>	6-8 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie	10 oz. of your favorite lean protein; Your favorite pasta or rice (enough to fill your daily carb needs); 1 cup of your favorite veggie
<b>Meal 4</b>	6-8 oz. grass-fed steak; 1 green beans; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)	8-10 oz. grass-fed steak; 1 green beans; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count)
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; handful macadamias	1 cup organic Greek yogurt or cottage cheese; handful macadamias

## Daily Guidelines And Directions

- ✦ Focus your carbs around your workout. So if you train later in the afternoon, feel free to move Meal 1 and Meal 2 to the afternoon as your pre- and post-workout feedings.
- ✦ Adjust the meal plan to your exact carb needs, based on your body weight (1.5 g of carbs per pound of body weight in the case of this High Carb Day)

# 7 Day Muscle Building Meal Plan

## Saturday – Day 6 – Cheat Day

Action	Women	Men
Meal 1	Bacon, eggs, hash browns and toasts (don't stuff)	Bacon, eggs, hash browns and toasts (don't stuff)
Meal 2	Chips and salsa (don't stuff)	Chips and salsa (don't stuff)
Meal 3	Pizza or favorite cheat food (don't stuff)	Pizza or favorite cheat food (don't stuff)
Meal 4	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)	Eat your favorite dessert (don't go overboard) Alcohol (don't go overboard)

## Daily Guidelines And Directions

- + Eat whatever you want in any amount, just don't binge or stuff
- + Make sure to consume alcohol AFTER a few cheat meals before indulging

# 7 Day Muscle Building Meal Plan

## Friday – Day 7 – Moderate Carb Day

Action	Women	Men
<b>Meal 1</b>	Chocolate shake: 20-25 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.	Chocolate shake: 30-40 g chocolate protein powder added to 10-12 oz. water in a blender; add ice for desired thickness and blend.
<b>Meal 2</b>	6-8 oz. of your favorite lean protein; 1 cup of your favorite veggie	8-10 oz. of your favorite lean protein; 1 cup of your favorite veggie
<b>Meal 3</b>	Avocado shake: 20-25 g vanilla protein powder with 1/2 avocado in it and 1 tsp. cinnamon	Avocado shake: 30-40 g vanilla protein powder with 1/2 avocado in it and 1 tsp. cinnamon
<b>Meal 4</b>	6-8 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);	8-10 oz. grass-fed beef steak; 1 cup of sliced carrots; lettuce & cucumber salad with 1 tbsp. of extra-virgin olive oil & vinegar or full fat dressing (watch carb count) Your favorite pasta or rice (enough to fill your daily carb needs);
<b>Meal 5</b>	1/2 cup organic Greek yogurt or cottage cheese; 10 walnuts	1 cup organic Greek yogurt or cottage cheese; 12 walnuts

## Daily Guidelines And Directions

- ✦ If you choose to do additional cardio, add one portion of carbs in the evening (any carb from the Food List) and focus your carbs around your cardio session
- ✦ Adjust the meal plan to your exact carb needs, based on your body weight (0.75 g of carbs per pound of lean body mass in the case of this Moderate Carb Day)