



CROSSFIT CALOUNDRA

WEIGHT GAIN MEAL PLAN

75-95KG

PROTEIN (P)

1 SERVING =
PALM SIZE

- BEEF
- LAMB
- CHICKEN
- PORK
- TURKEY
- EGGS X3
- EGG WHITES (150ML)
- FISH
- COTT CHEESE
- PROTEIN YOGURT
- WHEY PROTEIN
- COLLAGEN PROTEIN

GUYS: 40G PER MEAL
GIRLS: 30G PER MEAL

VEGGIE (V)

1 SERVING =
1 FIST

ADD ANY TO
EACH MEAL

CARBS (C)

1 SERVING =
2 FISTS

EAT MAJORITY
OF CARBS AS:

- FRUIT
- HONEY
- WHITE RICE
- SWEET POTATO

FAT (F)

1 SERVING =
3 THUMBS

- MACADAMIA NUTS
- PISTACHIO NUTS
- CASHEWS
- EGG YOLKS
- GHEE (COOK WITH)
- BEEF TALLOW
- CHEESE
- YOGURT
- OLIVE OIL
- COCONUT OIL
- COCONUT CREAM
- AVOCADO

TRAINING DAYS:

MEAL 1
P/C/F

MEAL 2
P/C/F

MEAL 3
P/C/F

POST-
WORKOUT
SHAKE

NON-TRAINING DAYS:

MEAL 1
P/C/F

MEAL 2
P/C/F

MEAL 3
P/C/F

GAINER
SHAKE



RECOMMENDED SUPPLEMENTS

AVAILABLE AT CROSSFIT CALOUNDRA

WHEY PROTEIN ISOLATE



MAGNESIUM POWDER



CREATINE POWDER



Training Days Meal Plan

Meal 1: Post-Workout: (7-9am)

1 scoop of WPI in whole milk with 2 frozen bananas & 1 tbsp of honey

Meal 2: (12-1pm)

Thai peanut chicken with rice*

Meal 3: (4pm)

150g Greek yogurt (full fat) with 1 scp WPI & blueberries & honey

Meal 4: (6-7pm)

Grilled steak & sweet potato chips

*(Reference Kickstart Cookbook)

Non-training Days Meal Plan

Meal 1: (7-9am)

Egg + white omelet with sourdough toast cooked in ghee/butter

Meal 2: (12-1pm)

Honey mustard chicken with rice*

Meal 3: (4pm)

Gainer Shake - whole milk, WPI, honey, banana, tbsp peanut butter

Meal 4: (6-7pm)

Beef mince with tacos

*(Reference Kickstart Cookbook)

FLAVOUR ENHANCERS

- MUSTARD
- COCONUT AMINOS
- ANY DRY SPICE
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPER
- STEVIA/ SPENDA
- ANY HOT SAUCE

BEVERAGES

- WATER
- COFFEE (1X DAY)
- GREEN TEA
- MILK
- SPARKLING WATER
- BONE BROTH
- COCONUT WATER

WATER INTAKE

Aim to drink $0.04 \times \text{BW}$
per day
eg. $90\text{kg} \times 0.04$
 $= 3.5\text{L/day}$