

Here's a **28-day muscle-gain nutrition plan** for HEAT & HUSTLE - this is a combination of several meal plans I've done over the years when I wanted to add a few pounds of muscle along with other plans I've used for clients. It's not a one-size-fits-all program but this will give you a solid foundation to build upon for the muscle gain approach. Feel free to tweak as necessary.

17 Week Structure (Repeat Weeks 1–4)

Follow the same schedule each week — with varied recipes to keep things fresh.

Daily Macro Targets

Catégorie	Amount
Calories	Maintenance + ~300–500 kcal
Protein	1–1.2 g per lb of body weight (~2 g/kg)
Carbs	45–60% of daily calories, prioritized pre/post workout
Fats	Remainder after protein + carbs (choose healthy fats)

Meal Timing

- **5–6 meals/snacks per day** (~every 3–4 hours)
- Prioritize post-workout meal and include a slow-digesting protein before bed (e.g., casein or Greek yogurt)

Sample Weekly Meal Plan

Breakfast (Quick-prep options)

- **Brown rice bowl** with scrambled eggs, avocado, scallions & tomato
- **Quinoa sausage breakfast bake** (prep once, eat midweek)
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Mid-Morning Snack

- Greek yogurt + berries or fruit + nuts
- Black-bean hummus + veggie sticks

Lunch

- **Chicken tetrazzini** with peas & whole-wheat pasta (big-batch)
- **Avocado tuna salad** on whole-grain bread or over greens

Pre-/Post-Workout

- **Pre:** Banana + scoop of whey protein or Greek yogurt
- **Post:** Whey protein shake (fast-absorbing) + carbs (rice cake or fruit)
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Dinner

- **Hearty bison or lean beef chili** (batch-cook)
- **“Fried” chicken strips** (air-fried), roasted sweet potato & zucchini
- Fish (salmon/tuna) + 1–2 cups rice + steamed veggies

Evening Snack

- Cottage cheese or micellar casein shake to prevent overnight catabolism
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Weekly Rotation

- **Week 1:** Stick to core recipes (e.g., sausage bake, chili, tetrazzini).
- **Weeks 2–4:** Rotate in alternatives (salmon dinners, different grains like quinoa), but keep the structure.



Supplements & Extras

- **Whey protein isolate & micellar casein** — ideal for post-workout and nighttime recovery [JayLabPro Nutrition](#)
- **Creatine** (~5 g/day), **multivitamin**, and **fish oil**—support training and recovery
- Optional: **Fortified orange juice post-workout** for vitamin C and carb replenishment

Progress Tracking & Adjustments

- **Monitor** weight, strength, weekly photos
- **Adjust** by +150–200 kcal if no gain after 2–3 weeks, or scale back if gaining faster than ~1 lb/week [bulkandstrength.com](https://www.bulkandstrength.com)
- **Consistency** beats perfection—aim to hit your daily protein goal and time your carbs around workouts podcasts.apple.com+15Reddit+15Reddit+15

Jeff's Key Principles

- Blend **fast proteins** (whey) with **slow proteins** (casein) – “one-two punch” for muscle growth [Substance Nutrition](#)
- Emphasize **whole foods** with occasional shakes – ~80–90% whole-food based
- Use **juice or healthy carbs post-exercise** if you're active/hard-training to aid recovery podcasts.apple.com+6Reddit+6Reddit+6

Final Tips

1. **Prep in bulk** on Sundays to save time.
2. **Hydrate well**, aim for 7–9 hours of sleep.
3. **Stay consistent** with meals and macros—track at least protein.
4. **Repeat this structure for 4 weeks**, then reassess and tweak as needed.