

maxi  **muscle**

NEW YEAR. | NEW PHYSIQUE.

5 DAY SWOLE MEAL PLANNER

DAY 1

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BANANA PORRIDGE

853 KCAL | 117G CARBS | 28G PROTEIN | 30G FAT

- 120G OATS
- 1 BANANA
- 1 TBSP PEANUT BUTTER
- 300ML WHOLE MILK



SNACK 1: PROGAIN SHAKE

669 KCAL | 81G CARBS | 40G PROTEIN | 20G FAT

CHOCOLATE PROGAIN, 300ML WHOLE MILK

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CHORIZO PASTA

883 KCAL | 77G CARBS | 43G PROTEIN | 45G FAT

- 100G DRIED WHOLEMEAL PASTA
- 100G CHORIZO
- 80G SPINACH
- 200G TOMATO SAUCE



SNACK 2: FRUIT

131 KCAL | 28G CARBS | 3G PROTEIN | 0G FAT

2 PEACHES, 2 KIWI

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BAKED POTATO & TUNA

605 KCAL | 77G CARBS | 6G PROTEIN | 11G FAT

- 1 BAKED POTATO
- 180G CAN TUNA
- 80G SWEETCORN
- 80G PEAS



SCROLL FOR MORE



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POACHED EGG & AVOCADO

620 KCAL | 39G CARBS | 26G PROTEIN | 39G FAT

- 2 THICK SLICES WHOLEMEAL BREAD
- 2 EGGS
- 1/2 AVOCADO
- 1 TBSP CREAM CHEESE



SNACK 1: ALMOND BUTTER SHAKE

820 KCAL | 100G CARBS | 38G PROTEIN | 27G FAT

CHOCOLATE PROGAIN, 1 TBSP ALMOND BUTTER,
1 BANANA, 350ML ALMOND MILK

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HAM SALAD BAGELS

598 KCAL | 88G CARBS | 42G PROTEIN | 7G FAT

- 2 WHOLEMEAL BAGELS
- 4 SLICES THICK HAM
- 50G LETTUCE
- 2 TOMATOES



SNACK 2: PROGAIN FLAPJACK & FRUIT

355 KCAL | 52G CARBS | 22G PROTEIN | 7G FAT

MIXED BERRY PROGAIN FLAPJACK, PEACH

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BEEF STROGANOFF

766 KCAL | 64G CARBS | 39G PROTEIN | 38G FAT

- 100G LEAN BEEF STEAK
- 5 MUSHROOMS
- 150ML SINGLE CREAM
- 80G DRY BROWN RICE



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GRANOLA & YOGHURT

697 KCAL | 95G CARBS | 31G PROTEIN | 17G FAT

- 120G GRANOLA
- 200G HIGH PROTEIN YOGHURT
- 80G MIXED BERRIES



SNACK 1: HARD BOILED EGGS

367 KCAL | 38G CARBS | 24G PROTEIN | 12G FAT

2 EGGS, 80G WILTED SPINACH, 1 PIECE BREAD

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SALMON & RICE

704 KCAL | 65G CARBS | 53G PROTEIN | 25G FAT

- 1 SALMON PIECE
- 80G DRY BROWN RICE
- 90G CAULIFLOWER
- 80G BROCCOLI



SNACK 2: PEANUT BUTTER MUG CAKE

764 KCAL | 81G CARBS | 25G PROTEIN | 36G FAT

CHOCOLATE PROGAIN, 1 EGG, 20ML MILK

1 DSP PEANUT BUTTER, 30G SELF-RAISING FLOUR

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SAUSAGES & MASH

798 KCAL | 88G CARBS | 28G PROTEIN | 36G FAT

- 2 LARGE POTATOES
- 4 SAUSAGES
- 1 ONION
- 1/2 TBSP GRAVY GRANULES



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FRENCH TOAST

592 KCAL | 70G CARBS | 27G PROTEIN | 21G FAT

- 4 SLICES WHITE BREAD
- 2 EGGS
- 10G BUTTER
- 80G BLUEBERRIES



SNACK 1: PROGAIN SHAKE

616 KCAL | 87G CARBS | 41G PROTEIN | 13G FAT
STRAWBERRY PROGAIN, 300ML SEMI-SKIMMED MILK

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CHICKEN SALAD

647 KCAL | 49G CARBS | 63G PROTEIN | 21G FAT

- 1 CHICKEN BREAST
- 1/2 AVOCADO
- 10 SPEARS ASPARAGUS
- 90G DRY QUINOA



SNACK 2: PROGAIN FLAPJACK

311 KCAL | 41G CARBS | 20G PROTEIN | 8G FAT
OAT & RAISIN PROGAIN FLAPJACK

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CHICKEN PIE & MASH

888 KCAL | 58G CARBS | 47G PROTEIN | 52G FAT

- 1 CHICKEN BREAST
- 50G MUSHROOMS
- 100G PUFF PASTRY
- 200G MASHED POTATO



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BREAKFAST BAGEL

613 KCAL | 39G CARBS | 53G PROTEIN | 26G FAT

- 1 WHOLEMEAL BAGEL
- 2 EGGS
- 2 RASHES BACON



SNACK 1: CHOC RASPBERRY SMOOTHIE

703 KCAL | 76G CARBS | 37G PROTEIN | 26G FAT

CHOCOLATE PROGAIN, 10 RASPBERRIES

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CHICKEN SALAD PITTA

699 KCAL | 93G CARBS | 53G PROTEIN | 11G FAT

- 2 WHOLEMEAL PITTA
- 1 CHICKEN BREAST
- 2 TSP PESTO
- 100G MIXED SALAD



SNACK 2: PROGAIN FLAPJACK

305 KCAL | 41G CARBS | 20G PROTEIN | 7G FAT

MIXED BERRY PROGAIN FLAPJACK

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SALMON & ROAST VEG

752 KCAL | 59G CARBS | 51G PROTEIN | 35G FAT

- 1 LARGE SALMON PIECE
- 200G ROAST VEG
- 1 LARGE SWEET POTATO

SHOP THE RANGE