



# MASS EFFECT

muscle gain  
mealplan  
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**4 meals + 1 snack**

<b>MEAL 1</b>	<b>A+B+C</b>
<b>MEAL 2</b>	<b>A+C</b>
<b>MEAL 3</b>	<b>A+C</b>
<b>MEAL 4</b>	<b>A+B+C</b>
<b>SNACK</b>	<b>A+C</b>

post-workout



add 1 cup of fruit  
peeled and sliced  
to one A+B+C meal  
per day

**45+ minutes**  
per training session

**4-5**  
training sessions  
per week

## **A** BUILDING 1 CUP OF ITEMS IN TOTAL

chicken or turkey  
pork or beef  
prawns or squid  
salmon or cod  
tuna or sardines  
seitan, tofu or tempeh  
chickpeas  
quinoa  
beans  
peas  
eggs  
cheese 1/2 cup  
cottage cheese  
yogurt  
milk  
nut or seed butter 1/4 cup  
nuts or seeds 1/2 cup

## **B** ENERGY 1 CUP OF ITEMS IN TOTAL

rice  
potatoes  
yams  
oats  
pasta  
bread 2 slices  
corn  
beans  
lentils  
chickpeas  
quinoa  
buckwheat  
peas  
nut or seed butter 1/4 cup  
nuts or seeds 1/2 cup

## **C** VITALITY 2 CUPS OF ITEMS IN TOTAL

kale or lettuce  
cucumbers  
tomatoes  
peppers  
avocado half  
broccoli  
brussel sprouts  
cabbage  
carrots  
cauliflower  
celery  
zucchini  
eggplant  
beetroot  
pumpkin  
green beans  
spinach  
leek, onion

The Mass Effect diet is a mealplan designed for muscle building and weight gain. There are four meals per day (+ postworkout snack) with a number of list of options for each. Which option you use in each meal plan is up to you. You can vary your options from day to day (or week to week) to create a totally customized mealplan for yourself.

### **How to use it:**

There are three lists to choose from - A, B and C. To design a meal using formula  $A+B+C$  pick a cup's worth of items from list A, a cup's worth from list B and up to two cups's worth from list C for a complete meal. Do the same for the formula  $A+C$  but skip list B.

List C is a "vitality" list. It is optional for the formula  $A+B+C$  but it's highly recommended that you add at least a cup's worth of items from it to your every meal for general health and well-being.

Some items are present in both list "A" and list "B". It means you can use them twice.

*Example:* for the formula  $A+B+C$  you can use "beans + beans + peppers". In other words you just double the amount of beans.

### **Measuring the amounts**

You can have a go-to cup (a measuring cup or a cup that fits the volume of a measuring cup) at hand to help guide you. You don't have to be precise with the amounts. Eventually you'll be able to measure by just looking at your plate.