

Typical Diet for Quality Mass (off season)

Meal 1:

2 Cups of Oats in water or low fat milk (bout 4 tablespoon of dry instant oats)
5 eggs any style (preferable hard boiled or half boiled) 2 yolks
coffee/tea/low fat milk

Meal 2:

Tuna salad (1 can tuna in water) add vinegar and olive oil instead of traditional dressing
1 pc fruit

Meal 3 (lunch):

1 cup white/brown rice
2 grilled/steamed skinless chicken breasts
1 cup boiled veges

Meal 4:

Same as meal 2

or

Egg salad (5-8 hard boiled egg whites)

or

Whole wheat roast beef sandwich (easy on dressing!)

Train (max 1 and a half hour)

Right after training hv your whey protein shakes in water with 5-10g of creatine and 5-10g of glutamine

Meal 5 (dinner):**

Same as meal 3

or

2 medium size baked/boiled potatoes
2 grilled chix breast/ 1 steamed whole fish/ 300g lean steak
mixed salad
1 pc of fruit

Meal 6 (before bed):

5-8 egg whites

or

protein shakes in water (whey or casein)

Tips:

Above is an estimation of the amount of food for a 85-90kg bodybuilder. You have to adjust the amount according to your weight. I don't count calories. I make sure I eat at least 6 small meals spaced evenly thru'out the day. Each meal must contain a source of protein for positive nitrogen balance in our body.

Can have a cheat day in a week . Eat whatever you want reasonably. Yummy!

** MEal 5 (dinner)- skip the carbs on non training days. In general eat lower carbs on non training days. Can also skip carbs in other meals on non training days.

Can use herbs ie ginger, onions, garlic, pepper, fresh chillis, etc etc in cooking. Opt for grill and steam or boil.

Use olive oil in salads. Also take fish oil/flaxseed oil for good fats that our body needs.

If above diet fills you up too much you can reduce the amount. If hungry, you can increase the amount. MAKE SURE the type of foods stays about the same.

Drinks at least 8 glasses of water daily.

Watch your sugar intake. Good luck and all the best!