

MUSCLE GROWTH NUTRITION GUIDE



EAT SMARTER. RECOVER FASTER.
BUILD MORE MUSCLE.

01 CALORIE SURPLUS

To build muscle, you need to eat more calories than your body burns. A small, consistent surplus leads to steady gains without excessive fat gain.



START HERE

+ 250 – 500 KCAL
ABOVE MAINTENANCE

Adjust based on progress.

02 MACRONUTRIENT BREAKDOWN

Target these daily macronutrient ranges to support muscle growth and recovery.

PROTEIN	CARBOHYDRATES	FATS
1.6 – 2.2 g PER KG BODY WEIGHT	4 – 7 g PER KG BODY WEIGHT	0.8 – 1.2 g PER KG BODY WEIGHT
Essential for muscle repair and growth.	Fuel your workouts and support recovery.	Important for hormones and overall health.

★ **EXAMPLE (80 KG ATHLETE):** PROTEIN: 160 – 176 g | CARBS: 320 – 560 g | FATS: 64 – 96 g

03 MEAL TIMING THAT WORKS

Consistency is key. Distribute your nutrients throughout the day to maximize performance and recovery.



BREAKFAST

Start your day with protein and carbs to fuel your body.



PRE-WORKOUT

Eat 1–2 hours before training for energy and focus.



POST-WORKOUT

Consume protein and carbs within 1–2 hours to recover faster.



BEFORE BED

A protein-rich meal supports overnight muscle repair.



PRO TIP

Hitting your daily protein target is more important than perfect timing. Stay consistent!



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04 PRE & POST-WORKOUT NUTRITION



PRE-WORKOUT

Focus on easily digestible carbs and moderate protein.

EXAMPLES

- Oatmeal with banana & whey
- Rice cakes with honey & whey
- Greek yogurt with berries

GOAL: Fuel your workout and perform at your best.



POST-WORKOUT

Focus on protein and carbs to kickstart recovery.

EXAMPLES

- Whey protein shake + banana
- Chicken, rice and vegetables
- Smoothie with oats & whey

GOAL: Replenish glycogen and repair muscle fibers.

05 TOP SUPPLEMENTS FOR MUSCLE GROWTH

Supplements can enhance your results when the basics are in place.

SUPPLEMENT	DOSE	BENEFIT	EVIDENCE
WHEY PROTEIN	20 – 30 g per serving	Convenient way to meet your protein goals.	Strong ★★★★★
CREATINE MONOHYDRATE	3 – 5 g daily	Increases strength, power and lean mass.	Strong ★★★★★
OMEGA-3 (FISH OIL)	1 – 3 g EPA + DHA	Supports recovery, heart health and inflammation.	Moderate ★★★★☆
VITAMIN D3	2000 – 4000 IU daily	Supports hormone function and muscle performance.	Moderate ★★★★☆
MAGNESIUM	200 – 400 mg daily	Improves sleep quality and recovery.	Moderate ★★★★☆

06 EXAMPLE MUSCLE BUILDING DAY (≈ 2,800 KCAL)

MEAL 1 BREAKFAST	MEAL 2 LUNCH	MEAL 3 PRE-WORKOUT	MEAL 4 POST-WORKOUT	MEAL 5 DINNER	MEAL 6 BEFORE BED
Oatmeal, whey protein, banana, peanut butter	Chicken, rice, vegetables, olive oil	Rice cakes, honey, whey shake	Whey shake, banana	Salmon, potatoes, vegetables	Greek yogurt, almonds
P: 35 g C: 70 g F: 15 g	P: 45 g C: 80 g F: 20 g	P: 25 g C: 60 g F: 5 g	P: 30 g C: 40 g F: 2 g	P: 45 g C: 70 g F: 20 g	P: 20 g C: 15 g F: 10 g

07 QUICK CHECKLIST

Eat in a calorie surplus	Hit your daily protein target	Train with progressive overload	Sleep 7–9 hours per night	Stay hydrated (>2–3 L water daily)	Be consistent and patient
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CONSISTENCY TODAY.
RESULTS TOMORROW.

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