



**GM NUTRITION**

# CLEAN MUSCLE GAIN

**12 Weeks Clean Bulk Up Program**

**GYM WORKOUT | NEW EXERCISES | ALL DAY DIET**

Designed & Created by  
**GURU MANN**

## CLEAN MUSCLE GAIN (CMG) NUTRITION PLAN

**CATAGORY:** FAT FREE MUSCLE BUILDING PLAN

**AGE:** 16 TO 60 YEARS

**ACTIVITY:** GYM WORKOUT

**NUTRITION:** VEG & NON-VEG

**DAYS:** 5 DAYS WEIGHT TRAINING / 1 DAY CARDIO / 1 DAYS ABS

DESIGNED & CREATED BY GURU MANN

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## CMG NUTRITION PLAN

In CMG program, First thing's first, you need to determine your basal metabolic rate (BMR). BMR is essentially an estimation of the minimum energy required to keep basic bodily functions online (heart rate, respiration, etc.) if you spent an entire 24 hour period at rest.

After you establish your BMR, you'll need to use the active factor multiplier to calculate your Total Daily Energy Expenditure (TDEE). This is a combination of the calories need to maintain your basal metabolic rate coupled with your daily activities

### STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including High Active (5 days a week)

Lets take an EXAMPLE:

Age: 25

Height: 5'10"

Weight: 70kg (154lb)

So BMR would be: 1744

### STEP 2: CALCULATE THE MAINTENANCE CALORIES - TDEE

[FORMULA: BMR x 1.5]

$1744 \times 1.5 = 2616$  calories

So TDEE is 2616

### STEP 3: ADD EXTRA CALORIES FOR GAINING

**Lean Bulk.** A lean bulk is generally recommended for healthy individuals at an average weight.

Use the following formula to determine your daily calorie needs for a lean bulk:

- $TDEE + 200$  calories.



**Aggressive Bulk.** If you're fairly new to training, underweight, or a classic hardgainer, it might be beneficial to eat more aggressively. Use the following formula to determine your daily calorie needs for an aggressive bulk:

$TDEE + 500$  calories.

### FOR CLEAN GAINING

We will add 200 calories for clean gaining:  $2616 + 200 = 2816$

**Keep in mind,** all of these calculations are based upon algorithms for most individuals. However, they cannot factor in every individual variable such as NEAT (non-exercise activity thermogenesis), genotypes, hormones, lifestyle factors, hobbies, or nervous system dominance.

Therefore, some individuals may need to add more calories in order to gain weight while others will need less to get the scale moving in the right direction. Start with a set number, eat accordingly for a month, check the scale, and then adjust.

**EVERY WEEK ADD 25 EXTRA CALORIES**

12 WEEKS	SURPLUS CALORIES	TOTAL CALORIES
WEEK 1	200	2816
WEEK 2	225	2841
WEEK 3	250	2866
WEEK 4	275	2891
WEEK 5	300	2916
WEEK 6	325	2941
WEEK 7	350	2966
WEEK 8	375	2991
WEEK 9	400	3016
WEEK 10	425	3041
WEEK 11	240	3066
WEEK 12	275	3091

We'll use the above example to take you through the steps to determine your calories and macros. In step 1 you learned how to calculate base calories, now here's how to break this all down into macros and plan your meals.

- **TDEE:** ~2616 calories
  - Estimated calorie target for Lean bulk:  $2616 + 200 = 2816$  calories
- **Protein:**
  - Start at 1 to 1.5 gram per pound of bodyweight
  - Each gram of protein contains 4 calories
  - 210g (i.e. 154lb bodyweight) =  $210 \times 4 = 840$  calories
- **Fat:**
  - Start at 0.40 grams per pound of bodyweight
  - Each gram of fat contains 9 calories
  - $62g = 62 \times 9 = 560$  calories
- **Carbohydrate:**
  - Fill your remaining calories with carbs
  - Each gram of carbohydrate contains 4 calories
  - $2816 - 1400 (840+560) = 1416$  then calories divided by 4 = 354g



Now don't freak out, I know that may sound like a huge amount of protein/carbs and/or calories but for some guys, this is what it's going to take to build muscle. I should also note that all of these recommendations are for young, healthy, and active individuals. Certain macronutrients would require manipulation in older populations and those who might not respond to specific nutrition strategies.

MACROBREAKDOWN			
TOTAL CALORIES	CARBS (50%)	PROTEIN (30%)	FAT (25%)
2816	350g	210g	62g

MEAL 1 - BREAKFAST			
INGREDIENTS.	PROTEIN	CARBS	FAT
1 CUP OATS	10	54	5
1/2 APPLE	0	14	0
5 BOILED EGG WHITES	20	0	0
1 WHOLE EGG	6	1	5
<b>TOTAL CALORIES = 510</b>	<b>36g</b>	<b>69g</b>	<b>10g</b>

MEAL 2 - MID MORNING SNACK			
INGREDIENTS	PROTEIN	CARBS	FAT
3 BREAD	6	45	4
1SP PEANUT BUTTER	4	4	7
0.8 scoop WHEY PROTEIN	20	1	1
WATER 240ML	0	0	0
<b>TOTAL CALORIES = 428</b>	<b>30g</b>	<b>50g</b>	<b>12g</b>



MEAL 3 - LUNCH			
INGREDIENTS	PROTEIN	CARBS	FAT
240g BLACK CHANNA	16	44	3
1/2CUP RICE	4	20	0
COOKED IN 1/2SP COCONUT OIL	0	0	7
MIX SALAD	-	-	-
<b>TOTAL CALORIES = 426</b>	<b>20g</b>	<b>64g</b>	<b>10g</b>

MEAL 4 - EVENING SNACK			
INGREDIENTS	PROTEIN	CARBS	FAT
5 BOILED EGG WHITES	20	0	0
3 RICE CAKE	3	50	0
<b>TOTAL CALORIES = 332</b>	<b>23g</b>	<b>50g</b>	<b>0</b>

MEAL 5 - DINNER			
INGREDIENTS	PROTEIN	CARBS	FAT
1CUP RICE OR 200G POTATO	2	44	0
120g CHICKEN BREAST OR THIGHS OR LEGS	25	2	1
1SP GHEE OR OLIVE OIL	0	0	14
<b>TOTAL CALORIES = 427</b>	<b>27g</b>	<b>46g</b>	<b>15g</b>

MEAL 6 - BEFORE BED			
INGREDIENTS	PROTEIN	CARBS	FAT
240ML MILK (Fat free)	10	14	0
1SP WHEY OR CASEIN	24	2	1
28G ALMONDS	4	4	14
<b>TOTAL CALORIES = 367</b>	<b>38g</b>	<b>20g</b>	<b>15g</b>

PRE WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
PRE WORKOUT SUPPLEMENT	1SCOOP	0	0	0
ARGININE	500-1000MG	0	0	0
WATER	200ML	0	0	0





DURING WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
BCAA	5-10G	0	0	0
WATER	500-750ML	0	0	0

POST WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
WHEY PROTEIN	25-45G	40g	0	0
GLUTAMINE	5G	0	0	0
CREATINE	3G	0	0	0
WATER	300-400ML	0	0	0
<b>TOTAL CALORIES =</b>		<b>40g</b>	<b>0</b>	<b>0</b>

SUPPLEMENT STACK						
INGREDIENTS	EMPTY STOMACH	BREAKFAST	PRE W/O	DURING W/O	POST W/O	BEFORE BED
WHEY PROTEIN ISOLATE	NO	NO	NO	NO	YES	YES
GLUTAMINE	NO	NO	NO	NO	YES	YES
BCAA	NO	NO	NO	YES	NO	NO
CLEATINE	NO	NO	NO	NO	YES	NO
CARNITINE	YES	NO	YES	NO	NO	NO
CASEIN PROTEIN (OPTIONAL)	NO	NO	NO	NO	NO	YES
MULTIVITAMINS (OPTIONAL)	NO	YES	NO	NO	NO	NO
FISH OIL (OPTIONAL)	NO	NO	NO	NO	NO	DINNER
PRE WORKOUT	NO	NO	YES	NO	NO	NO

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# VEG MEAL PLAN

MEAL 1 - BREAKFAST			
INGREDIENTS	PROTEIN	CARBS	FAT
1 CUP OATS	10	54	5
1/2 APPLE	0	14	0
5 BOILED EGG WHITES ( OR 24G WHEY PROTEIN)	23	0	0
1 SP PEANUT BUTTER	4	4	7
<b>TOTAL CALORIES = 532</b>	<b>37g</b>	<b>69g</b>	<b>12g</b>

MEAL 2 - MID MORNING SNACK			
INGREDIENTS	PROTEIN	CARBS	FAT
3 BREAD	6	45	4
1SP PEANUT BUTTER	4	4	7
0.8 scoop WHEY PROTEIN	20	1	1
WATER 240ML	0	0	0
<b>TOTAL CALORIES = 428</b>	<b>30g</b>	<b>50g</b>	<b>12g</b>

MEAL 3 - LUNCH			
INGREDIENTS	PROTEIN	CARBS	FAT
240g BLACK CHANNA	16	44	3
1/2CUP RICE	4	20	0
COOKED IN 1/2SP COCONUT OIL	0	0	7
MIX SALAD	-	-	-
<b>TOTAL CALORIES = 426</b>	<b>20g</b>	<b>64g</b>	<b>10g</b>

<b>MEAL 4 - EVENING SNACK</b>			
<b>INGREDIENTS</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
1CUP ROATED WHITE CHANNA	16	40	2
1 RICE CAKE	1	15	0
<b>TOTAL CALORIES = 306</b>	<b>17g</b>	<b>55g</b>	<b>2</b>

<b>MEAL 5 - DINNER</b>			
<b>INGREDIENTS</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
1CUP RICE OR 200G POTATO	2	44	0
100G GRILLED PANEER	18	0	15
COOKED VEGETABLES (ADD IN RICE AND PANEER)	1	5	0
<b>TOTAL CALORIES = 419</b>	<b>20g</b>	<b>51g</b>	<b>15g</b>

<b>MEAL 6 - BEFORE BED</b>			
<b>INGREDIENTS</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
240ML MILK (Fat free)	10	14	0
1SP WHEY OR CASEIN	24	2	1
28G ALMONDS	4	4	14
<b>TOTAL CALORIES = 367</b>	<b>38g</b>	<b>20g</b>	<b>15g</b>



Best Wishes :)

GM

