

<http://forum.smarthealthshop.com>

Personalized Nutrition Plan for: menah.sasso

Thank you for your business! If you have any questions or concerns, please stop by the Smart Health Shop forum and post your inquiry. We will dig deeper and provide more support with your involvement on the forums (free membership):

You wrote:

Hey I paid here are what I want. I want to gain 10 kg I want to gain mass I am 40 years old 188sm and weight 77kg. please send to me in grams no oz. thanks

Your basal metabolic rate is:

1796kcal/day

To gain mass, you will have to eat at a caloric surplus of 250 – 500 calories daily as you are looking to gain a substantial amount of weight. This will take time: at least 6 months and probably up to 1 year. In addition, you will gain some fat in with the muscle; but this plan is designed to minimize fat gains.

45 Minutes of weight training daily is:

400 cal/day

$1796 + 400 = 2196\text{kcal/day}$ maintenance.

Your target = $2446 - 2696\text{kcal/day}$

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6:30AM – Wake up:

- 1) 32 ounces of water (0 calories)
- 2) Multivitamin (0 calories)

9:00AM - Breakfast:

- 1) Cup of coffee (5 calories), no creamer (1 tbsp max), no sugar
- 2) 3 whole eggs (240 calories)
- 3) 1 cup oats + cinnamon + vanilla whey protein powder + raisins (500 calories)

1:00PM – lunch:

- 1) 1 serving 6 ounces lean meat: chicken, steak, fish or ground sirloin (175 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 1 cup of beans: kidney, black, or chili beans (225 calories)

5:00PM – pre-workout snack:

- 1) 1 cup oats + cinnamon + vanilla whey protein powder + raisins (500 calories)

6:00PM – 7:00PM – weight training

7:00PM – dinner:

- 1) 1 serving 6 ounces lean meat: chicken, steak, fish or ground sirloin (175 calories)

- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 1 sweet potato or serving of rice (125 calories)
- 4) 32 ounces of water (0 calories)
- 5) Whey protein shake (100 calories)

10:00PM – pre-bed snack:

- 1) 3 whole eggs (240 calories)
- 2) 1 tablespoon of natural peanut butter OR 3 Tbsp almonds (160 calories)

Of course, PLEASE consult your doctor and nutritionist for the final say on the food you ingest as that is the responsible path to choose.

If you need to snack a bit in between, that is still acceptable. But try to keep it minimal (once or twice daily) to encourage minimal fat gain. Below are some snack ideas, supplement options, and total caloric breakdown.

Also, it is important to KEEP cardio in your routine even if at a minimum for overall cardiovascular health. Walk or perform a slow job for 30 minutes two to three times weekly for general health maintenance.

If there are any other questions or needs for assistance, please do email support@smarthealthshop.com or contact via eBay. Thank you!

Snacks:

Oats and cinnamon
Pita chips and spinach dip or hummus
Veggie straws
Spinach / broccoli
Mushrooms
Greek yogurt
Natural peanut butter
Almond, Walnuts, Cashews, or Peanuts (in moderation)
Rice Cakes
Tuna
Fiber Complete cereal (no brands with sugar allowed: check the label)

Optional Supplements:

Flaxseed
Fish Oil
Multivitamin
Vitamin D
Calcium
Vitamin C
Whey Protein

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Total Calories:

2505

Macro Nutrient Breakdown:

Protein: 191 grams (30.5%) - 764 calories

Carbohydrates: 232 grams (37.0%) - 928 calories

Fats: - 90 grams (32.5%) - 813 calories

Please note: I am neither a licensed nutritionist nor a dietician. This plan is for reference purposes only and must be verified with a licensed nutritionist or your physician. SmartHealthShop.com holds no liability in regards to potential life-threatening outcomes of following the suggested diet as there is no privilege to historical medical data on the client in consultation.