



Mutant Mass Diet Plan

The Mutant Mass Diet is scientifically designed to maximize muscle growth! Just like the Mutant Mass Training Program, this diet plan is perfect for hardgainers or anyone whose primary goal is to pack on MUTANT size! The Mutant Mass Diet Plan is customized to specific body weights. Simply choose the plan that best fits your current body weight category.

Body Weight Categories: Caloric Content:	175 lbs. ~4000 Calories Diet Plan	200 lbs. ~4500 Calories Diet Plan	225 lbs. ~5000 Calories Diet Plan	250 lbs. ~5500 Calories Diet Plan
Meal 1 Mutant Mass — 1 serving	4 scoops	4 scoops	4 scoops	4 scoops
Meal 2 extra-lean ground beef white or brown rice (measure cooked) leafy green salad olive oil dressing	4 oz. (113 g) 1 cup 2 cups 1/2 tbsp	5 oz. (142 g) 1 1/2 cups 2 cups 1 tbsp	6 oz. (170 g) 2 cups 2 cups 1 1/2 tbsp	7 oz. (198 g) 2 1/2 cups 2 cups 2 tbsp
Meal 3 Fish (i.e. tuna, salmon) baked potato (with skin) mixed vegetables	5 oz. (142 g) 5 oz. (142 g) 1 cup	6 oz. (170 g) 6 oz. (170 g) 1 cup	7 oz. (198 g) 7 oz. (198 g) 1 cup	8 oz. (227 g) 8 oz. (227 g) 1 cup
Meal 4 Mutant Mass — 1 serving <i>(Note: Have this Mutant Mass shake post-workout on training days.)</i>	4 scoops	4 scoops	4 scoops	4 scoops
Meal 5 Chicken breast white or brown rice spinach salad olive oil dressing	5 oz. (142 g) 1 cup 2 cups 1/2 tbsp	6 oz. (170 g) 1 1/2 cups 2 cups 1 tbsp	7 oz. (198 g) 2 cups 2 cups 1 1/2 tbsp	8 oz. (227 g) 2 1/2 cups 2 cups 2 tbsp
Meal 6 Lean beef (i.e. flank steak) baked sweet potato (with skin) mixed vegetables	5 oz. (142 g) 5 oz. (142 g) 1 cup	6 oz. (170 g) 6 oz. (170 g) 1 cup	7 oz. (198 g) 7 oz. (198 g) 1 cup	8 oz. (227 g) 8 oz. (227 g) 1 cup