



# MenProvement

Helping Men Reach Their Maximum Potential

## The Superman Diet (Bulking) - Sample Week

### **Monday**

Breakfast: Oatmeal with dried fruit and almond milk. 1 serving of fruit.

Snack: Natural protein bar. Sports recovery drink

Lunch: Salad of your choice but must include chicken breast, 30g avocado and 90g low-fat cheese. Low-fat dressing.

Snack: 60g nuts.

Dinner: 125ml vegetable soup. 180g salmon with lemon sauce, asparagus and wild rice.

Snack: 250ml fat-free cottage cheese. 30g nuts.

### **Tuesday**

Breakfast: Protein shake (blend 1 banana, 50g berries, 1 scoop protein powder, 250ml almond milk).

Snack: Hummus with carrots

Lunch: 250ml vegetable soup. Salad with chopped turkey.

Snack: 1 green apple. 2tbsp almond butter.

Dinner: 180g chicken breast with 2tbsp honey chili sauce, quinoa and snap peas.

Snack: 20g casein protein.

### **Wednesday**

Breakfast: Egg white omelet. Handful of strawberries.

Snack: 225g cottage cheese.

Lunch: Tuna salad with greens. 250ml soup.

Snack: 8 almonds. Carrot, apple, celery and ginger juice drink.

Dinner: 225g swordfish with mango and ginger sauce, wild rice and 1 medium artichoke.

Snack: Fresh pineapple with 225g cottage cheese.

### **Thursday**

Breakfast: Muesli with almond milk. 1tbsp protein powder. Carrot, apple, celery and ginger juice drink.

Snack: 240ml low-sodium V8 juice. 2tbsp peanut butter.

Lunch: Stir-fry 170g scallops with 250g Chinese vegetables, garlic, onion and ginger in 2tbsp olive oil.  
Snack: Protein shake (blend 1 banana, 250ml carrot juice, 1 scoop protein powder).  
Dinner: 225g turkey burger with coleslaw (no bun). 250ml gazpacho.  
Snack: 20g casein protein.

### **Friday**

Breakfast: 250g fat-free plain Greek yoghurt. 1 banana.  
Snack: 225g unsalted nuts. Carrot, apple, celery and ginger juice drink.  
Lunch: Veggie burger with sautéed vegetables and salad. 125ml vegetable soup.  
Snack: 20 pistachio nuts.  
Dinner: Tuna salad with plenty of greens. 250ml chilled cucumber soup.  
Snack: 225g cottage cheese. 30g mixed nuts.

### **Saturday**

Breakfast: Scrambled egg white or egg white omelette with mushrooms. Handful of strawberries. 170g cottage cheese.  
Snack: 1 tomato. 50g fat-free cheese.  
Lunch: Soup and salad of your choice (include 2tsp sesame seeds).  
Snack: 50g turkey jerky. 280g almonds.  
Dinner: 280g halibut with 4tbsp pesto, wild rice and courgette.  
Snack: 20g casein protein.

### **Sunday**

Breakfast: Egg white omelette with spinach. Handful of strawberries.  
Snack: Fresh pineapple with 30g cottage cheese. 225g unsalted nuts.  
Lunch: 280g steak with salad of your choice (include avocado).  
Snack: 1 apple with 2tbsp almond butter.  
Dinner: Beef and broccoli stir fry. 250ml miso soup. 1tbsp protein powder.  
Snack: 225g cottage cheese. Handful of mixed nuts.