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## Protein Power Mix Weight Gainer Program

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The objective of the weight gainer program is to induce a consistent anabolic state which will constitute increased muscle mass. This meal plan contains foods that will promote lean weight gains with minimal fat gain. It must be understood that when an individual consumes a large amount of calories throughout the day fat metabolism will increase unless there is a high intensity workout program in conjunction. If the workout program is not of a high caliber, one can expect a large amount of fat metabolism. Please engage in this meal plan only when you have already established a high intensity workout program. Accordingly, the meal plan will provide supplement uses and dosages. Remember supplement use is designed to enhance your physical and nutritional efforts, not take their place. All meats must be cooked on the grille, in the oven, or with "Pam" on the pan. Fried Foods are prohibited in this plan. Seasoning and marinades are recommended to add flavor to the meats and vegetables. Just be sure the seasoning and marinades have no more than 3g of fat per tablespoon. If you use dipping sauce to give flavor to the meats make sure it is a sugary sauce (barbeque, honey-mustard) not a cream based sauce (caesar, ranch). Vegetables are to be low cholesterol containing foods such as broccoli, carrots, cauliflower, spinach, peppers. The times of these meals are based upon individual schedules.

*Of course, we recommend that any diet regimen in which you are thinking of trying should be consulted with your physician before hand to make sure the diet does not conflict with any current medical conditions you may have.*

### Supplements Suggested:

- Protein Power Mix day and nighttime formulas
- "9 a day plus" pill packets
- Stemulite

### Upon Awakening:

- 2 pills of Stemulite daytime

### Meal 1:

- 4 eggs whites with 2 whole eggs = 6 total eggs
- 2oz – 3oz of uncooked oatmeal (you can use the packaged oatmeal or original oatmeal by Quaker oats) after you have measured 2oz – 3oz you may cook the oatmeal
- 1 packet of "9 a day plus"

### Meal 2:

- 2 scoops of daytime protein mix in 6oz to 8oz of water, milk, or juice of your choice
- 1 banana





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### Meal 3:

- 6oz to 8oz of cooked white turkey meat/white chicken meat/fish/lean beef
- 2 cups of cooked brown rice
- 3oz of vegetables

### Meal 4:

- 2 scoops of daytime protein mix in 6oz to 8oz water, milk, or juice of your choice
- 1 banana

### Meal 5:

- 6oz to 8oz of cooked white turkey meat/white chicken meat/fish
- 2 cups of cooked brown rice
- 3oz of vegetables

### Meal 6 - 1 hour before bed:

- 1 or 2 scoops of Nighttime protein mix in 8oz to 12oz water, milk, or juice of your choice
- 2 pills of Stemulite nighttime

### This meal plan is designed for individuals to consume for no more than 8 weeks.

You may enter the program again after 4 weeks of being off of it. Please be creative with recipes. Do not allow dull meat to discourage your fitness efforts. If you wish to engage in this meal plan, please follow it strictly. It would be wise not to add any additional snacks or foods that are high in simple sugars or fats. Any additional foods may speed up fat metabolism. You will experience increased strength and size shortly; please keep good form practices a priority to avoid injury. Good Luck!

### Supplement Disclaimer:

The most effective way to utilize sports supplements is to first realize that they are in fact supplements. Supplements are nutrients that are taken in addition to an already solidified diet regimen. There are two main objectives of supplements when speaking in terms of sports nutrition. First they are to provide the body with crucial nutrients in which the body cannot manufacture (biosynthesize) on its own, secondly, to provide extra nutrients in which the body requires for replenishing energy stores and repairing muscle tissue. It is important to realize that supplements are designed to enhance one's efforts. This means that if you are looking to lose body fat, you must first have a diet plan suitable to do so. Once the diet plan is prepared, you may add a supplement to the equation. The supplement should be utilized to promote fat loss by means of providing specific nutrients to achieve a healthy state and force the body to feed off stored fat for energy. However, the supplements should not be dependant upon to fulfill these physiological effects. The supplements should only aid your meal and exercise program, not take their place.

