

MUSCLE GROWTH BOOKLET

EAT, SLEEP, LIFT, REPEAT



PREVIEW

WELCOME TO YOUR MUSCLE GROWTH JOURNEY

Hello!

Congrats on the purchase of your **NXT Level Muscle Growth bundle**.

Our mission is to give you the appropriate nutrition tools to help you grow your muscle mass while keeping a low body fat percentage.

No secrets here! It all comes down to 4 essential points:

- 1) a proper nutrition,
- 2) a tailored training program,
- 3) good quality sleep and
- 4) consistency.

That's our mantra: eat, lift, sleep, repeat!

Whether you are starting your journey towards a more developed muscle mass or are already pretty advanced, this booklet is made for you. You'll find here the fundamentals about muscle growth as well as several whole-food based recipes and examples of meal plans. We'll then show you how to build a varied and balanced diet, and how to use sports nutrition to optimize your performance.

It is important to note that the advice given here is intended for healthy adults (above 18 years old) who do not have any health concerns. If you have any health issue (diabetes, hypertension, heart disease...), taking any medication, are pregnant or breastfeeding, you must refer to your doctor and follow her/ his recommendations about your nutrition and workout plans.

Ready to start? Let's go!

TABLE OF CONTENTS

THE 10 COMMANDMENTS OF MUSCLE BUILDING	P. 04
THE SCIENCE BEHIND MUSCLE GROWTH	P. 05
YOUR MUSCLE GROWTH DIET: YOUR PERSONALIZED NEEDS & MACROS	P. 06
HEALTHY FOODS CHEAT SHEET	P. 07
FOOD SUPPLEMENTS TO SUPPORT MUSCLE GROWTH	P. 09
MUSCLE GROWTH MEAL PLAN: 2200 – 3000+ CALORIES	P. 10
EXAMPLES OF DAILY MEAL PLANS	P. 11
NXT LEVEL MEAL INSPIRATION: GOOD TO KNOW	P. 12
RECIPES	
BREAKFAST	P. 13
LUNCH	P. 19
DINNER	P. 25
SNACK	P. 31
LATE NIGHT SNACK	P. 35
YOUR TOOLS	
BODY MEASUREMENTS: PROGRESS TRACKER	P. 39
MY MEAL PLAN	P. 40
FAQ	P. 42
FITNESS NOTES	P. 43

THE 10 COMMANDMENTS OF MUSCLE BUILDING

*You can literally read only this page and be ready to tackle your muscle growth journey!
Need more details? Keep reading the following pages!*

- I. A calorie surplus you will set up**
- II. A whole-food diet with all macronutrients you will have**
- III. Quality protein you will eat**
- IV. Your training program you will follow**
- V. Your body you will challenge**
- VI. On your form you will focus**
- VII. Legs day you won't skip**
- VIII. 7 to 8 hours a night you will sleep**
- IX. Very consistent you will be**
- X. Realistic you will stay**

MEAL PLAN: 2200 – 3000+ CALORIES

*Did you really think we were about to leave you with a list of healthy foods?
We used them in delicious and super easy recipes that will support you in achieving your goal.
Follow the guide and get ready to grow those muscles... in the kitchen!*

Breakfast (with tips to adjust to your needs*) **Pick 1 per day**

- Bounty oats with dark chocolate
- French toast with avocado and fried egg
- Pina colada smoothie
- Spinach omelet with avocado and cottage cheese
- Banana protein pancakes

Lunch (with tips to adjust to your needs*) **Pick 1 per day**

- Salmon and couscous salad
- Green & black bean tuna salad
- Sticky chicken Asian salad
- Beef and green beans pasta in soy sauce
- Mexican wraps with grilled chicken and avocado

Dinner (with tips to adjust to your needs*) **Pick 1 per day**

- Salmon teriyaki with green beans & sweetcorn
- Eggs fried on tomatoes with tuna
- Honey & Lime glazed salmon with pineapple rice
- Beef & broccoli stir-fry
- Simple chicken curry with saffron rice

* Check page 12 to learn how to adjust the recipes to your needs.

Snack (300kcal) **Pick 1**

- Peanut butter fluff
- Overnight vanilla yogurt oats
- Cream cheese toast + hard-boiled egg
- Muscle Builder bar & fruits
- High protein chocolate shake & fruits

Late night snack (250kcal) **Pick 1**

- Yogurt
- Hot chocolate
- Warm smoothie
- Mug cake

RECIPES

BREAKFAST

START THE DAY OFF GOOD



BOUNTY OATS WITH DARK CHOCOLATE



3m



2m



5m



Ingredients:

- ☐ 65g oat flakes
- ☐ 10g coconut powder
- ☐ 150g almond milk, unsweetened
- ☐ 5g coconut sugar (or other sweetener)
- ☐ 30g Whey Isolate 90, Vanilla
- ☐ 15g dark chocolate, chopped in small pieces
- ☐ A handful of raspberries

Instructions:

Place the oats and the milk in a bowl. Cook in the microwave for 1min30 and let rest for 1 extra minute. Add the desiccated coconut powder and the sugar. Mix well and add extra milk if needed.

Sprinkle with chopped chocolate and top with raspberries to serve.

Here is how to adapt this recipe to your needs:

How to read the table? In the recipe, the ingredients for **Profile 1**, are detailed. For **profile 2 and 3**, replace the quantities by the ones indicated in the table. If a new ingredient appears, it has to be added to your meal.

		Profile 1	Profile 2	Profile 3
Oat flakes		As described in the recipe	100g	120g
Almond milk			230g	280g
Raspberries			40g	60g
If you are using Whey Isolate 90	Kcal	550kcal	700kcal	849kcal
	Protein	38g	42g	46g
	Fat	19g	22g	28g
	Carbs	52g	75g	95g
	Fiber	8g	12g	15g
If you are using Whey Protein 80	Kcal	552kcal	702kcal	852kcal
	Protein	34g	39g	43g
	Fat	21g	24g	29g
	Carbs	53g	76g	96g
	Fiber	8g	12g	15g

A close-up photograph of a white bowl filled with a chicken salad. The salad consists of sliced, cooked chicken pieces, sliced almonds, fresh green mint leaves, and black sesame seeds. The chicken is coated in a dark, glossy sauce. The bowl is placed on a light-colored, textured surface. In the bottom right corner, a pair of light-colored wooden chopsticks is visible. A black diagonal banner with white text is overlaid on the right side of the image.

RECIPES

LUNCH
BREAK THE DAY

SALMON AND COUSCOUS SALAD



10m



12m



22m



Ingredients:

For the salmon

- ☐ 80g salmon
- ☐ 1 tsp lemon juice
- ☐ Salt, pepper

For the salad

- ☐ 80g iceberg lettuce, chopped
- ☐ 120g couscous, cooked
- ☐ ¼ red onion chopped
- ☐ 60g cherry tomatoes, chopped
- ☐ 10g feta cheese

For the dressing

- ☐ ½ tsp olive oil
- ☐ 1 tsp mustard
- ☐ ½ tsp lemon juice
- ☐ ½ tsp honey

For the fruit salad

- ☐ 1 big apple
- ☐ 40g grapes
- ☐ 1 kiwi

Instructions:

Preheat the oven to 200°C.
Season with salt and pepper.
Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients. Cook the couscous according to the instructions on the packaging.

Prepare the salad by placing the iceberg lettuce on the plate, top with cooked couscous, red onion, tomatoes and crumbled feta cheese. Once the salmon is cooked, remove from the oven and place on top of the salad. Drizzle with the dressing and serve.

Finish your meal with the fruits.

Here is how to adapt this recipe to your needs:

	Profile 1	Profile 2	Profile 3
Salmon	As described in the recipe	100g	130g
Couscous		140g	160g
Cherry tomatoes		80g	100g
Feta		20g	30g
Olive oil		½ tsp	1 tsp
Mustard		1 tsp	1.5 tsp
Lemon juice		½ tsp	1 tsp
Honey		½ tsp	1 tsp
Grapes		70g	70g
Kcal	550kcal	700kcal	849kcal
Protein	38g	42g	46g
Fat	19g	22g	28g
Carbs	52g	75g	95g
Fiber	8g	12g	15g