

7-Day Muscle Building Diet Plan

Low Carb & High Protein Options to Fuel Your Growth

The Foundations of Muscle Growth



Progressive Overload

Continuously challenge your muscles by lifting heavier over time.



Sufficient Protein

Provide the building blocks (amino acids) for muscle repair and growth.



Calorie Surplus

Eat more calories than you burn to provide energy for the building process.

Choose Your Nutrition Strategy

NC

No Carb (Ketogenic)

Strictly protein and fats. Maximizes fat burning but can be challenging to maintain. Energy comes from fats like avocado, nuts, and oils.

LC

Low Carb (~50-100g/day)

A moderate approach. Provides enough carbs to fuel workouts while keeping the body in a fat-burning state. A great middle-ground.

HP

High Protein (Balanced)

The classic approach. Balanced macros with a focus on high protein intake to fuel performance and maximize muscle repair. Most sustainable for long-term growth.

7-Day Sample Meal Plan Template

Day	No Carb (NC)	Low Carb (LC)	High Protein (HP)
Day 1	Eggs + avocado, beef + broccoli, salmon + spinach, protein shake + almond butter	Oats + whey, chicken + quinoa, beef + green beans, cottage cheese + walnuts	Oats + whey, chicken + rice, beef + sweet potato, Greek yogurt + berries
Day 2	Omelet + cheese, turkey + salad + olive oil, tuna + zucchini, steak + asparagus	Greek yogurt + almonds, salmon + brown rice, turkey + spinach, whey + peanut butter	Eggs + oats, salmon + rice, chicken + potatoes, casein protein
Day 3	Scrambled eggs + bacon, chicken thighs + green salad, beef + kale, protein shake + coconut oil	Eggs + spinach, chicken + oats, beef + broccoli, cottage cheese + berries	Eggs + oats, chicken + rice, beef + sweet potato, whey + banana
Day 4	Steak + eggs, salmon + arugula, turkey + olive oil salad, cheese + nuts	Oats + whey, beef + green beans, salmon + quinoa, whey + almonds	Eggs + oats, chicken + pasta, salmon + rice, Greek yogurt + fruit
Day 5	Omelet + sausage, beef + spinach, chicken + avocado, protein shake + flax oil	Eggs + broccoli, salmon + brown rice, turkey + kale, whey + peanut butter	Eggs + oats, beef + rice, chicken + potatoes, casein shake
Day 6	Scrambled eggs + cheese, salmon + asparagus, steak + lettuce, nuts + protein shake	Oats + whey, chicken + quinoa, beef + broccoli, cottage cheese + walnuts	Eggs + oats, chicken + rice, beef + sweet potato, Greek yogurt
Day 7	Bacon + eggs, turkey + olive oil salad, salmon + kale, protein shake + almonds	Eggs + spinach, beef + brown rice, chicken + avocado, whey + almonds	Eggs + oats, chicken + rice, beef + potatoes, whey + fruit

Disclaimer: This is a sample plan. Adjust portion sizes based on your individual calorie and macro needs. Consult with a professional for personalized advice. For a custom plan, visit [myfittrainingplan.com](#)