

2000 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|--------------------------------|--------------|-------------|-------------|------------|
| 1 SCOOP (30G) WHEY ISOLATE | 111 | 28 | 0 | 0 |
| 60G OATS (DRY) | 227 | 8 | 40 | 4 |
| 8 MEDIUM STRAWBERRIES | 31 | 0 | 8 | 0 |
| TOTAL: | 369 | 36g | 48g | 4g |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| 1 CANNED TUNA | 129 | 30 | 0 | 1 |
| 70G WHOLE WHEAT PASTA (DRY) | 244 | 10 | 52 | 1 |
| 1 TABLESPOON OLIVE OIL | 120 | 0 | 0 | 15 |
| TOTAL: | 493 | 40g | 52g | 17g |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| 100G CHICKEN BREAST (COOKED) | 165 | 31 | 0 | 4 |
| 2 SLICE WHOLEMEAL BREAD | 220 | 10 | 35 | 3 |
| 1 MEDIUM SIZED BANANA | 105 | 1 | 27 | 0 |
| TOTAL: | 490 | 42g | 62g | 7g |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 120G SALMON FILLET (COOKED) | 247 | 27 | 0 | 15 |
| 70G BROWN RICE (DRY) | 259 | 6 | 54 | 2 |
| 80G ASPARAGUS | 16 | 1 | 3 | 0 |
| TOTAL: | 522 | 34g | 57g | 17g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 1 & ½ SCOOP WHEY ISOLATE (45G) | 166 | 43 | 0 | 0 |
| MEDIUM APPLE | 96 | 0 | 18 | 0 |
| TOTAL: | 207 | 43g | 18g | 0g |
| TOTALS | 2,081 | 195g | 237g | 45g |

2500 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|--|--------------|-------------|-------------|------------|
| *2 WHOLE EGGS | 206 | 17 | 0 | 15 |
| *2 EGG WHITES | 32 | 8 | 0 | 0 |
| 3 SLICE WHOLEMEAL BREAD | 330 | 15 | 57 | 4 |
| 1 TABLESPOON NATURAL PEANUT BUTTER | 105 | 4 | 4 | 9 |
| TOTAL: | 673 | 44g | 61g | 28g |
| *MAKE OMELETTE OR SCRAMBLED EGGS | | | | |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| 1 SCOOP (30G) WHEY ISOLATE | 111 | 27 | 0 | 0 |
| 1 MEDIUM SIZED BANANA | 105 | 1 | 27 | 0 |
| 1 SLICE RYE BREAD | 84 | 3 | 15 | 1 |
| TOTAL: | 300 | 31g | 42g | 1g |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| *1 CANNED TUNA | 129 | 30 | 0 | 1 |
| *2 SLICE WHOLEMEAL BREAD | 220 | 9 | 34 | 3 |
| 8 MEDIUM STRAWBERRIES | 31 | 0 | 8 | 0 |
| TOTAL: | 380 | 39g | 42g | 4g |
| * SERVING SUGGESTION – TUNA ON TOAST | | | | |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 125G CHICKEN BREAST (COOKED) | 206 | 38 | 0 | 4 |
| 92G (1/2 CUP) BROWN RICE (DRY) | 340 | 7 | 72 | 3 |
| 90G (1 CUP) BROCCOLI (DRY) | 31 | 2 | 6 | 0 |
| TOTAL: | 577 | 47g | 78g | 7g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 140G (5OZ) LEAN SIRLOIN STEAK (COOKED) | 259 | 43 | 0 | 8 |
| 150G (5.3OZ) SWEET POTATO (BOILED) | 115 | 2 | 27 | 0 |
| 90G (1 CUP) BROCCOLI (DRY) | 31 | 2 | 6 | 0 |
| TOTAL: | 405 | 47g | 33g | 8g |
| MEAL 6 | Calories | Protein | Carbs | Fat |
| 30G MICELLAR CASEIN POWDER | 115 | 21 | 3 | 2 |
| 14G (1/2OZ) WALNUTS | 92 | 2 | 2 | 10 |
| TOTAL: | 207 | 23g | 5g | 12g |
| TOTALS | 2,542 | 231g | 261g | 60g |

3000 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|---|--------------|-------------|-------------|------------|
| *2 WHOLE EGGS | 206 | 17 | 0 | 15 |
| *4 EGG WHITES | 64 | 16 | 0 | 0 |
| 90G OATS (DRY) | 341 | 11 | 60 | 6 |
| TOTAL: | 611 | 44g | 60g | 21g |
| *OMELETTE OR SCRAMBLED EGGS | | | | |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| *1 CANNED TUNA | 129 | 30 | 0 | 1 |
| 2 SLICE WHOLEMEAL BREAD | 220 | 3 | 35 | 3 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| ½ (90G) AVOCADO | 150 | 2 | 8 | 14 |
| TOTAL: | 604 | 36g | 70g | 18g |
| * SUGGESTION – MIX WITH 2 TBLS LIGHT MAYONNAISE, TUNA MAYONNAISE ON TOAST | | | | |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| 130G CHICKEN BREAST (COOKED) | 215 | 40 | 0 | 2 |
| 250G SWEET POTATO (BOILED) | 190 | 3 | 44 | 0 |
| 130G GREEN BEANS (DRY) | 40 | 2 | 9 | 0 |
| TOTAL: | 445 | 45g | 53g | 2g |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 140G WHITE FISH, COD (RAW) | 148 | 31 | 0 | 1 |
| 92G (1/2 CUP) BROWN RICE (DRY) | 304 | 7 | 72 | 3 |
| 130G GREEN BEANS (DRY) | 40 | 2 | 9 | 0 |
| TOTAL: | 492 | 40g | 81g | 4g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 130G CHICKEN BREAST (COOKED) | 215 | 40 | 0 | 2 |
| 92G (1/2 CUP) BROWN RICE (RAW) | 304 | 7 | 72 | 3 |
| 90G (1 CUP) BROCCOLI (MEASURED RAW) | 31 | 2 | 6 | 0 |
| TOTAL: | 550 | 50g | 78g | 5g |
| MEAL 6 | Calories | Protein | Carbs | Fat |
| 1 SCOOP WHEY ISOLATE (30G) | 111 | 28 | 0 | 0 |
| 200G GREEK YOGURT | 118 | 21 | 8 | 0 |
| ½ TSP FLAXSEED OIL | 60 | 0 | 0 | 7 |
| TOTAL: | 289 | 49g | 8g | 8g |
| TOTALS | 2,991 | 264g | 350g | 58g |

3500 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|--------------------------------------|--------------|-------------|-------------|------------|
| *2 WHOLE EGGS | 206 | 17 | 0 | 15 |
| *4 EGG WHITES | 64 | 16 | 0 | 0 |
| 100G OATS (DRY) | 379 | 13 | 68 | 6 |
| 1 TSP NATURAL PEANUT BUTTER | 105 | 4 | 4 | 9 |
| TOTAL: | 754 | 50g | 72g | 30g |
| *OMELETTE OR SCRAMBLED EGGS | | | | |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| 150G CHICKEN BREAST (COOKED) | 250 | 50 | 0 | 4 |
| 100G BROWN RICE (DRY) | 370 | 8 | 77 | 3 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| ½ TSP FLAXSEED OIL | 60 | 0 | 0 | 8 |
| TOTAL: | 785 | 59g | 104g | 15g |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| 200G LEAN GROUND TURKEY (RAW) | 242 | 50 | 0 | 9 |
| 90G / 1 CUP WHITE BASMATI RICE (DRY) | 330 | 8 | 70 | 1 |
| 1 LARGE ORANGE | 86 | 2 | 21 | 0 |
| TOTAL: | 658 | 42g | 91g | 10g |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 150G CHICKEN BREAST (COOKED) | 250 | 50 | 0 | 4 |
| 100G BROWN RICE (DRY) | 370 | 8 | 77 | 2 |
| 150G GREEN BEANS | 47 | 3 | 10 | 0 |
| TOTAL: | 667 | 61g | 87g | 6g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 250G LEAN GROUND BEEF (RAW) | 440 | 49 | 0 | 25 |
| 170G / 6OZ SWEET POTATO (RAW) | 146 | 3 | 34 | 0 |
| 90G / 1 CUP BROCCOLI (RAW) | 31 | 2 | 6 | 0 |
| TOTAL: | 607 | 54g | 40g | 25g |
| TOTALS | 3,471 | 270g | 394g | 86g |

4000 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|---|--------------|-------------|-------------|------------|
| 2 WHOLE EGGS | 206 | 17 | 0 | 15 |
| 6 EGG WHILES | 96 | 24 | 0 | 0 |
| 100G OATS (DRY) | 379 | 13 | 67 | 6 |
| 250ML SEMI SKINNED MILK | 129 | 8 | 13 | 5 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| TOTAL: | 915 | 63g | 107g | 26g |
| *PORRIDGE AND OMELETTE BREAKFAST | | | | |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| X 2 CANNED TUNA | 260 | 60 | 0 | 2 |
| 4 SLICE WHOLEMEAL BREAD | 440 | 19 | 70 | 6 |
| 1 MEDIUM APPLE | 93 | 0 | 24 | 0 |
| 1 TSP NATURAL PEANUT BUTTER | 105 | 4 | 4 | 9 |
| TOTAL: | 898 | 83g | 98g | 17g |
| * SUGGESTION: 2 TBLS LIGHT MAYONNAISE, TUNA MAYO SANDWICH | | | | |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| 190G CHICKEN BREAST (COOKED) | 314 | 58 | 0 | 7 |
| 100G BASMATI RICE | 333 | 7 | 74 | 1 |
| 120G BROCCOLI | 41 | 3 | 8 | 0 |
| TOTAL: | 688 | 68g | 82g | 8g |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 170G (6OZ) SIRLOIN STEAK | 311 | 51 | 0 | 10 |
| 250G WHITE POTATO | 193 | 5 | 43 | 0 |
| 120G GREEN BEANS | 37 | 2 | 8 | 0 |
| TOTAL: | 541 | 58g | 51g | 10g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 170G (6OZ) SALMON FILLET (COOKED) | 350 | 37 | 0 | 21 |
| 200G (7OZ) SWEET POTATO | 172 | 3 | 40 | 0 |
| 150G ASPARAGUS | 30 | 3 | 6 | 0 |
| TOTAL: | 552 | 43g | 46g | 21g |
| MEAL 6 | Calories | Protein | Carbs | Fat |
| 1 SCOOP WHEY ISOLATE | 111 | 28 | 0 | 0 |
| 200G GREEK YOGURT | 118 | 21 | 8 | 1 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| TOTAL: | 334 | 50g | 35g | 1g |
| TOTALS | 3,928 | 365g | 420g | 83g |

4500 CALORIE MEAL PLAN

RG RELENTLESS GAINS

| MEAL 1 | Calories | Protein | Carbs | Fat |
|------------------------------------|--------------|-------------|-------------|-------------|
| 2 WHOLE EGGS | 206 | 17 | 0 | 15 |
| 8 EGG WHILES | 128 | 32 | 0 | 0 |
| NESTLE SHREDDED WHEAT (3 BISCUITS) | 240 | 7 | 55 | 1 |
| 250ML SEMI SKINNED MILK | 129 | 8 | 13 | 5 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| 1 TSP NATURAL PEANUT BUTTER | 105 | 4 | 4 | 9 |
| TOTAL: | 913 | 70g | 99g | 30g |
| MEAL 2 | Calories | Protein | Carbs | Fat |
| 170G WHITE FISH (COD) | 179 | 40 | 0 | 1 |
| 120G BASMATI RICE | 400 | 9 | 90 | 1 |
| 160G GREEN BEANS | 50 | 2 | 11 | 0 |
| TOTAL: | 620 | 51g | 101g | 2g |
| MEAL 3 | Calories | Protein | Carbs | Fat |
| 200G CHICKEN BREAST (COOKED) | 330 | 62 | 0 | 7 |
| 300G WHITE POTATO | 231 | 6 | 52 | 0 |
| 90G (1 CUP) BROCCOLI | 31 | 2 | 6 | 0 |
| 1 MEDIUM BANANA | 105 | 1 | 27 | 0 |
| 1 TSP EXTRA VIRGIN OLIVE OIL | 120 | 0 | 0 | 14 |
| TOTAL: | 817 | 71g | 85g | 21g |
| MEAL 4 | Calories | Protein | Carbs | Fat |
| 200G CHICKEN BREAST (COOKED) | 330 | 62 | 0 | 7 |
| 100G BROWN RICE (MEASURED DRY) | 370 | 8 | 77 | 2 |
| 200G GREEK YOGURT | 118 | 21 | 8 | 0 |
| 20G (1OZ) WALNUTS | 131 | 3 | 2 | 13 |
| TOTAL: | 949 | 94g | 87g | 22g |
| MEAL 5 | Calories | Protein | Carbs | Fat |
| 190G SIRLOIN STEAK (COOKED) | 348 | 58 | 0 | 11 |
| 260G SWEET POTATO | 224 | 4 | 52 | 0 |
| 120G ASPARAGUS | 24 | 2 | 5 | 0 |
| TOTAL: | 596 | 65g | 57g | 11g |
| MEAL 6 | Calories | Protein | Carbs | Fat |
| 110G SALMON FILLET (COOKED) | 227 | 24 | 0 | 13 |
| 60G BROWN RICE | 222 | 4 | 46 | 1 |
| 100G LOW COTTAGE CHEESE | 72 | 13 | 3 | 1 |
| TOTAL: | 521 | 41g | 49g | 15g |
| TOTALS | 4,416 | 392g | 480g | 101g |

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