

The Gain Plan

Eating through a better life.



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The Gain Plan

A collection of recipies to help you build muscle, lose fat, and live a better life style.



Beef Stir-Fry

Ingredients:

6 oz. of Beef
2 Cups of Rice
2 Servings of Cauliflower
½ a Carrot

Nutrition

Calories: 567.
Protein: 43g
Carbs: 110g
Fat: 45g

Directions:

Preheat pan with vegetable oil on medium heat. Cook and stir beef until it's browned (5-7 minutes). Add cauliflower and carrots. Continue to cook until they're tender (2-4 minutes).



Raqu w/ Ham

Ingredients:

½ Potato or (Sweet Potato)

2 Carrots

4 oz. of Ham

½ a Bell Pepper

2 Servings of Cilantro

1 Head of Garlic

Nutrition

Calories: 353.

Protein: 32g

Carbs: 31g

Fat: 3g

Directions:

Preheat pan to medium. Add vegetable oil. Add chopped up ham and stir for 5-7 minutes. Afterwards, add sliced up potatoes, carrots, and bell peppers, and garlic into the pan. Stir for 8-10 minutes. Lastly, garnish with cilantro.



Shakshuka

Ingredients:

3 Eggs

2 Tomatoes

1 Bell Pepper

12g of Cilantro

1 Serving of Garlic

½ Serving of Onion

Nutrition

Calories: 329

Protein: 32g

Carbs: 10g

Fat: 12g

Directions:

Preheat the pan on medium. Add onions and garlic. Wait for them to soften before adding tomatoes and bell peppers. Add the spices, and mix everything together. After 3 minutes, begin adding the eggs. After the eggs have been added, cover the pan, and let everything sit for 10-15 minutes. After removing the cover, garnish with cilantro, if desired.



Stuffed Bell Peppers

Ingredients:

6 oz. Ground Chicken
2 TBSP of Rice
1 Bell Pepper
½ Carrot
¼ an Onion

Nutrition

Calories: 335.
Protein: 40g
Carbs: 8g
Fat: 45g

Directions:

Preheat pan to medium and add olive oil. Slice up the onions and carrots into thin pieces. Toss onto pan and stir for 3-5 minutes. Afterwards, add the grounded chicken and already cooked rice onto the pan. Stir until it looks cooked. Take a raw bell pepper, empty out the inside, and fill it up with the cooked food. Put the filled bell peppers into a dutch oven, and add boiled water mixed with tomato sauce. Garnish with salt and pepper. Let cook for 45-60 minutes.



Omelet Roll

Ingredients:

3 Eggs

1 Serving of Canadian Bacon

1 Tortilla (Mission)

Nutrition

Calories: 533

Protein: 35g

Carbs: 40g

Fat: 23g

Directions:

Preheat pan on medium and add olive oil. Add the eggs and let sit for 8-10 minutes.

Afterwards, add the Canadian bacon and continue to let it sit for 3-5 minutes. Cover pan with lid for faster cooking. Finally, place the omelet over the tortilla.



Chicken Salad

Ingredients:

4 Servings of Lettuce

6 oz. of Chicken

1 Carrot

¼ of an Onion

2 Servings of Cilantro

Sweet and Sour Sauce (Optional)

Nutrition

Calories: 495.

Protein: 36g.

Carbs: 2g.

Fat: 7g.

Directions:

Slice and mix all the ingredients together. (No cooking involved)



Rack of Lamb w/ Vegetables

Ingredients:

6 oz. of Rack of Lamb

½ a Zucchini

¼ of a Bell Pepper

½ a Potato

Nutrition

Calories: 361

Protein: 32g

Carbs: 18g

Fat: 9g

Directions:

Preheat oven to 450 degrees F. In a large bowl, marinate rack of lamb with salt, pepper, garlic, and rosemary. Add 2 tablespoons of olive oil to moisten mixture. Before placing in skillet, cover bones with foil to prevent charring. Place in oven for 12-18 minutes. Afterwards, let the meat rest for 5-7 minutes. For the vegetables, preheat pan to medium and add olive oil. Add the vegetables to the pan, and stir for 8-10 minutes until cooked. Finally, enjoy the meal.



Chicken w/ Asparagus Mix

Ingredients:

3 Servings of Rice
½ Cup of Corn
6 oz. of Chicken
4 Spears of Asparagus

Nutrition

Calories: 390.
Protein: 39g
Carbs: 45g
Fat: 31g

Directions:

Preheat pan to medium. Add olive oil, corn, and asparagus. Stir for 3-5 minutes. Add chicken and stir again for 5-7 minutes. After boiling the rice, add rice to the pan and mix everything together. Cover the pan with a lid, and let it for 15 minutes.



Chicken Mixed w/ Potatoes and Tomatoes

Ingredients:

6 oz. of Chicken

1 Large Potato

2 Tomatoes

2 Servings of Cheddar Cheese

Nutrition

Calories: 455.

Protein: 41g

Carbs: 37g

Fat: 21g

Directions:

Preheat pan to medium and add olive oil. After boiling the potatoes, place them on the pan and stir for 3-5 minutes. Afterwards, add the chicken and stir again for 5-7 minutes. Then, sprinkle the cut up tomatoes and cheese over the pan. Stir again for 2 minutes. Cover the pan with a lid, and let it sit for 10 minutes.



Beef w/ Rice Pilaf

Ingredients:

1 Cup of Rice

6 oz. of Beef

2 Carrots

1 Head of Garlic

Half an Onion

Nutrition

Calories: 552.

Protein: 42g

Carbs: 41g

Fat: 36g

Directions:

Preheat dutch oven with vegetable oil over high heat. Add beef and stir for 8-10 minutes. Afterwards, add carrots, onions, and garlic. Stir everything together for another 8-10 minutes until the vegetables look brown and softened. Cover the oven, and let it cook for 30 minutes. After the rice has been cooked separately, pour it into the oven, and mix together with the beef. Serve with garlic heads on top



Grounded Turkey w/ Whole Wheat Pasta

Ingredients:

6 oz. of Grounded Turkey
1 ½ Cup of Whole Wheat Pasta
Half an Onion
Cilantro

Nutrition

Calories: 573.

Protein: 38g

Carbs: 21g

Fat: 22g

Directions:

Preheat pan to medium. Add onions and stir until they turn brownish. Add grounded turkey and stir for 7-10 minutes. Cover pan with lid, and let sit for 10 minutes. Finally, garnish with cilantro.



Olivier Salad

Ingredients:

6 oz. of Turkey

2 Pickles

1 Carrot

½ a Potato

⅓ of an Onion

Green Peas

1 Serving of Mayonnaise (Optional)

Nutrition

Calories: 374.

Protein: 33g

Carbs: 11g

Fat: 9g

Directions:

Slice up all the food and mix together. (No cooking involved)



Lamb w/ Veggies

Ingredients:

½ lb. of Lamb

5 Baby Potatoes

Baby Carrots

Bell Peppers

Nutrition

Calories: 422.

Protein: 37g

Carbs: 6g

Fat: 11g

Directions:

Preheat oven to 375 degrees F Marinate lamb with salt, pepper, onions, paprika, and mineral water for softness. Cover pan tray with tin foil and spread olive oil. Place the lamb, baby potatoes, and baby carrots around the tin foil. Place in oven for 50-60 minutes.



Brussel Sprouts Pasta

Ingredients:

4 oz.. of Ham

1 Cup of Whole-Wheat Pasta

1 Cup of Brussel Sprouts

1 oz. of Cilantro

Nutrition

Calories: 329.

Protein: 19g

Carbs: 38g

Fat: 2g

Directions:

Preheat oven to 400 degrees F. In a bowl, mix together the garlic, olive oil, salt, pepper, lemon juice, and brussel sprouts. Let it sit in the oven for 15-17 minutes. After boiling the pasta, place it in the pan along with the brussel sprouts, and mix the two for 5-7 minutes. Finally, garnish with cilantro.



Tilapia w/ Sweet Potatoes

Ingredients:

8 oz. of Tilapia

½ Sweet Potato

Nutrition

Calories: 396.

Protein: 36g.

Carbs: 37g.

Fat: 12g.

Directions:

Preheat oven to 425°. In a bowl, combine the tilapia with garlic powder, lemon juice, salt and pepper. Place tilapia into the oven for 10-15 minutes. For the sweet potatoes, preheat oven to 375°. In a bowl, mix the sweet potatoes with olive oil, paprika, salt and pepper. Place in oven for 25-30 minutes.



Eggs w/ Sweet Potatoes & Collard Greens

Ingredients:

2 Large Eggs
½ a Roasted Sweet Potato
1 Bunch of Collard Greens

Nutrition

Calories: 365.
Protein: 26g
Carbs: 37.8g
Fat: 14.4g

Directions:

Preheat pan to medium and add olive oil. Add the thinly sliced collard greens and stir for 2 minutes. Then add the sweet potatoes (should already be cooked) and stir together with the greens so the entire pan is covered. Afterwards, create a small opening for the eggs, and crack/drop them into the openings. Season with salt and pepper (optional). Finally, cover the pan, and let it sit while the eggs cook for (8-10) minutes.



Avacado w/ Nutella Shake

Ingredients:

1 Medium Avocado
1 Banana
1 TBSP of Nutella
1 Cup of Milk

Nutrition

Calories: 646
Protein: 17g .
Carbs: 27g
Fat: 24.2g

Directions:

Place the cut up bananas and avocado into the blender. Add the nutella on top, and finish it off with pouring the milk. Put the lid of blender on, and blend the food.



Protein Muffins

Ingredients:

2 Scoops of Protein Powder

3 Eggs

Flour

½ Cup of Sugar

Nutrition

Calories: 390.

Protein: 48g

Carbs: 17g

Fat: 12g

Directions:

In a bowl, combine flour, ½ cup of sugar, 2 TBSP of baking powder, and 2 scoops of protein powder. After mixing together, add oil, 3 eggs, and 1 cup of milk. Stir everything together once again. Using a muffin pan, fill each section $\frac{2}{3}$ full. Heat oven to 400 degrees F, and bake for 20-25 minutes.



High Boosted Protein Shake

Ingredients:

1 Scoop of Protein Powder

1 Banana

1 TBSP of Nutella

1 TBSP of Peanut Butter

1 Cup of Milk

Nutrition

Calories: 395.

Protein: 44g

Carbs: 30g

Fat: 16g

Directions:

Put all the ingredients into blender and mix. (No cooking involved)

Extra Information:

Muscle Gain:

More strength means more muscle. Heavier lifting allows for an increase in muscle fiber tears which will lead your muscles to increase in size. Consistently going to the gym will make the individual stronger, yet much of the size comes from what one puts in their body. In order to properly build muscle size, one must be at a caloric increase along with eating around 1 gram of protein per pound of body weight. This will allow for recovery of muscle tissue that was damaged during the workout. Despite protein being vital in muscle recovery and growth, too much of it can be harmful with side effects such as dehydration and the risk of kidney damage. Putting protein aside, carbohydrates and fat also play an important role in supporting muscle building. When consuming carbs, they get converted to glycogen which is then stored in your muscles to power your workouts. The best source of carbs consist of low fat such as whole-grain foods. Other good carb options that are low fat are yogurts, vegetables, and fruits. Fat is also essential in a successful muscle building diet since your body relies off it to provide energy to your muscles during training. Fats are important enough to take up around a third of your caloric intake (20-35%). It is recommended to focus on heart-healthy fats such as nuts, fish, and avocados. Unfortunately, most of us go into a muscle building decline around the age of 30 based off lower testosterone levels in men, and lower estrogen levels in women. A decline of these hormones leads to a slower process of muscle growth and the body not converting amino acids to muscle tissue as effectively. Despite age being a problem, muscle loss does not have to be assured if the proper nutrition is consumed with your training. Aside from mass and muscle building, losing weight is a common goal for many individuals.

Fat Loss:

Believe it or not, the key nutrient to consume when attempting to lose weight is protein. Not only does protein increase the rate at which your metabolism functions, yet it also aids in curbing your appetite. Calorie intake can easily be reduced by increasing your protein consumption. Also, when going on a weight loss journey, it is never easy to cut out all the junk food or cravings you're used to having daily, therefore, consuming protein is essential since it fills one's appetite up rapidly. Aside from knowing what to put into your body, it is important to know what to keep out.

The Importance of Hydration:

The benefits and importance of water is often underestimated. Water allows for better health, growth, and development of the body both mentally and physically. The human brain consists of 95% water, blood is 82%, and the lungs are nearly 90%. Water is also the most critical nutrient for growth, health, and development. Water is critical to the balance of all the body's systems, including the lungs, heart, kidneys, brain, and muscles. A 2% drop in body water may lead to a shrinkage in the brain which would impair body coordination, cause slow thinking, and a drop in concentration. Water is one of the main components to achieving good health along with an aesthetic physique, and many people have trouble achieving their end goal because of the lack of knowledge and misconceptions related to eating and working out.

