

3 Post-Workout Meal Plan for Muscle Gain

Power Burrito

Ingredients	Large tortilla, 6 oz chicken or steak, 3/4 cup cooked rice, salsa, light cheese
Steps	Warm tortilla and rice, add hot protein, top with salsa and cheese, roll tight.
Targets	45 g protein, 70 g carbs, about 12 g fat
Swaps	Gluten-free tortilla, dairy-free cheese, or black beans instead of rice

Greek Yogurt Bowl

Ingredients	1.5 cups Greek yogurt, 1 banana, 1/2 cup berries, 1/3 cup granola, drizzle of honey
Steps	Mix yogurt and sliced fruit, top with granola and a small drizzle of honey.
Targets	40 g protein, 70 g carbs, about 8–10 g fat
Swaps	Dairy-free yogurt, oats instead of granola, extra banana if you need more carbs

Recovery Smoothie

Ingredients	1.5 scoops whey, 1 cup milk or almond milk, 1 banana, 1/3 cup oats, 1 tbsp peanut butter, ice
Steps	Blend until smooth, add extra ice for thickness.
Targets	40 g protein, 65 g carbs, about 12 g fat
Swaps	Plant protein powder, soy milk for more protein, almond butter if you prefer