

**BIGGER
SMALLER
BIGGER**

WEIGHT GAIN NUTRITION PLAN

**WEEKS
1 & 2**

NATE GREEN

**DESIGNED BY
DR. JOHN BERARDI**

WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy
- Also eat 4 pieces whole grain bread
- With 2 tbsp favorite nut butter
- And 2 tbsp favorite jam spread
- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps
- Sip During Workout
- 1L water with
- 1 scoop Purple Wraath

DRINK JUST AFTER WORKOUT

- 1L water with
- 3 scoops Universal Torrent

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tbsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 1 tbsp favorite nut butter and 1 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tbsp fish oil

FASTING DAY

You can do your fasting day any day of the week, although I'd like it to be relatively consistent from week to week.

The goal of the fast day is to reboot insulin sensitivity and carb tolerance before another 6 days of big eating.

The rules are simple and as follows: stop eating 10pm the night before your fasting day. Eat again at 10pm the next night. On the fasting day, have 3 "meals" as follows:

- 1L water w/1/2 serving greens
- 15g BCAA capsules
- 1 cup of green tea

At the end of the fasting day, you can break the fast with a protein (about 1lb) and veggie meal.

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WEIGHT GAIN NUTRITION PLAN

WEEK 3

NATE GREEN

**DESIGNED BY
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WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 4 pieces whole grain bread with 2 tbsp favorite nut butter and 2 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 tbsp heavy cream/whipping cream
- 1 scoop casein protein
- Handful frozen raspberries
- Handful frozen blueberries

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps

SIP DURING WORKOUT

- 1L water with
- 1 scoop Purple Wrath

DRINK JUST AFTER WORKOUT

- 1L water with
- 3 scoops Universal Torrent

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tbsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 1 tbsp favorite nut butter and 1 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 oz coconut milk
- 1 scoop casein protein
- 2 tbsp cacao nibs or 99% chocolate
- 1 tbsp favorite nut butter

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tbsp fish oil

FASTING DAY

Same as weeks 1 and 2.

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WEIGHT GAIN NUTRITION PLAN

WEEK 4

NATE GREEN

**DESIGNED BY
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WEIGHT TRAINING DAYS

BREAKFAST

- Blend 3 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 3 squares high cacao chocolate
- Continue to blend until frothy

Also eat 4 pieces whole grain bread with 4 tbsp favorite nut butter and 2 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 4 tbsp heavy cream/whipping cream

- 2 scoops casein protein
- Handful frozen raspberries
- Handful frozen blueberries

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps

SIP DURING WORKOUT

- 1L water with
- 2 scoops Purple Wraath

DRINK JUST AFTER WORKOUT

- 1L water with
- 4 scoops Universal Torrent

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tbsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 3 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 3 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 2 tbsp favorite nut butter and 1 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 4 oz coconut milk
- 2 scoops casein protein
- 3 tbsp cacao nibs or 99% chocolate
- 2 tbsp favorite nut butter

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tbsp fish oil

FASTING DAY

Same as weeks 1 and 2.