FREE PRACTICAL GUIDE

# MUSCLE GAIN AFTER 40

A simple day of eating. Familiar foods. Clear portions.

# 2,000 kcal

## AROUND 200 g PROTEIN

### BREAKFAST / LUNCH / DINNER

Plus simple snacks to fuel your training and make protein easier to reach.

### INSPIRED BY WHAT I EAT AT 48

Eggs, sourdough, chicken, rice, lean beef and potatoes.
By Aziz | LLLH | @livelonger_livehealthier

Simple food. Consistent training. Repeatable habits.

Use this as a starting template: 2,000 kcal is not automatically a muscle-gain intake. Your calorie needs depend on body size, activity and training. Adjust portions to your progress.

01 / SET YOUR FOUNDATION

# Make the plan work for you

A protein target supports training. Enough total energy matters too.

## CHECK YOUR CALORIES

For some people, 2,000 kcal is a deficit. If weight is falling and recovery or strength is slipping, this plan may need more food.

## PERSONALISE YOUR PROTEIN

A useful evidence-based range is about 1.4-2.0 g/kg/day for most people who exercise. At 80 kg, 200 g is 2.5 g/kg: a template target, not a requirement for everyone. [1]

## TRAIN, EAT, REVIEW

Combine the plan with progressive resistance training. Review your average morning weight, strength, hunger and recovery over 2-3 weeks. Adjust food gradually if progress stalls.

How to weigh: chicken, rice, potatoes and vegetables are COOKED weights. Beef is RAW weight. Beans are cooked and drained. Bread, dairy, fruit and powder are weighed as served.

All nutrition figures are estimates. Brands and preparation change the numbers. Count cooking oil, sauces and drinks; only the listed oil is included.

YOUR MEALS / AT A GLANCE

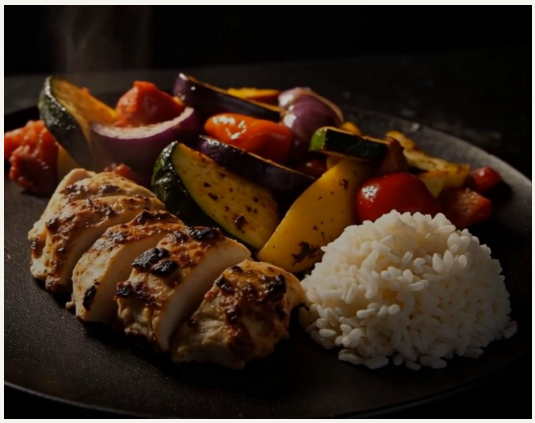
# Simple food. Real routine.

Meal illustrations from the LLLH video.



## BREAKFAST

Sandwich + protein coffee
~552 kcal | 55 g protein



## LUNCH

Chicken, rice & vegetables
~541 kcal | 53 g protein



## DINNER

Lean beef, potatoes & beans
~494 kcal | 44 g protein

Illustrations show meal ideas, not exact serving sizes. Follow the weighed portions on the following pages. Snacks add approximately 413 kcal and 47 g protein.

02 / YOUR DAILY MENU

# Breakfast + lunch

Keep the ingredients simple and the portions measurable.

### BREAKFAST | Egg & halloumi sandwich

60 g sourdough ciabatta
2 large eggs + 40 g smoked turkey (about 2 slices)
20 g halloumi + 100 g tomato and lettuce
Protein coffee: black coffee + 30 g vanilla whey

Toast the bread. Cook eggs in a non-stick pan without extra oil.
Add turkey, halloumi and vegetables. Black coffee is optional.

**~552 kcal | 55 g protein | 39 g carbs | 19 g fat**

### LUNCH | Chicken & rice bowl

140 g grilled skinless chicken breast, cooked
150 g basmati rice, cooked
200 g grilled mixed vegetables + 5 g olive oil

Season with lemon, herbs and spices. Measure the oil rather than pouring freely.

**~541 kcal | 53 g protein | 54 g carbs | 12 g fat**

Use smoked turkey and halloumi for variety; rotate with fresh chicken, eggs or lower-salt dairy on other days. Check labels for salt and serving sizes.

03 / FUEL & RECOVER

# Snacks + dinner

Snack timing can follow your schedule. Daily intake matters most.

### PRE-WORKOUT | Fruit

1 medium banana (about 120 g edible portion).
~105 kcal | 1 g protein | 27 g carbs | 0 g fat

### POST-WORKOUT / ANYTIME | Protein snack

30 g whey powder mixed with water (about 24 g protein)
200 g plain 0% Greek yogurt + 2 plain rice cakes (about 18 g)
~308 kcal | 46 g protein | 24 g carbs | 3 g fat
Eat together or split across the day. A shake is optional convenience.

### DINNER | Lean beef & potato plate

150 g lean beef mince, 5% fat, weighed RAW
150 g steamed baby potatoes, cooked
80 g black beans, cooked and drained
150 g mixed salad + 4 g olive oil total for cooking/dressing

Brown the mince, season and serve with potatoes and beans.
~494 kcal | 44 g protein | 51 g carbs | 12 g fat

**DAILY TOTAL (APPROXIMATE)**

**2,000 kcal | 201 g protein | 195 g carbs | 46 g fat**

04 / PREP ONCE, EAT WELL

# Your shopping + prep list

Amounts below cover one day. Multiply by the days you plan to prepare.

## PROTEIN & DAIRY

2 eggs; 40 g smoked turkey; 20 g halloumi; 140 g COOKED chicken; 150 g RAW 5% beef mince; 200 g 0% Greek yogurt; 60 g whey.

## CARBS, FRUIT & VEGETABLES

60 g sourdough; 150 g COOKED rice; 150 g COOKED potatoes; 80 g drained black beans; 1 banana; 2 rice cakes; 450 g vegetables and salad across the day. Olive oil: 9 g total.

## A SIMPLE PREP ROUTINE

1. Batch-cook chicken, rice and vegetables; portion after cooking.
2. Portion beef raw before cooking; weigh oil with a kitchen scale.
3. Keep yogurt, fruit and rice cakes ready for busy workdays.
4. Refrigerate cooked food promptly. Follow local food-safety advice; freeze extra portions and reheat thoroughly.

Easy variety: swap chicken for turkey breast, rice for potatoes, or beef for fish. Portions and macros will change; use the food label to match calories and protein rather than swapping gram for gram.

No whey? Choose a food serving providing about 24 g protein (for example, roughly 240 g high-protein 0% Greek yogurt). Check the label and adjust calories.

05 / ADJUST & REPEAT

# Build a plan you can sustain

Consistency beats a perfect day that you cannot repeat.

### NEED MORE ENERGY FOR MUSCLE GAIN?

Keep protein broadly steady and increase portions if your trend shows you need more fuel. For example: add 100 g cooked rice (~130 kcal) or 30 g oats (~115 kcal). Review before adding more.

### KEEP THE BIG PICTURE

Choose varied fruit and vegetables, whole grains and beans across the week. Rotate protein sources, including fish. Drink regularly, with more fluid around sweaty sessions.

## A note on the numbers

Calculated from typical generic food values and standard whey/yogurt servings, not laboratory analysis or your specific products. Per-meal values and totals are rounded; label calories may differ from a 4/4/9 macro calculation because of fibre and rounding. Use your own product labels for tracking.

## References & further reading

[1] ISSN position stand: protein and exercise (2017)
[2] NHS: understanding calories
[3] Morton et al.: protein and resistance training meta-analysis (2018)

General education for healthy adults. If you have kidney disease or a prescribed diet, ask your clinician or dietitian to tailor protein and calories.