



# WHAT TO EAT IN A DAY FOR GLUTE GAINS

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example meal plan



## INTRODUCTION

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Thank you for downloading this example of what to eat in a day for glute gains. You get an example meal program that will support building muscle.

I haven't included any portion sizes or calories as everyone's needs are different.

Keep in mind, this is just an example full day of eating, not the meals you should eat every day. A healthy diet consists of a variety and is different for everyone. Talk with a dietitian, nutritionist, or nutrition coach for best recommendations.

# EXAMPLE MEAL PLAN

## PRE-WORKOUT SNACK



Chia Pudding with  
Greek yogurt and  
mango chunks

## BREAKFAST



Avocado Toast with  
sunny-side up egg

[thrivewhilesmiling.com](http://thrivewhilesmiling.com)

## LUNCH



Pasta salad with  
toasted nuts,  
protein, veggies and  
dressing of your  
choice

## SNACK



Berry smoothie with  
bananas, protein  
powder and hemp  
hearts

# EXAMPLE MEAL PLAN

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## DINNER



Quinoa bowl with protein and grilled veggies of your choice, topped with balsamic glaze

[thrivewhilesmiling.com](http://thrivewhilesmiling.com)

### **\*DISCLAIMER**

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## APPLY FOR 1:1 COACHING

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Building a sustainable diet that will help you achieve your goals is no easy job. In today's busy world, it's hard to balance your work and personal life while prioritizing your health goals. With my 1:1 nutrition coaching, you will get all the support you need, and build easy-to-follow healthy habits to live your best life.

**[CLICK HERE TO START RIGHT AWAY](#)**