



Four-Week Fast Track: Build Muscle-Building Meal Guide

Maximize gains from your workouts with daily macronutrient recommendations and sample meal plans created in partnership with fitness coach and nutrition expert Chris Barakat, MS, ATC, CISSN.





To maximize your muscle-building gains during [Four-Week Fast Track: Build](#), getting adequate nutrition is essential. Tonal has partnered with professional natural bodybuilder and fitness coach Chris Barakat to design four sample daily meal plans tailored to different physiques to help you achieve your goals.

At his fitness consultancy School of Gainz, Chris Barakat leads a team of nutritionists, exercise physiologists and trainers who educate clients on how best to achieve their ideal bodies and improve their overall health. He's spent the past decade researching the best methods for improving lifestyle outcomes for competitive bodybuilders and a variety of athletes seeking to shift their body composition.



Success is a guaranteed outcome when preparation meets execution.”

— CHRIS BARAKAT

"Controlling your nutrition, spending some extra time to meal prep, properly portioning out food sources, and committing to a nutritional plan that supports what your body needs is a fail-proof way to better one's body composition and health markers," says Barakat on the importance of diet when it comes to building muscle.

Here, Barakat shares sample meals for training and rest days—plus daily macronutrient targets—for four common body types: Moderately Trained Women, Advanced-Trained Women, Moderately Trained Men, and Advanced-Trained Men. The pre-workout meals support your energy levels and performance, while the post-workout meals optimize recovery.



About Chris Barakat, MS, ATC, CISSN

Chris Barakat is a natural bodybuilder, [published researcher](#), and health educator who specializes in optimizing nutritional practices with exercise to help his clients achieve their ideal physique and health goals. He's an instructor at the University of Tampa and the owner of fitness consultancy School of Gainz. He holds a Bachelor of Science in Athletic Training from Stony Brook University and a Master of Science in Exercise and Nutrition from The University of Tampa.



Over the course of four weeks, following this plan will help lead to greater progress on your Tonal workouts, enhance the workload you can handle, and lead to relative strength personal records.

To help make shopping easier, Barakat has recommended several of his favorite packaged foods and snacks that can be found at grocery stores nationwide. If you can't locate the exact product, just consult the package online to find a tasty replacement with a similar nutrition profile.

Before starting a new training program and meal plan, you may want to consult a doctor or personal dietician to ensure that all of your proper nutrition requirements are being met.



For those who are stuck mentally, starting a new plan can be a great way to *turn the page*, start a new chapter, rewrite who they are, who they want to become, and how they will show up for themselves and others.”

— CHRIS BARAKAT

While following this guide, use your own dietary restrictions, health history, and preferred tastes to help personalize a plan that meets your needs.

The Power of Protein for Building Muscle

When starting a new eating plan, calculate your protein needs first. According to Barakat, daily protein intake should start at a bare minimum of 1 gram per pound of lean body mass [LBM=Body Weight - (Body Weight x Body Fat %)] if you want to build muscle. However, you should aim for an ideal range of 1.2-1.6 grams, which may optimize muscle gain and fat burned.

Bare minimum: **Total Protein (grams) = 1g x (Weight - Weight x Body Fat Percentage)**

Optimal range: **Total Protein (grams) = (1.2-1.6)g x (Weight - Weight x Body Fat Percentage)**

MAN

A 200-pound man with 20% body fat should be eating at least 160 grams of protein per day. The optimal range is **190-250 grams**.

WOMAN

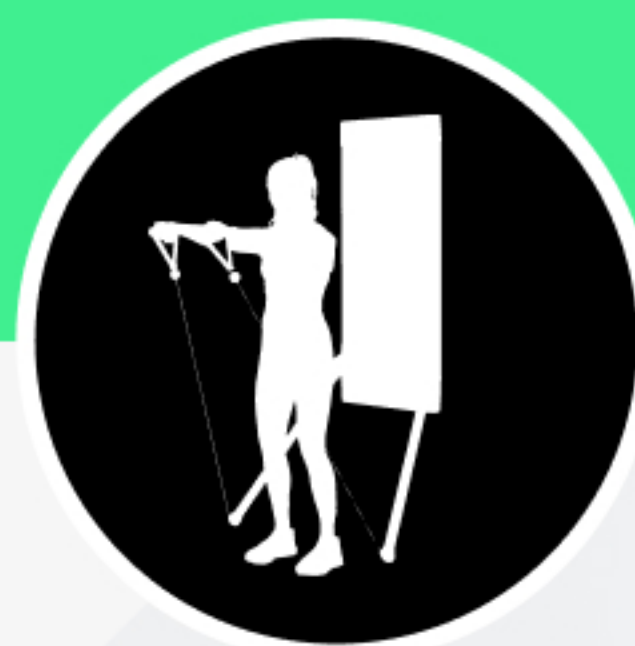
A 170-pound woman with 35% body fat should be eating at least 110 grams of protein per day. The optimal range is **130-175 grams**.



Find Your Protein-Packed Plan

To find the best meal plan for your Four-Week Fast Track journey, consult the chart below and select the body type that most closely matches your weight, body composition, and how you identify. The macro targets represent daily goals for training days and rest days.

Body Type	 Moderately Trained Female (Page 5)	 Advanced-Trained Female (Page 6)	 Moderately Trained Male (Page 7)	 Advanced-Trained Male (Page 8)
Weight Body Fat %	155-180+ pounds 30-40%	125-150 pounds 18-30%	200-260+ pounds 18-30%	175-200 pounds 10-18%
	↓	↓	↓	↓
Training Day Macro Target	55g Fat 180g Carbs 150g Protein	60g Fat 265g Carbs 170g Protein	65g Fat 225g Carbs 200g Protein	75g Fat 300g Carbs 245g Protein
Rest Day Macro Target	60g Fat 140g Carbs 140g Protein	70g Fat 200g Carbs 160g Protein	75g Fat 175g Carbs 190g Protein	80g Fat 225g Carbs 245g Protein
Total Calories (Training / Rest)	1,815 / 1,660	2,325 / 2,070	2,285 / 2,135	2,855 / 2,600



Moderately Trained Female Meal Plan

This meal plan has been designed for a woman who weighs between **155 and 180 pounds** and has a **body fat percentage of 30-40%**. The daily macro targets have been recommended by a nutritionist to build lean muscle.

Training Day

Daily Total Macro Goals

Fat: 55 grams
Carbohydrates: 180 grams
Protein: 150 grams
Total Calories: 1,815

Meal 1 | Breakfast

23g fat / 27g carbs / 34g protein

- 3 whole eggs
- 18g bacon (2 slices)
- 100g fiber-rich mixed veggies
- 1 slice David's Killer Bread

Meal 2 | Pre-Workout Smoothie

12g fat / 57g carbs / 31g protein

- 40g old fashioned rolled oats, uncooked
- 100g banana
- 5g raw cacao powder
- 5g (1tsp) liquid coconut oil
- 1 scoop whey protein powder (sugar free)
- Pinch of Himalayan pink salt or sea salt
- Dash of cinnamon

Meal 3 | Post-Workout Snack

2.5g fat / 20g carbs / 23g protein

- 1 Rice Krispies Treat Mini or 120g apple
- 1 serving whey protein powder (sugar free) mixed with water

Meal 4 | Lunch

10g fat / 47g carbs / 35g protein

- 25g rice
- 25g beans
- 4oz chicken breast (about 3oz cooked)
- 150g bell pepper strips
- 60g guacamole
- Pinch of Himalayan pink salt or sea salt

Meal 5 | Dinner

8g fat / 27g carbs / 30g protein

- 100g sweet potato (raw weight) cooked with dash of cinnamon
- 100g broccoli
- 4oz salmon
- Pinch of Himalayan pink salt or sea salt

Rest Day

Daily Total Macro Goals

Fat: 60 grams
Carbohydrates: 140 grams
Protein: 140 grams
Total Calories: 1,660

Meal 1 | Breakfast

29g fat / 27g carbs / 34g protein

- 3 whole eggs
- 36g bacon (4 slices)
- 100g fiber-rich mixed veggies
- 1 slice David's Killer Bread

Meal 2 | Snack

12g fat / 57g carbs / 31g protein

- 40g old fashioned rolled oats, uncooked
- 100g banana
- 5g raw cacao powder
- 5g (1tsp) liquid coconut oil
- 8g almond butter
- 1 serving whey protein powder (sugar free)
- Pinch of Himalayan pink salt or sea salt
- Dash of cinnamon

Meal 3 | Lunch

10g fat / 47g carbs / 35g protein

- 25g rice
- 25g beans
- 4oz chicken breast (about 3oz cooked)
- 150g bell pepper strips
- 60g guacamole
- Pinch of Himalayan pink salt

Meal 4 | Dinner

8g fat / 7g carbs / 27g protein

- 100g broccoli
- 4oz salmon
- Himalayan pink salt
- Calorie-free spices of choice



Advanced-Trained Female

This meal plan has been designed for an active woman who weighs between **125-150 pounds** and has a **body fat percentage of 18-30%**. The daily macro targets have been recommended by a nutritionist to build lean muscle.

Training Day

Daily Total Macro Goals

Fat: 60 grams
Carbohydrates: 265 grams
Protein: 170 grams
Total Calories: 2,325

Meal 1 | Breakfast

9g fat / 42-46g carbs / 39g protein

Pre-Workout Option A

- 40g old fashioned rolled oats
- 140g blueberries
- 5 ml (1 tsp) coconut oil
- 40g whey protein isolate (sugar free)

OR

Pre-Workout Option B

- 2 slices Dave's Killer Bread
- 1 whole egg
- 185g liquid egg whites
- 50g banana OR 90g blueberries

Meal 2 | Post-Workout Snack

2.5g fat / 54g carbs / 33g protein

- 1 Kirkland Soft & Chewy Granola Bar
OR 1 Rice Krispies Treat
- 130g banana
- 45g whey protein isolate (sugar free) blended with water

Meal 3 | Lunch

21g fat / 47g carbs / 42g protein

- 25g brown rice
- 25g lentils
- 6oz salmon burger
- 70g guacamole
- 75g broccoli

Meal 4 | Dinner

20g fat / 58g carbs / 36g protein

- 250g sweet potato
- 6oz ground beef, 80/20
- 75g asparagus
- 50g kiwi

Meal 5 | Nighttime Snack

3g fat / 61 carbs / 20g protein

- 72g Trader Joe's Low Fat Granola Cereal, Mixed Berry
- 150g fat-free Greek yogurt

Rest Day

Daily Total Macro Goals

Fat: 70 grams
Carbohydrates: 200 grams
Protein: 160 grams
Total Calories: 2,070

Meal 1 | Breakfast

Meal Option A

9g fat / 42g carbs / 38g protein

- 40g old fashioned rolled oats
- 140g blueberries
- 5 ml (1 tsp) coconut oil
- 40g whey protein isolate (sugar free)

OR

Meal Option B

8g fat / 40g carbs / 35g protein

- 1 slice Dave's Killer Bread
- 1 whole egg
- 200g liquid egg whites
- 100g banana

Morning Snack

14g fat / 11g carbs / 29g protein

- 30g whey protein isolate (sugar free)
- 28g almonds (or nut butter)
- Blend with water

Meal 2 | Lunch

21g fat / 47g carbs / 42g protein

- 25g brown rice
- 25g lentils
- 6oz salmon burger
- 70g guacamole
- 75g broccoli

Meal 3 | Dinner

20g fat / 58g carbs / 36g protein

- 250g sweet potato
- 6oz ground beef, 80/20
- 75g asparagus
- 50g kiwi

Meal 4 | Nighttime Snack

2g fat / 39g carbs / 18g protein

- 43g (0.75 servings) Trader Joe's Low Fat Granola Cereal, Mixed Berry
- 150g fat-free Greek Yogurt



Moderately Trained Male

This meal plan has been designed for a man who weighs between **180 and 225 pounds** and has a **body fat percentage of 18-30%**. The daily macro targets have been recommended by a nutritionist to help build lean muscle.

Training Day

Daily Total Macro Goals

Fat: 65 grams
Carbohydrates: 225 grams
Protein: 200 grams
Total Calories: 2,285

Meal 1 | Post-Workout Breakfast

0g Fat / 82g carbs / 50g protein

- 2 servings whey protein isolate (sugar free)
- 70g banana
- 75g of Cream of Rice (dry weight)

Meal 2 | Lunch

20g fat / 47g carbs / 50g protein

- 25g rice (dry weight)
- 25g beans (dry weight)
- 7oz chicken breast (5oz cooked weight)
- 150g bell pepper strips
- 60g guacamole
- Pinch of Himalayan pink salt or sea salt
- 2 tsp olive oil

Meal 3 | Dinner

22g fat / 43g carbs / 44g protein

- 6oz shrimp or scallops (cooked weight)
- 5oz quinoa (cooked weight)
- 100g veggie medley of choice
- 19g Kerrygold Butter or 19ml olive oil

Snack

6g fat / 16g carbs / 20g protein

- 1 Pure protein bar

Meal 4 | Nighttime Snack

17g fat / 35g carbs / 33g protein

- 2 Dannon Light + Fit Greek yogurts (5.3oz each)
- 3oz blueberries or strawberries
- 32g peanut butter

Rest Day

Daily Total Macro Goals

Fat: 75 grams
Carbohydrates: 175 grams
Protein: 190 grams
Total Calories: 2,135

Meal 1 | Breakfast

20g fat / 55g carbs / 48g protein

- 1.5 servings whey protein isolate (sugar free)
- 100g banana
- 35g oats
- 32g peanut butter

Meal 2 | Lunch

20g fat / 44g carbs / 44g protein

- 4.5oz chicken breast
OR 99% lean ground turkey (cooked weight)
- 6oz sweet potato
- 4oz avocado
OR 100g green veggie of choice with 15g Kerrygold butter

Meal 3 | Dinner

12g fat / 33g carbs / 49g protein

- 5oz 93% lean ground beef (cooked weight)
- 60g black beans (cooked weight)
- 100g veggie of choice

Snack

6g fat / 16g carbs / 20g protein

- 1 Pure protein bar

Meal 4 | Nighttime Snack

17g fat / 35g carbs / 33g protein

- 2 Dannon Light + Fit Greek yogurts (5.3oz each)
- 3oz blueberries or strawberries
- 32g peanut butter



Advanced-Trained Male

This meal plan has been designed for an active man who weighs between **175 and 200 pounds** and has a **body fat percentage of 10-18%**. The daily macro targets have been recommended by a nutritionist to help build lean muscle.

Training Day

Daily Total Macro Goals

Fat: 75 grams
Carbohydrates: 300 grams
Protein: 245 grams
Total Calories: 2,855

Meal 1 | Breakfast

16g fat / 19g carbs / 61g protein

- 4oz bottom round steak
- 1 whole egg
- 150g broccoli
- 1 Dannon Light + Fit Greek yogurt

Meal 2 | Pre-Workout

10g fat / 85g carbs / 48g protein

Pre-Workout Option A

- 80g old fashioned rolled oats (dry weight)
- 140g blueberries
- 15g raisins
- 5 ml (1 tsp) coconut oil
- 45g whey protein isolate (sugar free)

OR

Pre-Workout Option B

- 4 slices Dave's Killer Bread
- 1 whole egg
- 265g liquid egg whites
- 130g banana

Meal 3 | Post-Workout Snack

2.5g fat / 54g carbs / 48g protein

- 1 Kirkland Soft & Chewy Granola Bar
OR 1 Rice Krispies Treat
- 130g banana
- 60g whey protein isolate (sugar free)

Meal 4 | Lunch

24g fat / 82g carbs / 51g protein

- 50g brown rice
- 50g lentils
- 6oz salmon burger
- 70g guacamole
- 75g broccoli

Meal 5 | Dinner

20g fat / 58g carbs / 36g protein

- 250g sweet potato
- 6oz ground beef, 80/20
- 75g asparagus
- 50g kiwi

Rest Day

Daily Total Macro Goals

Fat: 80 grams
Carbohydrates: 225 grams
Protein: 245 grams
Total Calories: 2,600

Meal 1 | Breakfast

Breakfast Option A

9g fat / 55g carb / 42g protein

- 40g old fashioned rolled oats (dry weight)
- 140g blueberries
- 15g raisins
- 5 ml (1 tsp) coconut oil
- 45g whey protein isolate (sugar free)

OR

Breakfast Option B

8g fat / 56g carbs / 42g protein

- 2 slices Dave's Killer Bread
- 1 whole egg
- 265g liquid egg whites
- 130g banana

Snack

14g fat / 11g carbs / 52g protein

- 60g whey protein isolate (sugar free)
- 28g almonds (or nut butter)

Meal 2 | Lunch

24g fat / 82g carbs / 51g protein

- 50g brown rice
- 50g lentils
- 6oz salmon burger
- 70g guacamole
- 75g broccoli

Meal 3 | Midday Meal

20g fat / 58g carbs / 36g protein

- 250g sweet potato
- 6oz ground beef, 80/20
- 75g asparagus
- 50g kiwi

Meal 4 | Dinner

16g fat / 19g carbs / 61g protein

- 4oz bottom round steak
- 1 whole egg
- 150g broccoli
- 1 Dannon Light + Fit Greek yogurt



Enhance Your Gains with Plants

Find Functional Foods

Protein may be key to building muscle, but fruits and vegetables are essential for your overall health. Barakat recommends enjoying **MVPs**—foods that are high in **minerals, vitamins, and phytonutrients**.

Top Veggies



Potatoes are nutrient dense and will keep you fuller longer. In addition to fiber, **sweet potatoes** are rich in beta carotene, vitamin C, and potassium.



Cruciferous veggies like broccoli, cauliflower, Brussels sprouts, and kale are all high in fiber and contain many nutrients including vitamin K, folate, and iron.



Garlic and ginger. Several studies have found that garlic may help boost the immune system. Ginger has been used for centuries in many Eastern medicinal practices for its digestive and anti-inflammatory properties.

Top Fruits



Blueberries are rich in antioxidants which, in addition to boosting immunity, may help reduce the risk of many diseases, including Alzheimer's and certain cancers.



Pineapple is high in vitamin C, vitamin B6, manganese, and fiber. Additionally, bromelain—an enzyme mixture present in pineapples—may help aid in digestion.



Avocados are full of healthy fats, which help keep you fuller longer. They also have a decent amount of fiber, potassium, and folate.

Pack in Plant-Based Protein

If you're vegetarian or following a plant-based lifestyle, tofu is a versatile way to pack more protein into your diet.

Use the following ingredients as a guide to create salads or stir-frys. Note these portions make 5 servings.

Tofu Veggie Stir-Fry

Per Serving: 29g fat / 43g carbs / 29g protein

Ingredients

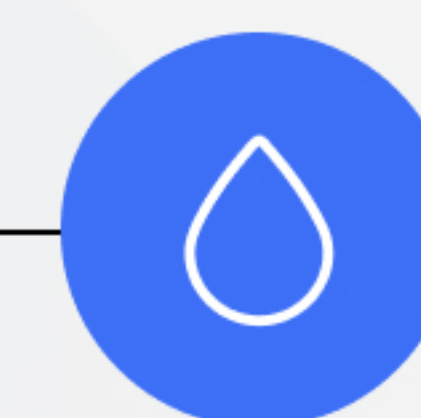
- 1250g firm tofu
- 180g quinoa
- 2 cups cabbage, shredded
- 1 red bell pepper
- 1 cup shelled edamame

Sauce or Dressing

- ¼ cup avocado oil
- ¼ cup lime juice
- 2 tbsp tamari soy sauce
- 1 tbsp honey
- 1 tsp sriracha

Toppings

- ½ cup raw cashews
- Cilantro



Why Hydration is Key

Staying hydrated is essential when following a high-intensity workout regimen. Individual water intake will depend on a variety of factors, including your body size, lifestyle, how much you sweat, and how often you're working out.

To calculate your daily needs, aim for 0.5 ounces of water per pound of body weight:

A **180 pound male** should drink at least **90 ounces of water** daily.

A **150 pound female** should drink at least **75 ounces of water** daily.