



SUPA MASS BUCKET



PROTOTEST



INTENSE PUMP



CREATINE 450G



EAA 420G

SIZE & STRENGTH STACK

2,800 CALORIE LEAN MASS PLAN



6:30 AM - BREAKFAST

- 5 whole eggs
- 100g oats
- 1 banana

Supplements: 2 ProtoTest capsules



DURING TRAINING

- 1 serving TNT EAA in 750 - 1000 ml water



10:00 AM - MID-MORNING

- ½ Serving TNT Supa Mass



IMMEDIATELY AFTER TRAINING

- ½ Serving TNT Supa Mass



1:00 PM - LUNCH

- 200g grilled chicken breast
- 250g cooked rice
- Mixed vegetables



7:30 PM - DINNER

- 250g lean steak, chicken or fish
- 300g sweet potato or rice
- Green vegetables or salad



4:30 PM - PRE-WORKOUT (30-45 MINUTES BEFORE TRAINING)

- 1 serving TNT Intense Pump
- 5g TNT Creatine Monohydrate



BEFORE BED

- 250g low-fat cottage cheese or Greek yoghurt

Supplements: 2 ProtoTest capsules



DAILY SUPPLEMENT SCHEDULE

	TNT SUPA MASS	1 serving daily (split into two ½ servings)
	TNT INTENSE PUMP	1 serving pre-workout
	TNT CREATINE MONOHYDRATE	5 g daily
	TNT EAAs	1 serving during training
	TNT PROTOTEST	2 capsules with breakfast + 2 capsules before bed