



Lean Mass Gain Plan for a Skinny Couch Potato

Goal: Stay thin, lean, wiry, and more defined — build some strength and attractively wiry muscle **without gaining fat.**

Style: Low-effort, low-frequency workouts. Food-focused. No intense gym stuff. Lunch and dinner already covered.



Nutrition Overview

- **1 high-calorie protein shake daily** (ideally post-workout or with breakfast)
 - **2 calorie-dense, protein-rich snacks per day**
 - **Whole food focus:** Full-fat dairy, natural nut butters, rolled oats, minimal added sugar
 - **Avoid:** Processed snacks, added sugar, flavored yogurts or protein bars
 - **Daily Protein Goal: 130–165g/day** (aim for 0.8–1g per pound of bodyweight)
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High-Calorie Protein Shakes (Pick 1 per day)

1. Peanut Butter Banana Shake

- 1 banana
- 2 tbsp peanut butter
- 1 scoop protein powder
- 1 cup whole milk
- ½ cup rolled oats

- 1 tsp honey (optional)

2. Blueberry Oat Smoothie

- ½ cup frozen blueberries
- ½ cup rolled oats
- 1 scoop protein powder
- 1 cup whole milk or oat milk
- 1 tbsp nut butter

3. Chocolate Milkshake Shake

- 1 scoop chocolate protein
- 1 tbsp cocoa powder
- 1 tbsp peanut butter
- 1 cup whole milk
- ½ frozen banana
- Dash of vanilla extract

4. Strawberry Yogurt Blend

- ½ cup frozen strawberries
 - ½ cup plain Greek yogurt
 - 1 scoop protein powder
 - ½ cup whole milk
 - 1 tbsp honey
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5-Day Snack & Shake Schedule

Day	Snack 1	Snack 2	Shake
Monday	Peanut butter toast + banana	Plain Greek yogurt + honey	Peanut Butter Banana Shake
Tuesday	Hard-boiled eggs + mixed nuts	DIY trail mix + 1 apple	Blueberry Oat Smoothie
Wednesday	Cheese sticks + whole grain crackers	Greek yogurt + low-sugar granola	Chocolate Shake
Thursday	Rice cakes + peanut butter + honey	Mixed nuts + dried fruit	Strawberry Yogurt Blend
Friday	½–1 cup cottage cheese + ½ cup pineapple chunks	1 protein bar + ¼–½ cup oats (dry into yogurt, shake, or microwaved)	Peanut Butter Banana Shake



Grocery List (Weekly for 1 Person)

Proteins

- Greek yogurt (plain, full-fat or 2%) – 32 oz
- Eggs – 1 dozen
- Cottage cheese (full-fat or 2%) – 16 oz
- Natural peanut butter – 16 oz
- Protein powder (whey or plant-based) – ~2 lbs
- Cheese sticks or slices – 5
- Mixed raw nuts – 1 lb
- Optional: Almond or cashew butter – 1 small jar

Carbs & Fruit

- Rolled oats – 2 lbs
- Whole grain bread or rice cakes – 1 pack
- Bananas – 7
- Apples – 5
- Frozen blueberries – 1 lb
- Frozen strawberries – 1 lb
- Pineapple chunks (fresh or canned in juice) – 1 small container
- Granola (low sugar) – 1 small bag
- Trail mix (DIY: raw nuts + raisins) – 1 lb



Dairy/Alternatives

- Whole milk or unsweetened oat milk – 1 gallon
- Optional: Kefir or canned coconut milk for shake variety

Sweeteners & Extras

- Raw honey – small jar
- Unsweetened cocoa powder – small container
- Vanilla extract – small bottle

Stickiness Tips (for Staying Lazy but Effective)

-  **Habit stack:** Work out during or right after your usual Netflix/TV time
-  **Pre-prep snacks:** Boil eggs, bag trail mix, portion oats or fruit every Sunday

- 📸 **Track every 2–3 weeks:** Take mirror pics, note body weight, track pushup/squat reps
 - ⌚ **Set phone reminders:** To eat, prep, or work out
 - 🧘 **Don't aim for perfection** — just consistency over time
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🏃 **Workout Plan (2–3x per Week)**

Simple, short sessions you can do at home, no gear needed. Rotate these weekly:

Day	Focus	Duration	Workout Moves
Monday	Upper Body + Core	20–25 min	Push-ups, Pull-ups/Rows, Planks
Wednesday	Lower Body + Core	20–25 min	Squats, Lunges, Hollow Holds
Friday	Full Body Circuit	20–30 min	Mix everything + optional light cardio

💪 **Exercise Details (Lazy and Clear)**

Push-Ups

- 3 sets to failure (aim for 10–20+)
- Lower slowly, keep core tight
- Too hard? Drop to knees
- Too easy? Elevate feet or try diamond push-ups

Bodyweight Squats

- 3 sets of 15 reps
- Thighs parallel, back straight

- Add a pause at the bottom for more burn

Lunges

- 3 sets of 10 reps per leg
- Step forward or backward, keep upright
- Optional: Add a small hop for intensity

Planks

- 3 rounds of 30–60 seconds
- Keep glutes and abs tight
- Avoid sagging hips or lifted butt

Hollow Holds

- 3 rounds of 20–30 seconds
- Lie on back, lift arms and legs slightly off floor
- Core should stay tight and lower back flat

Pull-Ups or Resistance Band Rows

- 3 sets to failure
- Use assistance bands or do negatives
- No bar? Sub with under-table rows or resistance band rows

Cardio

You already get cardio or HIIT at work — great.

Optional extra (if you enjoy it):

- **Swimming** once per week (15–20 minutes — light laps or intervals)



Key Reminders

- **Hit 130–165g of protein daily** — shakes and snacks help you get there
- **Avoid unnecessary fat gain** — adjust portion sizes, but keep protein high
- **Stay on whole foods** — they fill you up better and keep your body lean
- **Stick with it** — your body will change from slow, steady consistency