



GUIDE · HARDGAINER TOOLS

MEALPLAN GENERATOR

Your calorie target becomes meals

**Macros in.
Meals out.**

We supply your hard gains™

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WHAT THIS TOOL DOES FOR YOU

Numbers become real meals

Calorie target and macros, split across 3–6 meals —
with protein distribution and carb timing around training.

A calorie target is only the start. This generator turns it into concrete meals: protein spread evenly, carbohydrates clustered around training, fats placed in the non-training meals. For the hard gainer who wants to know what goes on the plate.

The key is the leucine threshold: every meal needs enough protein (about 0.3 g per kg) to trigger a full muscle-building stimulus. The free version shows you how many of your meals hit that stimulus; the colour-coded per-meal MPS traffic light is a Pro feature.

Carbohydrates land where they work: before and after training. This is called carb clustering

and turns the same calories into more performance and recovery.

The generator is most precise with the values from the Calorie Calculator. In the free version you enter calories and macros manually; the automatic import from the Calorie Calculator is a Pro feature.

Protein spread · carbs around training Every meal a stimulus

HARDGAINER PERFORMANCE NUTRITION® · VIENNA · WE SUPPLY YOUR HARD GAINS™

How it works



The generator in four steps

From calorie target to finished daily plan — in under a minute.

Ideally start in the Calorie Calculator and transfer your target and macros. In the free version you enter them manually; the automatic import is a Pro feature.

The steps

— Start in the Calorie Calculator

Calculate your calorie target and macros and enter them here. The automatic import is a Pro feature.

— Enter calories & macros

Calorie target, protein, carbs, fat and bodyweight — manually in the free version.

— Choose your settings

Number of meals, training time across the day and your goal.

— Generate the MealPlan

One click — your plan appears with macro distribution per meal.

Note

Calculate first, then distribute.

The generator is only as good as your calorie target. Come with clean values.



Your inputs in detail

A few fields — and the plan is set.

Calories and macros form the basis; the settings shape the distribution across the day.

Your controls

— Calories & macros

Calorie target, protein, carbs, fat and bodyweight — the basis of the split.

— Meals per day

Three to four in the free version, five to six in Pro.

— Goal

Gain, maintenance or mini-cut — shifts the distribution.

— Training across the day

Morning, midday, evening or rest day — steers the carb clustering.

— Eating reality

Simple, standard or variety — how varied the plan becomes.

Read your result

Read your plan



Four values tell you whether your day is anabolic.

Your daily plan is at the top, the metrics below. Average per meal and the leucine threshold give you the quick check.

What you see

— Daily MealPlan

Calories, protein, carbs, fat and the number of meals at a glance.

— Macros · daily target

Protein, carbs, fat — distributed across your calorie target.

— Average per meal

The average calories per meal.

— Leucine threshold

The protein target per meal for a full stimulus.

THE LEUCINE THRESHOLD (ABOUT 0.3 G PROTEIN/KG PER MEAL) DECIDES WHETHER A MEAL SETS A FULL STIMULUS. FOODS ARE INTERCHANGEABLE — ±10-20 % ON THE MACROS IS UNCRITICAL. THE COLOUR-CODED PER-MEAL MPS TRAFFIC LIGHT IS A PRO FEATURE.

Free vs Pro



MORE WITH PRO

Free delivers the basis. Pro delivers the full timing.

The free version distributes across 3–4 meals with protein distribution and carb clustering. Pro turns it into a complete system.

What Pro adds

- **Auto-import from the Calorie Calculator**
Calories and macros move into the generator automatically — no manual typing.
- **MPS traffic light**
Green, yellow or red per meal, plus how many meals set the full stimulus.
- **Macro-timing chart**
How protein, carbs and fat distribute across the day — visually.
- **5–6 meals**
More stimuli and finer distribution for higher calorie targets.
- **Shopping list**
All ingredients bundled — ready to shop.
- **PDF export**
Your plan in dark or light to print and take along.
- **Clickable insights**
Tap a meal and see why it sits the way it does.



Unlock Pro · **One-time payment** ·
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Get started

YOUR FREE TOOLS

Workout Plan Generator

Your split, your volume, your exercises · in one click.

hardgainerperformance.com/en/hardgainer-workout-plan-generator/

MealPlan Generator

Turns your macros into concrete meals with amounts.

hardgainerperformance.com/en/hardgainer-mealplan-generator-2/

Calorie Calculator

Needs, maintenance & 3 gain targets in 60 seconds.

hardgainerperformance.com/en/hardgainer-calorie-calculator/

All three permanently free · no account needed.



Scan → all tools at a glance



Final stage

HARDGAINER PRO

The same tools · unleashed.

Workout Plan Generator Pro

Full periodisation, deload logic · 10 Pro features.

MealPlan Generator Pro

Deeper meal logic & MPS control · 6 Pro features.

Calorie Calculator Pro

Advanced needs & target control · 4 Pro features.

**ONE-TIME PAYMENT · NO
SUBSCRIPTION**

[hardgainerperformance.com/en/
hardgainer-pro-2/](https://hardgainerperformance.com/en/hardgainer-pro-2/)



Scan → unlock Pro

Next step

Now comes the training



Nutrition is set. Build the matching training stimulus.

Meals fill the tank — training sets the stimulus. Two steps complete your system.

Where to go next

— **Workout Plan Generator**

Split, volume and progression for your level — free, no sign-up.

— **Hardgainer Mission Briefing™**

One clear mission each week instead of an information flood.



Scan → Workout Plan Generator ·
build the stimulus to your
nutrition.



DISCLAIMER

In short. This tool and guide are for general information only and do not replace medical, dietary or physiotherapeutic advice. You act on your own responsibility.

No individual advice

Calculators and generators provide data-based reference values and starting points, not recommendations tailored to you. If you have pre-existing conditions, take medication, or are pregnant or breastfeeding, consult a physician before changing your nutrition or training.

Individual results

Calculated values are estimates with individual variance (TDEE typically $\pm 10-15\%$). They are not a guaranteed outcome. Track your progress and adjust in small steps.

Health & safety

Increase calories, volume or intensity gradually. If you experience pain, dizziness or other warning signs, stop and seek medical advice. In an emergency, the Europe-wide number is 112 (Austria: 144).

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Muscle growth for hardgainers · by system, not by chance.

MEDIA OWNER & PUBLISHER

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Nutrition GmbH

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BUSINESS PURPOSE

Development,
production &
distribution of dietary
supplements

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EDITORIAL DIRECTION

System before product · Discipline · Clarity · Progress · Resilience · Excellence · Health

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