

# 3000 CAL

## TRAINING DAY MEAL PLAN

MAINTENANCE

### MEAL 1

567 cal (47P 53C 20F)

1 large egg  
80g Kodiak Power Cakes mix  
1/2 Oikos triple zero yogurt  
2 slices turkey bacon  
1 Tbsp Smart Balance butter

### MEAL 2

596 cal (72P 27C 17F)

65g oats  
5 hard boiled eggs (white only)  
1.5 Tbsp almond/peanut butter  
100g banana (~1 medium size)

### MEAL 3

575 cal (41P 58C 19F)

170g 93/7 lean ground beef  
1 cup basmati rice (cooked)  
85g mixed veggies  
1.5 tsp avocado oil

### MEAL 4

635 cal (50P 69C 18F)

140g chicken (cooked)  
224g sweet potato (cooked)  
10 reduced fat Wheat Thins  
4 Tbsp hummus

### MEAL 5

635 cal (50P 64C 20F)

170g salmon (cooked)  
1 cup basmati rice (cooked)  
85g mixed veggies  
75g avocado

### Daily Totals

231g Protein  
315g Carbs  
94g Fat

3,008 Calories

### NOTES:

# 3000 CAL

## TRAINING DAY MEAL PLAN

### MEAL 1

608 cal (44P 64C 19F)

2 large egg  
200g egg whites  
50g oats  
1 medium banana  
2 tsp almond/peanut butter

### MEAL 2

583 cal (47P 60C 17F)

2 Mission whole wheat tortillas  
125g reduced sodium sliced turkey  
85g diced tomatoes  
1 cup shredded lettuce  
30g reduced fat shredded cheese  
3 Tbsp Bolthouse Farms Ranch

### MEAL 3

609 cal (48P 70C 18F)

140g chicken breast (cooked)  
2 small wheat pita bread  
1 cup shredded lettuce  
85g tomatoes  
40g avocado  
1.5 Tbsp light mayo  
1 large apple

### MEAL 4

649 cal (55P 74C 15F)

170g cod (cooked)  
1.5 cups wild rice (cooked)  
115g carrots  
5 Tbsp hummus

### MEAL 5

580 cal (45P 59C 21F)

170g 93/7 ground turkey  
1 wheat hamburger bun  
1 slice fat free cheese  
115g Alexia sweet potato fries

### Daily Totals

239g Protein  
327g Carbs  
90g Fat

3,029 Calories

### NOTES:

BULK PHASE

# 3000 CAL

## TRAINING DAY MEAL PLAN

### MEAL 1

499 cal (39P 52C 14F)

1 large egg  
225g egg whites  
2 slices whole wheat bread  
50g avocado  
1 medium banana

### MEAL 2

345 cal (34P 27C 13F)

1 Oikos triple zero yogurt  
1/2 scoop whey protein  
75g strawberries  
25g almonds

### MEAL 3

492 cal (46P 45C 14F)

5oz chicken breast (cooked)  
6oz sweet potato  
75g vegetable(s) of your choice  
1 Tbsp Smart Balance butter

### MEAL 4

649 cal (55P 74C 15F)

170g cod (cooked)  
1.5 cups wild rice (cooked)  
115g carrots  
5 Tbsp hummus

### MEAL 5

390 cal (48P 29C 9F)

6.5oz cod (cooked)  
115g wild rice (cooked)  
50g avocado

### Daily Totals

201g Protein  
176g Carbs  
63g Fat

2,059 Calories

### NOTES:

BULK PHASE