

3000 CAL

TRAINING DAY MEAL PLAN

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:

MAINTENANCE

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