



**THE**  
**BODY**  
**TRANSFORMATION**  
**BLUEPRINT**  
**MEAL PLANS**

**EASY-TO-FOLLOW NUTRITION GUIDE**



**BY SEAN NALEWANYJ**

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## TABLE OF CONTENTS

<a href="#">Introduction</a> .....	5
<a href="#">Meal Plan Guidelines</a> .....	6
<a href="#">Food Suggestion List</a> .....	11

## BULKING PLANS

<a href="#">1800 Calories</a> .....	12
<a href="#">1900 Calories</a> .....	23
<a href="#">2000 Calories</a> .....	34
<a href="#">2100 Calories</a> .....	45
<a href="#">2200 Calories</a> .....	56
<a href="#">2300 Calories</a> .....	67
<a href="#">2400 Calories</a> .....	78
<a href="#">2500 Calories</a> .....	89
<a href="#">2600 Calories</a> .....	100
<a href="#">2700 Calories</a> .....	111
<a href="#">2800 Calories</a> .....	122
<a href="#">2900 Calories</a> .....	133
<a href="#">3000 Calories</a> .....	144
<a href="#">3100 Calories</a> .....	155
<a href="#">3200 Calories</a> .....	166
<a href="#">3300 Calories</a> .....	177
<a href="#">3400 Calories</a> .....	188
<a href="#">3500 Calories</a> .....	199
<a href="#">3600 Calories</a> .....	211
<a href="#">3700 Calories</a> .....	223
<a href="#">3800 Calories</a> .....	235
<a href="#">3900 Calories</a> .....	247
<a href="#">4000 Calories</a> .....	259
<a href="#">4100 Calories</a> .....	270
<a href="#">4200 Calories</a> .....	282
<a href="#">4300 Calories</a> .....	294

<a href="#">4400 Calories</a> .....	306
<a href="#">4500 Calories</a> .....	318

### CUTTING PLANS

<a href="#">1200 Calories</a> .....	331
<a href="#">1300 Calories</a> .....	342
<a href="#">1400 Calories</a> .....	353
<a href="#">1500 Calories</a> .....	364
<a href="#">1600 Calories</a> .....	375
<a href="#">1700 Calories</a> .....	386
<a href="#">1800 Calories</a> .....	397
<a href="#">1900 Calories</a> .....	408
<a href="#">2000 Calories</a> .....	419
<a href="#">2100 Calories</a> .....	430
<a href="#">2200 Calories</a> .....	441
<a href="#">2300 Calories</a> .....	452
<a href="#">2400 Calories</a> .....	463
<a href="#">2500 Calories</a> .....	474
<a href="#">2600 Calories</a> .....	485
<a href="#">2700 Calories</a> .....	496
<a href="#">2800 Calories</a> .....	507
<a href="#">2900 Calories</a> .....	518
<a href="#">3000 Calories</a> .....	529
<a href="#">3100 Calories</a> .....	540
<a href="#">3200 Calories</a> .....	551

## INTRODUCTION



A well laid out training routine is of course a key aspect of any effective fitness program, but it can only take you so far on its own. If you truly want to build muscle, lose fat and gain strength consistently from week to week, you also need a proper eating plan to go along with it.

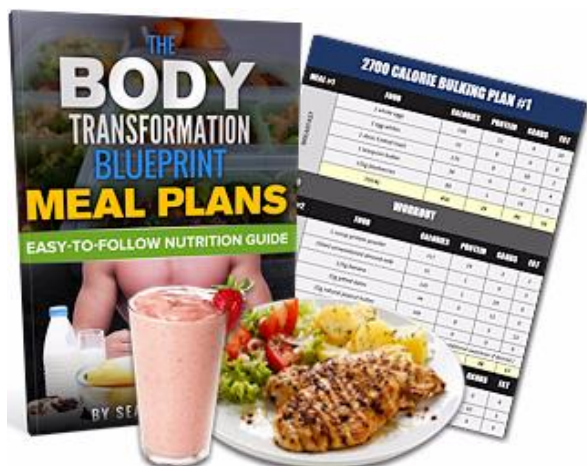
Nutrition is typically the most challenging and confusing area for most average fitness beginners to navigate, and it's also the one area that causes the majority to fall off track in the long run. This could be due to consuming too many or too few calories each day based on one's specific body type and goals, utilizing an unbalanced ratio of protein, carbs and fats, or attempting to follow an excessively complicated approach that is ultimately unsustainable in the bigger picture.

With the Body Transformation Blueprint Meal Plans, you'll know exactly what to eat, when to eat and how much to eat each day to fully optimize your results, whether your primary goal is to build muscle, lose fat, or potentially recomposition by doing both at the same time. All you have to do is follow along.

While sticking to a pre-made meal plan certainly isn't something you'll need to do indefinitely in order to stay in great shape, it's a very useful way to "learn the ropes" and eliminate the nutritional guesswork during the initial stages of your program. As you gain more experience and become better versed in terms of proper food selection and accurate dietary tracking – as well as learn how your body responds at various calorie intakes – you can then graduate to a less rigid and more intuitive style of eating moving forward.

Before getting started, make sure to read through the meal plan guidelines below as this section will outline exactly why the plans are laid out the way they are and explain how to implement them in the most convenient, flexible and effective way possible.

## MEAL PLAN GUIDELINES



**#1** – In order to determine which specific meal plan you should be starting off with, you'll first need to figure out whether you'll be implementing a bulking or cutting phase, as well as how many daily calories you'll require to support your goal. This information (along with all of the other details surrounding the topic of proper nutrition in general) is covered in chapter 3 of The Body Transformation Blueprint Manual. (You can also read through the Quick Start Guide found in the member's area if you'd prefer a more concise explanation)

**#2** – You'll find five separate days of eating at each calorie level for both bulking and cutting, each providing a slightly different structure in terms of food selection and daily meal/shake/snack breakdown. Each plan provides the same macronutrient distribution and is centered around high quality sources of protein, carbs and fats, so it's really just a matter of selecting the daily layout that suits you best. You can either choose a single plan and stick to that particular one for a set period before switching over to another, or alternate between multiple plans throughout the week if you'd prefer more variety.

**#3** – The plans have been intentionally created in a simple and straightforward manner with just five days of eating per calorie level, as this helps to prevent over-complication and increases the chances of maintaining long term dietary adherence. Other plans that provide a full week, month or more of varying food selections and meal combinations each day can quickly become overwhelming and confusing to follow, not to mention that they force you to purchase and juggle an impractical number of different grocery items all at once.

**#4** – Each plan is based off of a daily combination of five individual meals/shakes/snacks. If you'd prefer to condense the plan down into fewer feedings per day, expand it into a greater number of feedings, or change up the order of the meals themselves, you can simply re-arrange the different food items based on your personal preference. Remember that proper nutrition is primarily about meeting your overall calorie and macronutrient targets for the day as a whole, so changing up the structure of things will be fine as long as you're still consuming all of the foods listed in the given quantities by the end of the day.

**#5** – You can either stick to all of the exact food items and quantities as is, or you can mix things up and swap different foods in and out by using the formatted excel spreadsheets that have been provided for each plan. Using the excel sheets, you can simply enter in a particular food item along with its macronutrient profile, and the nutritional totals for that individual meal and for the day as a whole will automatically update. This makes modifying each meal plan quite easy and will allow you to incorporate more variety if you'd like. All of the nutritional values for each food item have been taken from the food database on [CalorieKing.com](http://CalorieKing.com), as this website provides an easy way to search for the calories/macros of virtually any food you might want to add in.

**#6** – There is no concrete time interval between the meals, as eating more or less frequently throughout the day is unlikely to have a noticeable impact on your bottom line results given the same total calorie/macronutrient intake. Assuming you're getting in at least two (and preferably three) separate protein feedings in total (with one ideally consumed within 1-2½ hours pre-workout and another 1-2½ hours post-workout), you can spread the meals apart however you'd like depending on your schedule and preference.

**#7** – Along with all of the solid food items outlined in each meal plan, it's important to ensure that you consume adequate water as well. The optimal amount will vary from person to person depending on a variety of factors, but the basic goal should be to keep your urine on the clearer side throughout most of the day.

**#8** – Since protein needs are technically based on body weight, it isn't possible to create meal plans that are guaranteed to land within the optimal range for every single person at every calorie level. However, the daily protein totals have been carefully estimated based on the expected body weight range of an individual who would be bulking or cutting at each specific level, and they should be accurate in most cases. If the protein amount on your

meal plan does fall significantly outside of the recommended 0.8-1g/lb. of body weight daily figure, you can adjust the macros of the plan slightly according to your own needs.

**#9** – The quantities for each food item are given in metric measurements, as this is the most accurate way to properly portion out your meals. If you don't currently have one, a basic food scale will be needed in order to weigh out each item. If you do want to use imperial measurements instead (keeping in mind that these are less accurate overall since cups measure volume rather than weight), you can reference [CalorieKing.com](http://CalorieKing.com) to make the conversions or just run a simple Google search to find the proper imperial equivalents for each food.

**#10** – The meals within each plan utilize basic protein/carb pairings without any additional sauces/condiments/seasonings, since taste preferences in this area can vary so significantly. The meals can either be consumed as is with an added seasoning of your choice, or additional sauces/condiments can be used as long as the calorie content is taken into account. Below is a list of various lower calorie options that work well with most standard protein/carb pairings, along with the approximate calories per tablespoon for each:

- Salsa (4 cal)
- Reduced Sugar Ketchup (5 cal)
- Sriracha (15 cal)
- Low Sodium Soy Sauce (8 cal)
- Hot Sauce (5 cal)
- Low Calorie Salad Dressing (5 cal)
- Natural Tomato Sauce (5 cal)
- Taco Sauce (5 cal)
- Fish Sauce (10 cal)
- Oyster Sauce (9 cal)
- Tzatziki Sauce (15 cal)
- Mustard (5 cal)
- Worcestershire Sauce (15 cal)
- Vinegar (3 cal)
- Gravy (8 cal)
- Light Sour Cream (16 cal)
- Low Carb Steak Sauce (5 cal)
- Green Chili Sauce (5 cal)



**#11** – Keep in mind that the nutritional info for certain foods may vary depending on which specific brand you're using, so for the sake of accuracy you'll want to double check the label on the items you've purchased to ensure that it matches up with the macronutrient numbers given in the meal plan.

**#12** – Each plan includes a workout slot inserted at some point during the day, but keep in mind that the specific timing of the workout is simply a suggestion rather than a requirement. If you prefer training at a different time, once again, you can simply re-arrange the order of the meals to suit your specific needs.

**#13** – A list of recommended supplements can be found at the bottom of each plan. To learn all of the details behind each supplement in terms of its specific effects, proper dosage, timing, along with other supplements that can be optionally included depending on your budget and goals, you can consult The Body Transformation Blueprint Supplement Guide. Don't forget that Blueprint members are also eligible for a 10% discount on their first order of [RealScience Athletics Supplements](#) using coupon code **BTB10**.

**#14** – Although each plan is based almost entirely off of “clean” whole food sources, incorporating some higher fat/higher sugar “treat food” into the mix is acceptable as long as the calorie and macronutrient content is accounted for. As outlined in chapter 3 of the main e-book, roughly 10-20% of your daily food intake can be allotted to treat foods assuming they're properly tracked as part of your overall nutrition plan. For example, if you wanted to include a bowl of ice cream on a particular day, you'd simply find out what the nutritional profile for the ice cream is and then add it into your daily plan, removing other items so that you're still roughly hitting your calories/macronutrients for the day as a whole.

**#15** – For additional meal ideas, make sure to check out The Body Transformation Blueprint Cookbook, as this guide contains over 225 macro-friendly recipes and smoothies that can be easily incorporated into the plans as well.

**#16** – It should not be expected that you'll be hitting your meal plan with 100% accuracy 24 hours a day, 7 days a week. Situations will inevitably arise where you'll need to improvise, such as social gatherings, vacations, restaurant meals or busy days where you're on the go and don't have access to your regular foods. The “Eating Out” section in chapter 3 of the main e-book outlines some helpful tips you can apply in these situations.

**#17** – On the following page you'll find a list of “suggested foods” categorized into

proteins, carbohydrates and fats that can be used as a reference if you're looking to swap different items in and out of your meal plan. Each food is clickable and shows the specific calorie and macronutrient breakdown for that item. Keep in mind that this is by no means a "definitive" list, and just because a given food item is not included certainly doesn't mean you can't eat it. This is simply meant to be used as an overall template if you're just starting out and are looking for some reliable options to go with.

## FOOD SUGGESTION LIST

PROTEIN	CARBOHYDRATES	FATS
<a href="#">Chicken Breast</a>	<a href="#">All Types Of Fruit</a>	Nuts
<a href="#">Turkey Breast</a>	<a href="#">All Types Of Vegetables</a>	<i>(peanut, almond, walnut, cashew, pecan, macadamia, hazelnut)</i>
<a href="#">Lean Beef</a>	<a href="#">Oatmeal</a>	Natural Nut Butters
<a href="#">Lean Pork</a>	<a href="#">Brown Rice / White Rice</a>	<i>(peanut, almond etc.)</i>
<a href="#">Whole Eggs</a>	<a href="#">Potatoes</a>	Seeds
<a href="#">Egg Whites</a>	<a href="#">Sweet Potatoes</a>	<i>(sunflower, sesame, flaxseed, pumpkin)</i>
<a href="#">Low-Fat Cottage Cheese</a>	<a href="#">Yams</a>	Healthy Oils
All Types Of Fish	<a href="#">Quinoa</a>	<i>(olive oil, flaxseed oil)</i>
<i>(salmon, tuna, tilapia, halibut, cod, bass, trout etc.)</i>	<a href="#">Couscous</a>	Fatty Fish
Other Seafood	<a href="#">Ezekiel Bread</a>	<i>(salmon, tuna, mackerel, herring, trout, sardines)</i>
<i>(shrimp, crab, lobster, scallops, oysters etc.)</i>	<a href="#">Whole Grain Bread</a>	<a href="#">Fish Oil</a>
<a href="#">Skim Milk</a>	<a href="#">Whole Grain Cereals</a>	<a href="#">Avocado</a>
<a href="#">Low-Fat Greek Yogurt</a>	<a href="#">Bagel</a>	<a href="#">Coconut Oil</a>
Protein Powder	<a href="#">Granola</a>	<i>(A good portion of your fat intake will be derived automatically from the natural fat content of your protein and carbohydrate sources, and you can then fill in your remaining daily needs with the healthy fat sources listed above)</i>
Protein Bars/Snacks	<a href="#">Cream Of Wheat</a>	
Plant-Based Sources	<a href="#">Whole Wheat Pita</a>	
<i>(tofu, beans, lentils, tempeh, chickpeas, edamame, green peas, amaranth, seitan, meat substitutes etc.)</i>	<a href="#">Whole Wheat Tortilla</a>	
	<a href="#">Whole Wheat Pasta</a>	

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon with a bright orange hue. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. To the right of the salmon is a piece of green broccoli. In the bottom right corner, there's a piece of raw, red meat and a piece of white chicken breast. The background is a rustic wooden surface.

**1800 CALORIES**  
***BULKING MEAL PLAN***

# 1800 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	1 slice Ezekiel toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	100g blueberries	60	1	14	0
	<b>TOTAL</b>	<b>248</b>	<b>15</b>	<b>29</b>	<b>8</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	100g banana	96	1	23	0
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>322</b>	<b>20</b>	<b>29</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	60g cooked chicken breast OR 60g turkey breast OR 75g tilapia OR 100g shrimp	94	19	0	2
	215g cooked white or brown rice	238	6	49	2
	125g cooked broccoli	48	3	9	0
	<b>TOTAL</b>	<b>380</b>	<b>28</b>	<b>58</b>	<b>4</b>

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	45g oatmeal (dry measurement)	175	6	31	3
	2 teaspoons honey	48	0	12	0
	85g sliced apple	52	1	12	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>444</b>	<b>12</b>	<b>63</b>	<b>16</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	70g cooked lean beef	120	21	0	4
	215g cooked sweet potato	196	4	45	0
	125g cooked carrots	44	1	10	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>405</b>	<b>26</b>	<b>55</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1799</b>	<b>101</b>	<b>234</b>	<b>51</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	100g plain low fat Greek yogurt	70	9	4	2
	85g sliced apple	52	1	12	0
	1 teaspoon honey	24	0	6	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>261</b>	<b>14</b>	<b>40</b>	<b>5</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	90g pear	56	0	14	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>224</b>	<b>6</b>	<b>23</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	60g cooked lean beef	108	18	0	4
	175g cooked quinoa	212	7	37	4
	125g cooked asparagus	32	3	5	0
	200ml apple juice	92	0	23	0
	<b>TOTAL</b>	<b>444</b>	<b>28</b>	<b>65</b>	<b>8</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1/2 scoop protein powder	65	12	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	90g frozen strawberries	32	0	8	0	
	20g granola	92	4	10	4	
	20g almond butter	140	4	4	12	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>360</b>	<b>21</b>	<b>24</b>	<b>20</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	60g cooked chicken breast OR 60g turkey breast OR 75g tilapia OR 100g shrimp	94	19	0	2	
	200g cooked whole wheat pasta	274	10	54	2	
	100ml pasta sauce	90	2	16	2	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>	<b>510</b>	<b>34</b>	<b>80</b>	<b>6</b>	
<b>DAILY TOTALS</b>		<b>1799</b>	<b>103</b>	<b>232</b>	<b>51</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 1800 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	100g strawberries	32	0	8	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>291</b>	<b>16</b>	<b>41</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g sliced apple	68	1	16	0
	30g mixed nuts	195	6	9	15
	10g multigrain crackers	50	1	7	2
	<b>TOTAL</b>	<b>313</b>	<b>8</b>	<b>32</b>	<b>17</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3
	200g baked potato	192	4	44	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>379</b>	<b>27</b>	<b>52</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SNACK	125g plain low fat Greek yogurt	91	11	5	3
	15g natural peanut butter	104	5	3	8
	80g banana	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>271</b>	<b>17</b>	<b>26</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	75g cooked chicken breast OR 75g turkey breast OR 95g tilapia OR 125g shrimp	119	23	0	3
	200g cooked white or brown rice	226	6	46	2
	100g corn	97	3	19	1
	200ml orange juice	105	2	22	1
	<b>TOTAL</b>	<b>547</b>	<b>34</b>	<b>87</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>1801</b>	<b>102</b>	<b>238</b>	<b>49</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	30g oatmeal (dry measurement)	114	4	20	2
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>404</b>	<b>24</b>	<b>41</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	55g cooked chicken breast OR 55g turkey breast OR 70g tilapia OR 90g shrimp	82	16	0	2
	160g cooked sweet potato	152	4	34	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>286</b>	<b>24</b>	<b>43</b>	<b>2</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	168	3	12	12
	100g grapes	76	1	18	0
	<b>TOTAL</b>	<b>244</b>	<b>4</b>	<b>30</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	65g cooked lean beef	116	20	0	4
	200g cooked white or brown rice	226	6	46	2
	125g cooked cauliflower	28	2	5	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>531</b>	<b>28</b>	<b>80</b>	<b>11</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	100g banana	96	1	23	0
	<b>TOTAL</b>	<b>336</b>	<b>22</b>	<b>44</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1801</b>	<b>102</b>	<b>238</b>	<b>49</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	100g frozen raspberries	61	1	12	1
	100g frozen mango	56	1	13	0
	20g granola	92	4	10	4
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>369</b>	<b>22</b>	<b>41</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	70g banana	68	1	16	0
	<b>TOTAL</b>	<b>290</b>	<b>8</b>	<b>51</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3
	200g cooked quinoa	236	8	42	4
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>384</b>	<b>32</b>	<b>46</b>	<b>8</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	70g cooked salmon	132	15	0	8
	200g roasted red potato	136	4	30	0
	100g cooked green beans	40	2	8	0
	50g avocado	96	1	5	8
	225ml orange juice	117	2	25	1
	<b>TOTAL</b>	<b>521</b>	<b>24</b>	<b>68</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g low fat cottage cheese	77	14	3	1
	70g sliced apple	44	1	10	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>238</b>	<b>17</b>	<b>29</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1802</b>	<b>103</b>	<b>235</b>	<b>50</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing red kidney beans and green peas. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The entire composition is set against a dark, textured background.

**1900 CALORIES**  
***BULKING MEAL PLAN***

# 1900 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	1 slice Ezekiel toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	115g blueberries	68	1	16	0
	<b>TOTAL</b>	<b>256</b>	<b>15</b>	<b>31</b>	<b>8</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1/2 scoop protein powder	65	12	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	115g banana	108	1	26	0	
	20g natural peanut butter	130	6	4	10	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>334</b>	<b>20</b>	<b>32</b>	<b>14</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3	
	230g cooked white or brown rice	258	7	53	2	
	125g cooked broccoli	48	3	9	0	



	TOTAL	421	32	62	5
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	2 teaspoons honey	48	0	12	0
	85g sliced apple	52	1	12	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>460</b>	<b>13</b>	<b>66</b>	<b>16</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	70g cooked lean beef	120	21	0	4
	235g cooked sweet potato	216	5	49	0
	135g cooked carrots	48	1	11	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>429</b>	<b>27</b>	<b>60</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1900</b>	<b>107</b>	<b>251</b>	<b>52</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	115g plain low fat Greek yogurt	74	10	4	2
	85g sliced apple	52	1	12	0
	1 teaspoon honey	24	0	6	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>265</b>	<b>15</b>	<b>40</b>	<b>5</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g pear	64	0	16	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>232</b>	<b>6</b>	<b>25</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	60g cooked lean beef	112	19	0	4
	200g cooked quinoa	236	8	42	4
	125g cooked asparagus	32	3	5	0
	200ml apple juice	92	0	23	0
	<b>TOTAL</b>	<b>472</b>	<b>30</b>	<b>70</b>	<b>8</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1/2 scoop protein powder	65	12	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	110g frozen strawberries	40	0	10	0	
	25g granola	117	5	13	5	
	20g almond butter	140	4	4	12	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>393</b>	<b>22</b>	<b>29</b>	<b>21</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	65g cooked chicken breast OR 65g turkey breast OR 85g tilapia OR 110g shrimp	98	20	0	2	
	220g cooked whole wheat pasta	298	11	59	2	
	100ml pasta sauce	90	2	16	2	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>	<b>538</b>	<b>36</b>	<b>85</b>	<b>6</b>	
<b>DAILY TOTALS</b>		<b>1900</b>	<b>109</b>	<b>249</b>	<b>52</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	2-4 caplets daily with breakfast and/or lunch.
<a href="#">O3 Prime</a> Fish Oil	2-4 softgels daily with breakfast and/or lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	100g strawberries	32	0	8	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>291</b>	<b>16</b>	<b>41</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g sliced apple	68	1	16	0
	30g mixed nuts	195	6	9	15
	10g multigrain crackers	50	1	7	2
	<b>TOTAL</b>	<b>313</b>	<b>8</b>	<b>32</b>	<b>17</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	215g baked potato	204	4	47	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>403</b>	<b>30</b>	<b>55</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g plain low fat Greek yogurt	91	11	5	3
	15g natural peanut butter	104	5	3	8

	85g banana	84	1	20	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>279</b>	<b>17</b>	<b>28</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	215g cooked white or brown rice	238	6	49	2
	100g corn	97	3	19	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	200ml orange juice	105	2	22	1
	<b>TOTAL</b>	<b>612</b>	<b>36</b>	<b>90</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>1898</b>	<b>107</b>	<b>246</b>	<b>54</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	25g oatmeal (dry measurement)	102	4	17	2
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>392</b>	<b>24</b>	<b>38</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	60g cooked chicken breast OR 60g turkey breast OR 75g tilapia OR 100g shrimp	94	19	0	2
	180g cooked sweet potato	164	4	37	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>310</b>	<b>27</b>	<b>46</b>	<b>2</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	168	3	12	12
	115g grapes	88	1	21	0
	<b>TOTAL</b>	<b>256</b>	<b>4</b>	<b>33</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	70g cooked lean beef	120	21	0	4
	225g cooked white or brown rice	254	7	52	2
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>608</b>	<b>30</b>	<b>86</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	100g banana	96	1	23	0
	<b>TOTAL</b>	<b>336</b>	<b>22</b>	<b>44</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1902</b>	<b>107</b>	<b>247</b>	<b>54</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	110g frozen raspberries	65	1	13	1
	110g frozen mango	60	1	14	0
	20g granola	92	4	10	4
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>377</b>	<b>22</b>	<b>43</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	85g banana	84	1	20	0
	<b>TOTAL</b>	<b>306</b>	<b>8</b>	<b>55</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3
	220g cooked quinoa	256	9	46	4
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>404</b>	<b>33</b>	<b>50</b>	<b>8</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	80g cooked salmon	162	18	0	10
	220g roasted red potato	148	4	33	0
	115g cooked green beans	44	2	9	0
	50g avocado	96	1	5	8
	225ml orange juice	117	2	25	1
	<b>TOTAL</b>	<b>567</b>	<b>27</b>	<b>72</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g low fat cottage cheese	77	14	3	1
	85g sliced apple	52	1	12	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>246</b>	<b>17</b>	<b>31</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1900</b>	<b>107</b>	<b>251</b>	<b>52</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. In the bottom left, there are wooden bowls containing green beans and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. A head of green broccoli is positioned between the salmon and the chicken. The entire composition is set against a dark, textured background.

**2000 CALORIES**  
***BULKING MEAL PLAN***

# 2000 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	2 slice Ezekiel toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	100g blueberries	60	1	14	0
	<b>TOTAL</b>	<b>351</b>	<b>19</b>	<b>44</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	105g banana	100	1	24	0
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>326</b>	<b>20</b>	<b>30</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3
	230g cooked white or brown rice	258	7	53	2
	125g cooked broccoli	48	3	9	0

	TOTAL	421	32	62	5
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	2 teaspoons honey	48	0	12	0
	85g sliced apple	52	1	12	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>460</b>	<b>13</b>	<b>66</b>	<b>16</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	75g cooked lean beef	137	23	0	5
	235g cooked sweet potato	216	5	49	0
	125g cooked carrots	44	1	10	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>442</b>	<b>29</b>	<b>59</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2000</b>	<b>113</b>	<b>261</b>	<b>56</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	125g plain low fat Greek yogurt	91	11	5	3
	100g sliced apple	60	1	14	0
	1 teaspoon honey	24	0	6	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>290</b>	<b>16</b>	<b>43</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g pear	64	0	16	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>262</b>	<b>7</b>	<b>27</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	60g cooked lean beef	112	19	0	4
	200g cooked quinoa	236	8	42	4
	125g cooked asparagus	32	3	5	0
	200ml apple juice	92	0	23	0
	<b>TOTAL</b>	<b>472</b>	<b>30</b>	<b>70</b>	<b>8</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	110g frozen strawberries	40	0	10	0
	25g granola	117	5	13	5
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>393</b>	<b>22</b>	<b>29</b>	<b>21</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3
	230g cooked whole wheat pasta	314	12	62	2
	120ml pasta sauce	102	2	19	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>583</b>	<b>39</b>	<b>91</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>2000</b>	<b>114</b>	<b>260</b>	<b>56</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	100g strawberries	32	0	8	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>307</b>	<b>20</b>	<b>41</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g sliced apple	68	1	16	0
	35g mixed nuts	230	7	10	18
	15g multigrain crackers	66	1	11	2
	<b>TOTAL</b>	<b>364</b>	<b>9</b>	<b>37</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	225g baked potato	220	5	50	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>419</b>	<b>31</b>	<b>58</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g plain low fat Greek yogurt	91	11	5	3
	15g natural peanut butter	104	5	3	8

	90g banana	88	1	21	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>283</b>	<b>17</b>	<b>29</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	225g cooked white or brown rice	254	7	52	2
	100g corn	97	3	19	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	200ml orange juice	105	2	22	1
	<b>TOTAL</b>	<b>628</b>	<b>37</b>	<b>93</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2001</b>	<b>114</b>	<b>258</b>	<b>57</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2000 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	25g oatmeal (dry measurement)	102	4	17	2
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>416</b>	<b>30</b>	<b>38</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	65g cooked chicken breast OR 65g turkey breast OR 85g tilapia OR 110g shrimp	98	20	0	2
	200g cooked sweet potato	184	4	42	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>334</b>	<b>28</b>	<b>51</b>	<b>2</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	168	3	12	12
	150g grapes	112	1	27	0
	<b>TOTAL</b>	<b>280</b>	<b>4</b>	<b>39</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	70g cooked lean beef	120	21	0	4
	225g cooked white or brown rice	254	7	52	2
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>608</b>	<b>30</b>	<b>86</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1998</b>	<b>114</b>	<b>264</b>	<b>54</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1/2 scoop protein powder	65	12	2	1
	250ml unsweetened almond milk	31	1	0	3
	110g frozen raspberries	65	1	13	1
	110g frozen mango	60	1	14	0
	20g granola	92	4	10	4
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>377</b>	<b>22</b>	<b>43</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	105g banana	100	1	24	0
	<b>TOTAL</b>	<b>322</b>	<b>8</b>	<b>59</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	220g cooked quinoa	256	9	46	4
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>420</b>	<b>37</b>	<b>50</b>	<b>8</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked salmon	166	19	0	10
	230g roasted red potato	160	5	35	0
	115g cooked green beans	44	2	9	0
	50g avocado	96	1	5	8
	225ml orange juice	117	2	25	1
	<b>TOTAL</b>	<b>583</b>	<b>29</b>	<b>74</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g low fat cottage cheese	85	15	4	1
	100g sliced apple	60	1	14	0
	10g raisins	32	0	8	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>297</b>	<b>19</b>	<b>35</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1999</b>	<b>115</b>	<b>261</b>	<b>55</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon with its characteristic orange-pink color and white marbling. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing a mix of green and red beans. In the bottom right, there's a piece of raw, red meat, possibly beef or lamb, and a piece of white, cooked chicken breast.

**2100 CALORIES**  
***BULKING MEAL PLAN***

# 2100 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	2 slice Ezekiel toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	120g blueberries	72	1	17	0
	<b>TOTAL</b>	<b>363</b>	<b>19</b>	<b>47</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1/2 scoop protein powder	65	12	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g banana	116	1	28	0	
	20g natural peanut butter	130	6	4	10	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>342</b>	<b>20</b>	<b>34</b>	<b>14</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	230g cooked white or brown rice	258	7	53	2	
	125g cooked broccoli	48	3	9	0	

	TOTAL	437	36	62	5
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	2 teaspoons honey	48	0	12	0
	105g sliced apple	64	1	15	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>498</b>	<b>14</b>	<b>70</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked lean beef	149	26	0	5
	245g cooked sweet potato	224	5	51	0
	125g cooked carrots	44	1	10	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>462</b>	<b>32</b>	<b>61</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2102</b>	<b>121</b>	<b>274</b>	<b>58</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	125g plain low fat Greek yogurt	91	11	5	3
	100g sliced apple	60	1	14	0
	1 teaspoon honey	24	0	6	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>290</b>	<b>16</b>	<b>43</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g pear	84	1	20	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>282</b>	<b>8</b>	<b>31</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked lean beef	120	21	0	4
	220g cooked quinoa	256	9	46	4
	125g cooked asparagus	32	3	5	0
	200ml apple juice	92	0	23	0
	<b>TOTAL</b>	<b>500</b>	<b>33</b>	<b>74</b>	<b>8</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT



SHAKE	1/2 scoop protein powder	65	12	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g frozen strawberries	44	0	11	0	
	25g granola	117	5	13	5	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>432</b>	<b>23</b>	<b>31</b>	<b>24</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3	
	240g cooked whole wheat pasta	326	12	65	2	
	120ml pasta sauce	102	2	19	2	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>	<b>595</b>	<b>39</b>	<b>94</b>	<b>7</b>	
<b>DAILY TOTALS</b>		<b>2099</b>	<b>119</b>	<b>273</b>	<b>59</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	100g strawberries	32	0	8	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>307</b>	<b>20</b>	<b>41</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g sliced apple	76	1	18	0
	35g mixed nuts	234	7	11	18
	15g multigrain crackers	66	1	11	2
	<b>TOTAL</b>	<b>376</b>	<b>9</b>	<b>40</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	235g baked potato	228	5	52	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>431</b>	<b>32</b>	<b>60</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	140g plain low fat Greek yogurt	103	13	6	3
	20g natural peanut butter	130	6	4	10

	100g banana	96	1	23	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>329</b>	<b>20</b>	<b>33</b>	<b>13</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	240g cooked white or brown rice	266	7	55	2
	115g corn	109	3	22	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	200ml orange juice	105	2	22	1
	<b>TOTAL</b>	<b>656</b>	<b>38</b>	<b>99</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2099</b>	<b>119</b>	<b>273</b>	<b>59</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g orange	64	1	15	0	
	25g oatmeal (dry measurement)	102	4	17	2	
	20g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>558</b>	<b>36</b>	<b>54</b>	<b>22</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	65g cooked chicken breast OR 65g turkey breast OR 85g tilapia OR 110g shrimp	98	20	0	2	
	200g cooked sweet potato	184	4	42	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>334</b>	<b>28</b>	<b>51</b>	<b>2</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	110g grapes	84	1	20	0	
	<b>TOTAL</b>	<b>308</b>	<b>5</b>	<b>36</b>	<b>16</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	70g cooked lean beef	120	21	0	4
	225g cooked white or brown rice	254	7	52	2
	125g cooked cauliflower	28	2	5	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>563</b>	<b>30</b>	<b>86</b>	<b>11</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	100g banana	96	1	23	0
	<b>TOTAL</b>	<b>336</b>	<b>22</b>	<b>44</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2099</b>	<b>121</b>	<b>271</b>	<b>59</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	110g frozen mango	64	1	15	0
	25g granola	117	5	13	5
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>434</b>	<b>29</b>	<b>48</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	105g banana	100	1	24	0
	<b>TOTAL</b>	<b>322</b>	<b>8</b>	<b>59</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	230g cooked quinoa	273	9	48	5
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>437</b>	<b>37</b>	<b>52</b>	<b>9</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked salmon	166	19	0	10
	230g roasted red potato	160	5	35	0
	115g cooked green beans	44	2	9	0
	60g avocado	105	1	5	9
	250ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>604</b>	<b>29</b>	<b>77</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g low fat cottage cheese	85	15	4	1
	110g sliced apple	60	1	15	0
	10g raisins	32	0	8	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>301</b>	<b>19</b>	<b>36</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2098</b>	<b>122</b>	<b>272</b>	<b>58</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there is a wooden bowl containing green peas and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**2200 CALORIES**  
***BULKING MEAL PLAN***



# 2200 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	1 egg white	16	4	0	0
	2 slice Ezekiel toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	120g blueberries	72	1	17	0
	<b>TOTAL</b>	<b>363</b>	<b>19</b>	<b>47</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g banana	116	1	28	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>405</b>	<b>28</b>	<b>35</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3	
	240g cooked white or brown rice	266	7	55	2	
	125g cooked broccoli	48	3	9	0	

	TOTAL	441	35	64	5
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	110g sliced apple	64	1	15	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>522</b>	<b>14</b>	<b>76</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked lean beef	149	26	0	5
	250g cooked sweet potato	232	5	53	0
	125g cooked carrots	44	1	10	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>470</b>	<b>32</b>	<b>63</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>128</b>	<b>285</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	140g plain low fat Greek yogurt	103	13	6	3
	125g sliced apple	76	1	18	0
	1 teaspoon honey	24	0	6	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>318</b>	<b>18</b>	<b>48</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	130g pear	88	1	21	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>286</b>	<b>8</b>	<b>32</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	70g cooked lean beef	120	21	0	4
	220g cooked quinoa	256	9	46	4
	125g cooked asparagus	32	3	5	0
	225ml apple juice	104	0	26	0
	<b>TOTAL</b>	<b>512</b>	<b>33</b>	<b>77</b>	<b>8</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	130g frozen strawberries	48	0	12	0	
	25g granola	117	5	13	5	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>460</b>	<b>29</b>	<b>32</b>	<b>24</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	70g cooked chicken breast OR 70g turkey breast OR 90g tilapia OR 115g shrimp	115	22	0	3	
	250g cooked whole wheat pasta	351	13	68	3	
	125ml pasta sauce	106	2	20	2	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>	<b>624</b>	<b>40</b>	<b>98</b>	<b>8</b>	
<b>DAILY TOTALS</b>		<b>2200</b>	<b>128</b>	<b>287</b>	<b>60</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	100g strawberries	32	0	8	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>307</b>	<b>20</b>	<b>41</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g sliced apple	80	1	19	0
	35g mixed nuts	230	7	10	18
	15g multigrain crackers	66	1	11	2
	<b>TOTAL</b>	<b>376</b>	<b>9</b>	<b>40</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	250g baked potato	240	5	55	0
	1 teaspoon butter	36	0	0	4
	115g cooked carrots	40	1	9	0
	<b>TOTAL</b>	<b>455</b>	<b>34</b>	<b>64</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	140g plain low fat Greek yogurt	103	13	6	3
	20g natural peanut butter	130	6	4	10

	100g banana	96	1	23	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>329</b>	<b>20</b>	<b>33</b>	<b>13</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	250g cooked white or brown rice	291	8	58	3
	115g corn	109	3	22	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	225ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>734</b>	<b>44</b>	<b>108</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>127</b>	<b>286</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g orange	64	1	15	0	
	30g oatmeal (dry measurement)	114	4	20	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>570</b>	<b>36</b>	<b>57</b>	<b>22</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3	
	200g cooked sweet potato	184	4	42	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>363</b>	<b>33</b>	<b>51</b>	<b>3</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	125g grapes	96	1	23	0	
	<b>TOTAL</b>	<b>320</b>	<b>5</b>	<b>39</b>	<b>16</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	80g cooked lean beef	141	24	0	5
	235g cooked white or brown rice	262	7	54	2
	125g cooked cauliflower	28	2	5	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>592</b>	<b>33</b>	<b>88</b>	<b>12</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	120g banana	116	1	28	0
	<b>TOTAL</b>	<b>356</b>	<b>22</b>	<b>49</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>129</b>	<b>284</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2200 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	25g granola	117	5	13	5
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>434</b>	<b>29</b>	<b>48</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	120g banana	116	1	28	0
	<b>TOTAL</b>	<b>338</b>	<b>8</b>	<b>63</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	230g cooked quinoa	273	9	48	5
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>437</b>	<b>37</b>	<b>52</b>	<b>9</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	95g cooked salmon	183	21	0	11
	240g roasted red potato	164	5	36	0
	125g cooked green beans	52	3	10	0
	60g avocado	105	1	5	9
	250ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>633</b>	<b>32</b>	<b>79</b>	<b>21</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g low fat cottage cheese	89	16	4	1
	120g sliced apple	72	1	17	0
	15g raisins	52	1	12	0
	20g sliced almonds	122	4	4	10
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>359</b>	<b>22</b>	<b>43</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>128</b>	<b>285</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are green peas and red kidney beans in wooden bowls. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**2300 CALORIES**  
***BULKING MEAL PLAN***

# 2300 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>383</b>	<b>23</b>	<b>48</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g banana	116	1	28	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>405</b>	<b>28</b>	<b>35</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	250g cooked white or brown rice	291	8	58	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	470	37	67	6
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	125g sliced apple	76	1	18	0
	35g mixed nuts	234	7	11	18
	<b>TOTAL</b>	<b>573</b>	<b>15</b>	<b>81</b>	<b>21</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked lean beef	149	26	0	5
	250g cooked sweet potato	232	5	53	0
	125g cooked carrots	44	1	10	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>470</b>	<b>32</b>	<b>63</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2301</b>	<b>135</b>	<b>294</b>	<b>65</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	125g sliced apple	76	1	18	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>334</b>	<b>19</b>	<b>51</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g pear	92	1	22	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>260</b>	<b>7</b>	<b>31</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked lean beef	141	24	0	5
	235g cooked quinoa	277	9	49	5
	125g cooked asparagus	32	3	5	0
	225ml apple juice	104	0	26	0
	<b>TOTAL</b>	<b>554</b>	<b>36</b>	<b>80</b>	<b>10</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	130g frozen strawberries	48	0	12	0
	25g granola	117	5	13	5
	25g almond butter	175	5	5	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>460</b>	<b>29</b>	<b>32</b>	<b>24</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	255g cooked whole wheat pasta	355	13	69	3
	135ml pasta sauce	114	2	22	2
	1 teaspoons extra virgin olive oil	45	0	0	5
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>693</b>	<b>43</b>	<b>101</b>	<b>13</b>
<b>DAILY TOTALS</b>		<b>2301</b>	<b>134</b>	<b>295</b>	<b>65</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	120g strawberries	40	0	10	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>384</b>	<b>26</b>	<b>43</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g sliced apple	84	1	20	0
	35g mixed nuts	230	7	10	18
	15g multigrain crackers	66	1	11	2
	<b>TOTAL</b>	<b>380</b>	<b>9</b>	<b>41</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	250g baked potato	240	5	55	0
	1 teaspoon butter	36	0	0	4
	115g cooked carrots	40	1	9	0
	<b>TOTAL</b>	<b>455</b>	<b>34</b>	<b>64</b>	<b>7</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	140g plain low fat Greek yogurt	103	13	6	3
	20g natural peanut butter	130	6	4	10



	100g banana	96	1	23	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>329</b>	<b>20</b>	<b>33</b>	<b>13</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	275g cooked white or brown rice	311	8	63	3
	115g corn	109	3	22	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	225ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>754</b>	<b>44</b>	<b>113</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2302</b>	<b>133</b>	<b>294</b>	<b>66</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g orange	64	1	15	0	
	30g oatmeal (dry measurement)	114	4	20	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>570</b>	<b>36</b>	<b>57</b>	<b>22</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	220g cooked sweet potato	204	5	46	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>387</b>	<b>35</b>	<b>55</b>	<b>3</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	150g grapes	112	1	27	0	
	<b>TOTAL</b>	<b>336</b>	<b>5</b>	<b>43</b>	<b>16</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	85g cooked lean beef	149	26	0	5
	275g cooked white or brown rice	311	8	63	3
	125g cooked cauliflower	28	2	5	0
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>649</b>	<b>36</b>	<b>97</b>	<b>13</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2302</b>	<b>134</b>	<b>302</b>	<b>62</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	25g granola	117	5	13	5
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>434</b>	<b>29</b>	<b>48</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>342</b>	<b>8</b>	<b>64</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	95g cooked chicken breast OR 95g turkey breast OR 120g tilapia OR 160g shrimp	147	30	0	3
	250g cooked quinoa	297	10	53	5
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>485</b>	<b>43</b>	<b>58</b>	<b>9</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked salmon	196	22	0	12
	260g roasted red potato	176	5	39	0
	125g cooked green beans	52	3	10	0
	70g avocado	127	1	6	11
	250ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>680</b>	<b>33</b>	<b>83</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g low fat cottage cheese	89	16	4	1
	120g sliced apple	72	1	17	0
	15g raisins	52	1	12	0
	20g sliced almonds	122	4	4	10
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>359</b>	<b>22</b>	<b>43</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2300</b>	<b>135</b>	<b>296</b>	<b>64</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. To the right of the salmon is a piece of raw chicken breast. In the bottom right, there's a piece of raw red meat, possibly beef. A head of green broccoli is visible in the middle right area. The background is a rustic wooden surface.

**2400 CALORIES**  
***BULKING MEAL PLAN***

# 2400 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	150g blueberries	88	1	21	0
	<b>TOTAL</b>	<b>395</b>	<b>23</b>	<b>51</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g banana	120	1	29	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>409</b>	<b>28</b>	<b>36</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	270g cooked white or brown rice	307	8	62	3	
	125g cooked broccoli	48	3	9	0	


	TOTAL	494	39	71	6
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	140g sliced apple	84	1	20	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>542</b>	<b>14</b>	<b>81</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked lean beef	174	30	0	6
	270g cooked sweet potato	248	5	57	0
	135g cooked carrots	48	1	11	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	<b>TOTAL</b>	<b>560</b>	<b>36</b>	<b>68</b>	<b>16</b>
<b>DAILY TOTALS</b>		<b>2400</b>	<b>140</b>	<b>307</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2400 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	135g sliced apple	80	1	19	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>338</b>	<b>19</b>	<b>52</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g pear	100	1	24	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>268</b>	<b>7</b>	<b>33</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked lean beef	141	24	0	5
	255g cooked quinoa	301	10	54	5
	125g cooked asparagus	32	3	5	0
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>590</b>	<b>37</b>	<b>88</b>	<b>10</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	130g frozen strawberries	48	0	12	0	
	25g granola	117	5	13	5	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>460</b>	<b>29</b>	<b>32</b>	<b>24</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	270g cooked whole wheat pasta	375	14	73	3	
	145ml pasta sauce	131	3	23	3	
	1 teaspoons extra virgin olive oil	45	0	0	5	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>742</b>	<b>48</b>	<b>106</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2398</b>	<b>140</b>	<b>311</b>	<b>66</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	120g strawberries	40	0	10	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>437</b>	<b>27</b>	<b>53</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g sliced apple	84	1	20	0
	35g mixed nuts	230	7	10	18
	20g multigrain crackers	87	1	14	3
	<b>TOTAL</b>	<b>401</b>	<b>9</b>	<b>44</b>	<b>21</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	250g baked potato	240	5	55	0
	1 teaspoon butter	36	0	0	4
	115g cooked carrots	40	1	9	0
	<b>TOTAL</b>	<b>476</b>	<b>37</b>	<b>64</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g plain low fat Greek yogurt	107	14	6	3
	20g natural peanut butter	130	6	4	10

	100g banana	96	1	23	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>333</b>	<b>21</b>	<b>33</b>	<b>13</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	275g cooked white or brown rice	311	8	63	3
	115g corn	109	3	22	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	225ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>754</b>	<b>44</b>	<b>113</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2401</b>	<b>138</b>	<b>307</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	110g orange	56	1	13	0	
	30g oatmeal (dry measurement)	114	4	20	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>562</b>	<b>36</b>	<b>55</b>	<b>22</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	240g cooked sweet potato	220	5	50	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>411</b>	<b>37</b>	<b>59</b>	<b>3</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	150g grapes	112	1	27	0	
	<b>TOTAL</b>	<b>336</b>	<b>5</b>	<b>43</b>	<b>16</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked lean beef	174	30	0	6
	275g cooked white or brown rice	311	8	63	3
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>731</b>	<b>40</b>	<b>100</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2400</b>	<b>140</b>	<b>307</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>483</b>	<b>36</b>	<b>51</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>342</b>	<b>8</b>	<b>64</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	95g cooked chicken breast OR 95g turkey breast OR 120g tilapia OR 160g shrimp	147	30	0	3
	250g cooked quinoa	297	10	53	5
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>530</b>	<b>43</b>	<b>58</b>	<b>14</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked salmon	196	22	0	12
	270g roasted red potato	188	6	41	0
	125g cooked green beans	52	3	10	0
	60g avocado	105	1	5	9
	250ml orange juice	129	2	28	1
	<b>TOTAL</b>	<b>670</b>	<b>34</b>	<b>84</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g low fat cottage cheese	89	16	4	1
	125g sliced apple	76	1	18	0
	15g raisins	52	1	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>375</b>	<b>22</b>	<b>47</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2400</b>	<b>143</b>	<b>304</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. In the bottom left, there are green and red beans in a wooden bowl. To the right of the salmon is a head of green broccoli. In the bottom right corner, there is a piece of raw, red meat and a piece of white chicken breast.

**2500 CALORIES**  
***BULKING MEAL PLAN***

# 2500 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>383</b>	<b>23</b>	<b>48</b>	<b>11</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g banana	120	1	29	0
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>437</b>	<b>34</b>	<b>37</b>	<b>17</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	260g cooked white or brown rice	299	8	60	3
	125g cooked broccoli	48	3	9	0

	TOTAL	486	39	69	6
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	125g sliced apple	76	1	18	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>534</b>	<b>14</b>	<b>79</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked lean beef	174	30	0	6
	270g cooked sweet potato	248	5	57	0
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	200ml orange juice	105	2	22	1
	<b>TOTAL</b>	<b>661</b>	<b>38</b>	<b>89</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>2501</b>	<b>148</b>	<b>322</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	135g sliced apple	80	1	19	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>338</b>	<b>19</b>	<b>52</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g pear	108	1	26	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>306</b>	<b>8</b>	<b>37</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked lean beef	141	24	0	5
	260g cooked quinoa	305	10	55	5
	125g cooked asparagus	32	3	5	0
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>594</b>	<b>37</b>	<b>89</b>	<b>10</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>517</b>	<b>36</b>	<b>37</b>	<b>25</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	270g cooked whole wheat pasta	375	14	73	3	
	150ml pasta sauce	135	3	24	3	
	1 teaspoon extra virgin olive oil	45	0	0	5	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>746</b>	<b>48</b>	<b>107</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2501</b>	<b>148</b>	<b>322</b>	<b>69</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	120g strawberries	40	0	10	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>437</b>	<b>27</b>	<b>53</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g sliced apple	84	1	20	0
	35g mixed nuts	230	7	10	18
	20g multigrain crackers	87	1	14	3
	<b>TOTAL</b>	<b>401</b>	<b>9</b>	<b>44</b>	<b>21</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	105g cooked chicken breast OR 105g turkey breast OR 135g tilapia OR 175g shrimp	168	33	0	4
	275g baked potato	268	6	61	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>516</b>	<b>40</b>	<b>71</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g plain low fat Greek yogurt	107	14	6	3
	20g natural peanut butter	130	6	4	10

	110g banana	104	1	25	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>341</b>	<b>21</b>	<b>35</b>	<b>13</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	275g cooked white or brown rice	311	8	63	3
	125g corn	121	4	24	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>806</b>	<b>48</b>	<b>122</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2501</b>	<b>145</b>	<b>325</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	135g orange	68	1	16	0	
	30g oatmeal (dry measurement)	134	5	24	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>622</b>	<b>43</b>	<b>63</b>	<b>22</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	245g cooked sweet potato	224	5	51	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>415</b>	<b>37</b>	<b>60</b>	<b>3</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	160g grapes	120	1	29	0	
	<b>TOTAL</b>	<b>344</b>	<b>5</b>	<b>45</b>	<b>16</b>	



MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked lean beef	174	30	0	6
	300g cooked white or brown rice	339	9	69	3
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>759</b>	<b>41</b>	<b>106</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2500</b>	<b>148</b>	<b>324</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>513</b>	<b>37</b>	<b>53</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	135g banana	128	1	31	0
	<b>TOTAL</b>	<b>350</b>	<b>8</b>	<b>66</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	285g cooked quinoa	338	11	60	6
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>584</b>	<b>45</b>	<b>65</b>	<b>16</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked salmon	196	22	0	12
	290g roasted red potato	200	6	44	0
	125g cooked green beans	52	3	10	0
	60g avocado	105	1	5	9
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>678</b>	<b>34</b>	<b>86</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g low fat cottage cheese	89	16	4	1
	125g sliced apple	76	1	18	0
	15g raisins	52	1	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>375</b>	<b>22</b>	<b>47</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2500</b>	<b>146</b>	<b>317</b>	<b>72</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. To the right of the salmon is a head of green broccoli. In the bottom right corner, there's a piece of raw red meat and a piece of white chicken breast.

**2600 CALORIES**  
***BULKING MEAL PLAN***

# 2600 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>383</b>	<b>23</b>	<b>48</b>	<b>11</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g banana	116	1	28	0	
	15g pitted dates	44	0	11	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>477</b>	<b>34</b>	<b>47</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4	
	260g cooked white or brown rice	299	8	60	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	507	42	69	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	125g sliced apple	76	1	18	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>534</b>	<b>14</b>	<b>79</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	110g cooked lean beef	195	33	0	7
	280g cooked sweet potato	256	6	58	0
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	225ml orange juice	113	2	24	1
	<b>TOTAL</b>	<b>698</b>	<b>42</b>	<b>92</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>2599</b>	<b>155</b>	<b>335</b>	<b>71</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	135g sliced apple	80	1	19	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>453</b>	<b>23</b>	<b>70</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g pear	100	1	24	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>268</b>	<b>7</b>	<b>33</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked lean beef	153	27	0	5
	260g cooked quinoa	305	10	55	5
	125g cooked asparagus	32	3	5	0
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>606</b>	<b>40</b>	<b>89</b>	<b>10</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>517</b>	<b>36</b>	<b>37</b>	<b>25</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	275g cooked whole wheat pasta	379	14	74	3	
	155ml pasta sauce	139	3	25	3	
	1 teaspoon extra virgin olive oil	45	0	0	5	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>754</b>	<b>48</b>	<b>109</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2598</b>	<b>154</b>	<b>338</b>	<b>70</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2600 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	120g strawberries	40	0	10	0
	1.5 teaspoons honey	32	0	8	0
	<b>TOTAL</b>	<b>433</b>	<b>27</b>	<b>52</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g sliced apple	92	1	22	0
	35g mixed nuts	230	7	10	18
	20g multigrain crackers	87	1	14	3
	<b>TOTAL</b>	<b>409</b>	<b>9</b>	<b>46</b>	<b>21</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	275g baked potato	268	6	61	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>528</b>	<b>43</b>	<b>71</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g plain low fat Greek yogurt	107	14	6	3
	25g natural peanut butter	165	8	4	13

	120g banana	116	1	28	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>388</b>	<b>23</b>	<b>38</b>	<b>16</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	300g cooked white or brown rice	339	9	69	3
	125g corn	121	4	24	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>842</b>	<b>51</b>	<b>128</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2600</b>	<b>153</b>	<b>335</b>	<b>72</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	135g orange	68	1	16	0	
	35g oatmeal (dry measurement)	134	5	24	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>640</b>	<b>43</b>	<b>63</b>	<b>24</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	105g cooked chicken breast OR 105g turkey breast OR 135g tilapia OR 175g shrimp	168	33	0	4	
	260g cooked sweet potato	236	5	54	0	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>456</b>	<b>42</b>	<b>63</b>	<b>4</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	165g grapes	124	1	30	0	

	TOTAL	344	5	41	16
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	110g cooked lean beef	195	33	0	7
	315g cooked white or brown rice	351	9	72	3
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>792</b>	<b>44</b>	<b>109</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	130g banana	124	1	30	0
	<b>TOTAL</b>	<b>364</b>	<b>22</b>	<b>51</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2600</b>	<b>156</b>	<b>332</b>	<b>72</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>513</b>	<b>37</b>	<b>53</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	120g banana	116	1	28	0
	<b>TOTAL</b>	<b>453</b>	<b>12</b>	<b>81</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	280g cooked quinoa	334	11	59	6
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>535</b>	<b>45</b>	<b>64</b>	<b>11</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked salmon	196	22	0	12
	280g roasted red potato	192	6	42	0
	125g cooked green beans	52	3	10	0
	80g avocado	144	2	7	12
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>709</b>	<b>35</b>	<b>86</b>	<b>25</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	120g sliced apple	72	1	17	0
	15g raisins	52	1	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>392</b>	<b>24</b>	<b>47</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2602</b>	<b>153</b>	<b>331</b>	<b>74</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon. In the bottom left, there are wooden bowls containing green beans and red kidney beans. On the right side, there is a head of green broccoli and a piece of raw chicken breast. The background is a rustic wooden surface.

**2700 CALORIES**  
***BULKING MEAL PLAN***

# 2700 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	135g blueberries	80	1	19	0
	<b>TOTAL</b>	<b>456</b>	<b>29</b>	<b>49</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g banana	120	1	29	0	
	15g pitted dates	44	0	11	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>481</b>	<b>34</b>	<b>48</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4	
	275g cooked white or brown rice	311	8	63	3	
	125g cooked broccoli	48	3	9	0	



	TOTAL	519	42	72	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	135g sliced apple	80	1	19	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>538</b>	<b>14</b>	<b>80</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	110g cooked lean beef	195	33	0	7
	290g cooked sweet potato	264	6	60	0
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	225ml orange juice	113	2	24	1
	<b>TOTAL</b>	<b>706</b>	<b>42</b>	<b>94</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>2700</b>	<b>161</b>	<b>343</b>	<b>76</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	135g sliced apple	80	1	19	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>453</b>	<b>23</b>	<b>70</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	108	1	26	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>276</b>	<b>7</b>	<b>35</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked lean beef	174	30	0	6
	260g cooked quinoa	313	11	56	5
	125g cooked asparagus	32	3	5	0
	250ml apple juice	116	0	29	0
	<b>TOTAL</b>	<b>635</b>	<b>44</b>	<b>90</b>	<b>11</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>517</b>	<b>36</b>	<b>37</b>	<b>25</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4	
	275g cooked whole wheat pasta	379	14	74	3	
	155ml pasta sauce	139	3	25	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>820</b>	<b>51</b>	<b>109</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2701</b>	<b>161</b>	<b>341</b>	<b>77</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	120g strawberries	40	0	10	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>437</b>	<b>27</b>	<b>53</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	25g multigrain crackers	116	2	18	4
	<b>TOTAL</b>	<b>464</b>	<b>11</b>	<b>51</b>	<b>24</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	300g baked potato	288	6	66	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>552</b>	<b>44</b>	<b>76</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	15	7	3
	25g natural peanut butter	165	8	4	13

	125g banana	120	1	29	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>400</b>	<b>24</b>	<b>40</b>	<b>16</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	300g cooked white or brown rice	339	9	69	3
	125g corn	121	4	24	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>846</b>	<b>52</b>	<b>128</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2699</b>	<b>158</b>	<b>348</b>	<b>75</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g orange	76	1	18	0	
	35g oatmeal (dry measurement)	134	5	24	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	1 slice Ezekiel toast	85	4	15	1	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>648</b>	<b>43</b>	<b>65</b>	<b>24</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4	
	285g cooked sweet potato	269	6	59	1	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>493</b>	<b>44</b>	<b>68</b>	<b>5</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	175g grapes	132	1	32	0	
	<b>TOTAL</b>	<b>356</b>	<b>5</b>	<b>48</b>	<b>16</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked lean beef	203	35	0	7
	330g cooked white or brown rice	371	10	76	3
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>832</b>	<b>47</b>	<b>116</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	140g banana	132	1	32	0
	<b>TOTAL</b>	<b>372</b>	<b>22</b>	<b>53</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2701</b>	<b>161</b>	<b>350</b>	<b>73</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>513</b>	<b>37</b>	<b>53</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	130g banana	124	1	30	0
	<b>TOTAL</b>	<b>461</b>	<b>12</b>	<b>83</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	280g cooked quinoa	334	11	59	6
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>547</b>	<b>48</b>	<b>64</b>	<b>11</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked salmon	226	25	0	14
	300g roasted red potato	204	6	45	0
	125g cooked green beans	52	3	10	0
	80g avocado	144	2	7	12
	275ml orange juice	137	2	30	1
	<b>TOTAL</b>	<b>763</b>	<b>38</b>	<b>92</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	135g sliced apple	80	1	19	0
	20g raisins	68	1	16	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>416</b>	<b>24</b>	<b>53</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2700</b>	<b>159</b>	<b>345</b>	<b>76</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are purple kidney beans and green peas in wooden bowls. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**2800 CALORIES**  
***BULKING MEAL PLAN***

# 2800 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	135g blueberries	80	1	19	0
	<b>TOTAL</b>	<b>456</b>	<b>29</b>	<b>49</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	130g banana	124	1	30	0	
	15g pitted dates	44	0	11	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>485</b>	<b>34</b>	<b>49</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4	
	290g cooked white or brown rice	331	9	67	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	551	46	76	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g oatmeal (dry measurement)	191	7	34	3
	1 tablespoon honey	72	0	18	0
	135g sliced apple	80	1	19	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>538</b>	<b>14</b>	<b>80</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked lean beef	203	35	0	7
	300g cooked sweet potato	309	7	68	1
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>771</b>	<b>45</b>	<b>105</b>	<b>19</b>
<b>DAILY TOTALS</b>		<b>2801</b>	<b>168</b>	<b>359</b>	<b>77</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	170g plain low fat Greek yogurt	115	15	7	3
	140g sliced apple	84	1	20	0
	1.5 teaspoons honey	36	0	9	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>465</b>	<b>24</b>	<b>72</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g pear	104	1	25	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>272</b>	<b>7</b>	<b>34</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked lean beef	174	30	0	6
	280g cooked quinoa	334	11	59	6
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>668</b>	<b>44</b>	<b>96</b>	<b>12</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>517</b>	<b>36</b>	<b>37</b>	<b>25</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4	
	300g cooked whole wheat pasta	411	15	81	3	
	175ml pasta sauce	151	3	28	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>876</b>	<b>55</b>	<b>119</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2798</b>	<b>166</b>	<b>358</b>	<b>78</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	120g strawberries	40	0	10	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>437</b>	<b>27</b>	<b>53</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g sliced apple	104	1	25	0
	40g mixed nuts	260	8	12	20
	25g multigrain crackers	116	2	18	4
	<b>TOTAL</b>	<b>480</b>	<b>11</b>	<b>55</b>	<b>24</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	320g baked potato	304	6	70	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>585</b>	<b>46</b>	<b>80</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	15	7	3
	25g natural peanut butter	165	8	4	13

	130g banana	124	1	30	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>404</b>	<b>24</b>	<b>41</b>	<b>16</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	330g cooked white or brown rice	371	10	76	3
	125g corn	121	4	24	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>895</b>	<b>55</b>	<b>135</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>2801</b>	<b>163</b>	<b>364</b>	<b>77</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2800 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	140g orange	72	1	17	0	
	35g oatmeal (dry measurement)	134	5	24	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	2 slices Ezekiel toast	170	8	30	2	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>729</b>	<b>47</b>	<b>79</b>	<b>25</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4	
	285g cooked sweet potato	269	6	59	1	
	125g mixed steamed vegetables	52	4	9	0	
	<b>TOTAL</b>	<b>501</b>	<b>46</b>	<b>68</b>	<b>5</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	150g grapes	112	1	27	0	

	TOTAL	336	5	43	16
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked lean beef	203	35	0	7
	335g cooked white or brown rice	375	10	77	3
	125g cooked cauliflower	28	2	5	0
	1 teaspoon extra virgin olive oil	135	0	0	15
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>869</b>	<b>47</b>	<b>114</b>	<b>25</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	130g banana	124	1	30	0
	<b>TOTAL</b>	<b>364</b>	<b>22</b>	<b>51</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2799</b>	<b>167</b>	<b>355</b>	<b>79</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	35g granola	163	7	18	7
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>538</b>	<b>38</b>	<b>56</b>	<b>18</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>457</b>	<b>12</b>	<b>82</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	300g cooked quinoa	354	12	63	6
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>579</b>	<b>52</b>	<b>68</b>	<b>11</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	120g cooked salmon	230	26	0	14
	300g roasted red potato	204	6	45	0
	125g cooked green beans	52	3	10	0
	80g avocado	144	2	7	12
	275ml orange juice	137	2	30	1
	<b>TOTAL</b>	<b>767</b>	<b>39</b>	<b>92</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	125g sliced apple	76	1	18	0
	20g raisins	68	1	16	0
	25g sliced almonds	157	5	5	13
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>459</b>	<b>25</b>	<b>56</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>2800</b>	<b>166</b>	<b>354</b>	<b>80</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing red kidney beans and green peas. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast.

**2900 CALORIES**  
***BULKING MEAL PLAN***

# 2900 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>452</b>	<b>29</b>	<b>48</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	125g banana	120	1	29	0	
	15g pitted dates	44	0	11	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>481</b>	<b>34</b>	<b>48</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4	
	300g cooked white or brown rice	339	9	69	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	567	48	78	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>652</b>	<b>17</b>	<b>92</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	120g cooked lean beef	207	36	0	7
	300g cooked sweet potato	281	6	62	1
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>747</b>	<b>45</b>	<b>99</b>	<b>19</b>
<b>DAILY TOTALS</b>		<b>2899</b>	<b>173</b>	<b>365</b>	<b>83</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	140g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>490</b>	<b>25</b>	<b>75</b>	<b>10</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>284</b>	<b>7</b>	<b>37</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked lean beef	174	30	0	6
	300g cooked quinoa	354	12	63	6
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>688</b>	<b>45</b>	<b>100</b>	<b>12</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT



SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>552</b>	<b>37</b>	<b>38</b>	<b>28</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4	
	300g cooked whole wheat pasta	411	15	81	3	
	175ml pasta sauce	151	3	28	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>884</b>	<b>57</b>	<b>119</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2898</b>	<b>171</b>	<b>369</b>	<b>82</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	120g strawberries	40	0	10	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>506</b>	<b>32</b>	<b>63</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g sliced apple	108	1	26	0
	35g mixed nuts	234	7	11	18
	25g multigrain crackers	116	2	18	4
	<b>TOTAL</b>	<b>458</b>	<b>10</b>	<b>55</b>	<b>22</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	320g baked potato	304	6	70	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>589</b>	<b>47</b>	<b>80</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	15	7	3
	25g natural peanut butter	165	8	4	13

	130g banana	124	1	30	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>404</b>	<b>24</b>	<b>41</b>	<b>16</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	330g cooked white or brown rice	371	10	76	3
	125g corn	121	4	24	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>944</b>	<b>56</b>	<b>135</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2901</b>	<b>169</b>	<b>374</b>	<b>81</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g orange	76	1	18	0	
	35g oatmeal (dry measurement)	134	5	24	2	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	2 slices Ezekiel toast	170	8	30	2	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>759</b>	<b>48</b>	<b>81</b>	<b>27</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	295g cooked sweet potato	281	6	62	1
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>517</b>	<b>47</b>	<b>71</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g dark chocolate (70%)	224	4	16	16
	145g grapes	108	1	26	0

	TOTAL	332	5	42	16
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	125g cooked lean beef	224	38	0	8
	350g cooked white or brown rice	404	11	81	4
	125g cooked cauliflower	28	2	5	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>931</b>	<b>51</b>	<b>121</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2899</b>	<b>173</b>	<b>365</b>	<b>83</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	35g granola	163	7	18	7
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>538</b>	<b>38</b>	<b>56</b>	<b>18</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	140g banana	132	1	32	0
	<b>TOTAL</b>	<b>469</b>	<b>12</b>	<b>85</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	320g cooked quinoa	374	13	67	6
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>620</b>	<b>56</b>	<b>72</b>	<b>12</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked salmon	260	29	0	16
	320g roasted red potato	216	6	48	0
	125g cooked green beans	52	3	10	0
	80g avocado	144	2	7	12
	275ml orange juice	137	2	30	1
	<b>TOTAL</b>	<b>809</b>	<b>42</b>	<b>95</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	135g sliced apple	80	1	19	0
	20g raisins	68	1	16	0
	25g sliced almonds	157	5	5	13
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>463</b>	<b>25</b>	<b>57</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>2899</b>	<b>173</b>	<b>365</b>	<b>83</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon. To the right of the salmon is a head of green broccoli. In the bottom right corner, there's a piece of raw red meat and a piece of white chicken breast. In the bottom left corner, there's a wooden bowl containing green peas and red kidney beans. The background is a rustic wooden surface.

**3000 CALORIES**  
***BULKING MEAL PLAN***



# 3000 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	140g blueberries	84	1	20	0
	<b>TOTAL</b>	<b>460</b>	<b>29</b>	<b>50</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	130g banana	124	1	30	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>501</b>	<b>35</b>	<b>52</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4	
	320g cooked white or brown rice	363	10	74	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	595	50	83	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>652</b>	<b>17</b>	<b>92</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked lean beef	236	41	0	8
	320g cooked sweet potato	297	6	66	1
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	125	2	27	1
	<b>TOTAL</b>	<b>792</b>	<b>50</b>	<b>103</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>3000</b>	<b>181</b>	<b>380</b>	<b>84</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	92	2	21	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>498</b>	<b>26</b>	<b>76</b>	<b>10</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g pear	120	1	29	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>288</b>	<b>7</b>	<b>38</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked lean beef	203	35	0	7
	300g cooked quinoa	354	12	63	6
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>717</b>	<b>50</b>	<b>100</b>	<b>13</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>552</b>	<b>37</b>	<b>38</b>	<b>28</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5	
	325g cooked whole wheat pasta	443	16	88	3	
	185ml pasta sauce	159	3	30	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>945</b>	<b>61</b>	<b>128</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3000</b>	<b>181</b>	<b>380</b>	<b>84</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	135g strawberries	44	0	11	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>510</b>	<b>32</b>	<b>64</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	190g sliced apple	112	1	27	0
	35g mixed nuts	234	7	11	18
	25g multigrain crackers	116	2	18	4
	<b>TOTAL</b>	<b>462</b>	<b>10</b>	<b>56</b>	<b>22</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	350g baked potato	324	7	74	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>609</b>	<b>48</b>	<b>84</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	15	7	3
	25g natural peanut butter	165	8	4	13

	1/3 scoop protein powder	36	8	1	0
	130g banana	124	1	30	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>440</b>	<b>32</b>	<b>42</b>	<b>16</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	350g cooked white or brown rice	404	11	81	4
	125g corn	121	4	24	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	250ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>977</b>	<b>57</b>	<b>140</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>2998</b>	<b>179</b>	<b>386</b>	<b>82</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	275ml unsweetened almond milk	31	1	0	3
	150g orange	76	1	18	0
	40g oatmeal (dry measurement)	150	6	27	2
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	2 slices Ezekiel toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>775</b>	<b>49</b>	<b>84</b>	<b>27</b>
 <b>WORKOUT</b>					
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	305g cooked sweet potato	285	6	63	1
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>538</b>	<b>49</b>	<b>72</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g dark chocolate (70%)	280	5	20	20
	180g grapes	132	1	32	0
	<b>TOTAL</b>	<b>412</b>	<b>6</b>	<b>52</b>	<b>20</b>

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked lean beef	236	41	0	8
	350g cooked white or brown rice	404	11	81	4
	125g cooked cauliflower	28	2	5	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>898</b>	<b>54</b>	<b>121</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	145g banana	136	1	33	0
	<b>TOTAL</b>	<b>376</b>	<b>22</b>	<b>54</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2999</b>	<b>180</b>	<b>383</b>	<b>83</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3000 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	35g granola	163	7	18	7
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>538</b>	<b>38</b>	<b>56</b>	<b>18</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	150g banana	148	2	35	0
	<b>TOTAL</b>	<b>485</b>	<b>13</b>	<b>88</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	335g cooked quinoa	395	13	70	7
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>653</b>	<b>59</b>	<b>75</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked salmon	277	31	0	17
	335g roasted red potato	228	7	50	0
	125g cooked green beans	52	3	10	0
	80g avocado	144	2	7	12
	275ml orange juice	137	2	30	1
	<b>TOTAL</b>	<b>838</b>	<b>45</b>	<b>97</b>	<b>30</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	135g sliced apple	80	1	19	0
	20g raisins	68	1	16	0
	25g sliced almonds	157	5	5	13
	1 teaspoon honey	72	0	18	0
	<b>TOTAL</b>	<b>487</b>	<b>25</b>	<b>63</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>3001</b>	<b>180</b>	<b>379</b>	<b>85</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast.

**3100 CALORIES**  
***BULKING MEAL PLAN***

# 3100 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	155g blueberries	105	2	22	1
	<b>TOTAL</b>	<b>481</b>	<b>30</b>	<b>52</b>	<b>17</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	135g banana	128	1	31	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>505</b>	<b>35</b>	<b>53</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5	
	330g cooked white or brown rice	371	10	76	3	
	125g cooked broccoli	48	3	9	0	

	TOTAL	624	53	85	8
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>656</b>	<b>17</b>	<b>93</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked lean beef	240	42	0	8
	335g cooked sweet potato	313	7	69	1
	125g cooked carrots	44	1	10	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>832</b>	<b>52</b>	<b>111</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>3098</b>	<b>187</b>	<b>394</b>	<b>86</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	145g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	194	8	36	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>490</b>	<b>25</b>	<b>75</b>	<b>10</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>314</b>	<b>8</b>	<b>39</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked lean beef	207	36	0	7
	325g cooked quinoa	387	13	68	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>754</b>	<b>52</b>	<b>105</b>	<b>14</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>552</b>	<b>37</b>	<b>38</b>	<b>28</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5	
	350g cooked whole wheat pasta	488	18	95	4	
	185ml pasta sauce	159	3	30	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>990</b>	<b>63</b>	<b>135</b>	<b>22</b>
<b>DAILY TOTALS</b>		<b>3100</b>	<b>185</b>	<b>392</b>	<b>88</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	135g strawberries	44	0	11	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>510</b>	<b>32</b>	<b>64</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	116	1	28	0
	35g mixed nuts	234	7	11	18
	25g multigrain crackers	116	2	18	4
	<b>TOTAL</b>	<b>466</b>	<b>10</b>	<b>57</b>	<b>22</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	350g baked potato	324	7	74	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>609</b>	<b>48</b>	<b>84</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	30g natural peanut butter	195	9	6	15



	1/2 scoop protein powder	65	12	2	1
	140g banana	132	1	32	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>507</b>	<b>37</b>	<b>47</b>	<b>19</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	360g cooked white or brown rice	412	11	83	4
	135g corn	129	4	26	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml orange juice	173	2	39	1
	<b>TOTAL</b>	<b>1009</b>	<b>57</b>	<b>148</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3101</b>	<b>184</b>	<b>400</b>	<b>85</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g orange	76	1	18	0	
	40g oatmeal (dry measurement)	150	6	27	2	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	2 slices Ezekiel toast	170	8	30	2	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>775</b>	<b>49</b>	<b>84</b>	<b>27</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	315g cooked sweet potato	297	6	66	1
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>562</b>	<b>52</b>	<b>75</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g dark chocolate (70%)	280	5	20	20
	170g grapes	128	1	31	0

	TOTAL	408	6	51	20
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked lean beef	236	41	0	8
	375g cooked white or brown rice	424	11	86	4
	125g cooked cauliflower	28	2	5	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>963</b>	<b>54</b>	<b>126</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	150g banana	144	1	35	0
	<b>TOTAL</b>	<b>384</b>	<b>22</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3092</b>	<b>183</b>	<b>392</b>	<b>88</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>567</b>	<b>39</b>	<b>60</b>	<b>19</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	155g banana	152	2	36	0
	<b>TOTAL</b>	<b>489</b>	<b>13</b>	<b>89</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	335g cooked quinoa	395	13	70	7
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>653</b>	<b>59</b>	<b>75</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked salmon	277	31	0	17
	350g roasted red potato	240	7	53	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	275ml orange juice	137	2	30	1
	<b>TOTAL</b>	<b>885</b>	<b>45</b>	<b>102</b>	<b>33</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	145g sliced apple	84	1	20	0
	25g raisins	84	1	20	0
	25g sliced almonds	157	5	5	13
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>507</b>	<b>25</b>	<b>68</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>3101</b>	<b>181</b>	<b>394</b>	<b>89</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To the right, a vibrant orange slice is visible. Below the almonds, a large piece of fresh salmon fillet is shown. In the bottom left, there are green peas and red kidney beans in a wooden bowl. On the right side, there is a piece of green broccoli and a portion of a white chicken breast. The background is a rustic wooden surface.

**3200 CALORIES**  
***BULKING MEAL PLAN***

# 3200 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	155g blueberries	105	2	22	1
	<b>TOTAL</b>	<b>497</b>	<b>34</b>	<b>52</b>	<b>17</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	145g banana	136	1	33	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>513</b>	<b>35</b>	<b>55</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5	
	350g cooked white or brown rice	404	11	81	4	
	150g cooked broccoli	56	3	11	0	

	TOTAL	665	54	92	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	165g sliced apple	96	1	23	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>660</b>	<b>17</b>	<b>94</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	145g cooked lean beef	244	43	0	8
	350g cooked sweet potato	329	7	73	1
	150g cooked carrots	56	2	12	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>864</b>	<b>54</b>	<b>117</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>3199</b>	<b>194</b>	<b>410</b>	<b>87</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3200 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	92	2	21	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>613</b>	<b>30</b>	<b>94</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>284</b>	<b>7</b>	<b>37</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked lean beef	224	38	0	8
	335g cooked quinoa	395	13	70	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>779</b>	<b>54</b>	<b>107</b>	<b>15</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g granola	138	6	15	6	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>552</b>	<b>37</b>	<b>38</b>	<b>28</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5	
	345g cooked whole wheat pasta	467	17	93	3	
	185ml pasta sauce	159	3	30	3	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>973</b>	<b>63</b>	<b>133</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3201</b>	<b>191</b>	<b>409</b>	<b>89</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	135g strawberries	44	0	11	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>526</b>	<b>36</b>	<b>64</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	116	1	28	0
	40g mixed nuts	260	8	12	20
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>513</b>	<b>11</b>	<b>61</b>	<b>25</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	350g baked potato	324	7	74	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>609</b>	<b>48</b>	<b>84</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	30g natural peanut butter	195	9	6	15

	1/2 scoop protein powder	65	12	2	1
	130g banana	124	1	30	0
	15g chopped pitted dates	44	0	11	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>543</b>	<b>37</b>	<b>56</b>	<b>19</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	360g cooked white or brown rice	412	11	83	4
	135g corn	129	4	26	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	275 ml orange juice	173	2	39	1
	<b>TOTAL</b>	<b>1009</b>	<b>57</b>	<b>148</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3200</b>	<b>189</b>	<b>413</b>	<b>88</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g orange	76	1	18	0	
	40g oatmeal (dry measurement)	150	6	27	2	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	2 slices Ezekiel toast	170	8	30	2	
	1 teaspoon butter	36	0	0	4	
	<b>TOTAL</b>	<b>775</b>	<b>49</b>	<b>84</b>	<b>27</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5	
	330g cooked sweet potato	309	7	68	1	
	150g mixed steamed vegetables	64	5	11	0	
	<b>TOTAL</b>	<b>606</b>	<b>59</b>	<b>79</b>	<b>6</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	50g dark chocolate (70%)	280	5	20	20	
	180g grapes	132	1	32	0	
	<b>TOTAL</b>	<b>412</b>	<b>6</b>	<b>52</b>	<b>20</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	400g cooked white or brown rice	452	12	92	4
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>1024</b>	<b>60</b>	<b>133</b>	<b>28</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	150g banana	144	1	35	0
	<b>TOTAL</b>	<b>384</b>	<b>22</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3201</b>	<b>196</b>	<b>404</b>	<b>89</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>595</b>	<b>45</b>	<b>61</b>	<b>19</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	160g banana	156	2	37	0
	<b>TOTAL</b>	<b>493</b>	<b>13</b>	<b>90</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	350g cooked quinoa	415	14	74	7
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>673</b>	<b>60</b>	<b>79</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked salmon	294	33	0	18
	365g roasted red potato	248	7	55	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>918</b>	<b>47</b>	<b>106</b>	<b>34</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	150g sliced apple	88	1	21	0
	25g raisins	96	1	23	0
	25g sliced almonds	157	5	5	13
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>523</b>	<b>25</b>	<b>72</b>	<b>15</b>
<b>DAILY TOTALS</b>		<b>3202</b>	<b>190</b>	<b>408</b>	<b>90</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast. The background is a rustic wooden surface.

**3300 CALORIES**  
***BULKING MEAL PLAN***

# 3300 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	165g blueberries	109	2	23	1
	<b>TOTAL</b>	<b>501</b>	<b>34</b>	<b>53</b>	<b>17</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	145g banana	136	1	33	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>513</b>	<b>35</b>	<b>55</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5	
	360g cooked white or brown rice	412	11	83	4	
	150g cooked broccoli	56	3	11	0	

	TOTAL	685	57	94	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>656</b>	<b>17</b>	<b>93</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	360g cooked sweet potato	337	7	75	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>946</b>	<b>56</b>	<b>122</b>	<b>26</b>
<b>DAILY TOTALS</b>		<b>3301</b>	<b>199</b>	<b>417</b>	<b>93</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3300 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	145g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>605</b>	<b>29</b>	<b>93</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>284</b>	<b>7</b>	<b>37</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked lean beef	224	38	0	8
	350g cooked quinoa	415	14	74	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>799</b>	<b>55</b>	<b>111</b>	<b>15</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	35g granola	163	7	18	7	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5	
	360g cooked whole wheat pasta	496	18	97	4	
	200ml pasta sauce	180	4	32	4	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>1035</b>	<b>68</b>	<b>139</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>3300</b>	<b>197</b>	<b>421</b>	<b>92</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3300 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	135g strawberries	44	0	11	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>526</b>	<b>36</b>	<b>64</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	116	1	28	0
	40g mixed nuts	260	8	12	20
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>513</b>	<b>11</b>	<b>61</b>	<b>25</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	370g baked potato	361	7	81	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>676</b>	<b>51</b>	<b>91</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	30g natural peanut butter	195	9	6	15

	1/2 scoop protein powder	65	12	2	1
	140g banana	132	1	32	0
	15g chopped pitted dates	44	0	11	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>551</b>	<b>37</b>	<b>58</b>	<b>19</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	375g cooked white or brown rice	424	11	86	4
	135g corn	129	4	26	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml orange juice	173	2	39	1
	<b>TOTAL</b>	<b>1033</b>	<b>60</b>	<b>151</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3299</b>	<b>195</b>	<b>425</b>	<b>91</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3300 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	300ml unsweetened almond milk	31	1	0	3	
	145g orange	72	1	17	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	2 teaspoons butter	72	0	0	8	
	<b>TOTAL</b>	<b>933</b>	<b>54</b>	<b>105</b>	<b>33</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5	
	340g cooked sweet potato	321	7	71	1	
	150g mixed steamed vegetables	64	5	11	0	
	<b>TOTAL</b>	<b>618</b>	<b>59</b>	<b>82</b>	<b>6</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	50g dark chocolate (70%)	280	5	20	20	
	175g grapes	132	1	32	0	
	<b>TOTAL</b>	<b>412</b>	<b>6</b>	<b>52</b>	<b>20</b>	



MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	400g cooked white or brown rice	452	12	92	4
	150g cooked cauliflower	36	3	6	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>979</b>	<b>60</b>	<b>133</b>	<b>23</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>360</b>	<b>22</b>	<b>50</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3302</b>	<b>201</b>	<b>422</b>	<b>90</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3300 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>595</b>	<b>45</b>	<b>61</b>	<b>19</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1.5 medium whole wheat bagels	283	11	53	3
	1.5 teaspoons butter	54	0	0	6
	170g banana	164	2	39	0
	<b>TOTAL</b>	<b>501</b>	<b>13</b>	<b>92</b>	<b>9</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	365g cooked quinoa	431	15	77	7
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>705</b>	<b>65</b>	<b>82</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked salmon	311	35	0	19
	380g roasted red potato	260	8	57	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>947</b>	<b>50</b>	<b>108</b>	<b>35</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	165g sliced apple	96	1	23	0
	25g raisins	84	1	20	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>553</b>	<b>28</b>	<b>72</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>3301</b>	<b>201</b>	<b>415</b>	<b>93</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. In the bottom left, a wooden bowl contains a mix of green and red beans. To the right of the salmon is a piece of green broccoli. In the bottom right corner, there is a piece of raw, red meat and a piece of white, skinless chicken breast. The entire composition is set against a dark, textured background.

**3400 CALORIES**  
***BULKING MEAL PLAN***

# 3400 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	3 slices Ezekial toast	255	12	45	3
	1.5 teaspoons butter	54	0	0	6
	150g blueberries	101	2	21	1
	<b>TOTAL</b>	<b>596</b>	<b>38</b>	<b>66</b>	<b>20</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	135g banana	128	1	31	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>505</b>	<b>35</b>	<b>53</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5	
	360g cooked white or brown rice	412	11	83	4	
	150g cooked broccoli	56	3	11	0	

	TOTAL	701	61	94	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>652</b>	<b>17</b>	<b>92</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	360g cooked sweet potato	337	7	75	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>946</b>	<b>56</b>	<b>122</b>	<b>26</b>
<b>DAILY TOTALS</b>		<b>3400</b>	<b>207</b>	<b>427</b>	<b>96</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3400 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	92	2	21	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>613</b>	<b>30</b>	<b>94</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g pear	112	1	27	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>310</b>	<b>8</b>	<b>38</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked lean beef	236	41	0	8
	375g cooked quinoa	448	15	79	8
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>844</b>	<b>59</b>	<b>116</b>	<b>16</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	35g granola	163	7	18	7	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5	
	375g cooked whole wheat pasta	516	19	101	4	
	200ml pasta sauce	180	4	32	4	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>1055</b>	<b>69</b>	<b>143</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>3399</b>	<b>204</b>	<b>432</b>	<b>95</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3400 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	60g oatmeal (dry measurement)	232	8	41	4
	135g strawberries	44	0	11	0
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>526</b>	<b>36</b>	<b>64</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	120	2	28	0
	40g mixed nuts	260	8	12	20
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>517</b>	<b>12</b>	<b>61</b>	<b>25</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	380g baked potato	377	8	84	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>700</b>	<b>54</b>	<b>94</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	1/2 scoop protein powder	65	12	2	1
	130g banana	124	1	30	0
	15g chopped pitted dates	44	0	11	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>582</b>	<b>39</b>	<b>57</b>	<b>22</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	400g cooked white or brown rice	452	12	92	4
	130g corn	134	4	25	2
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml orange juice	173	2	39	1
	<b>TOTAL</b>	<b>1074</b>	<b>63</b>	<b>156</b>	<b>22</b>
<b>DAILY TOTALS</b>		<b>3399</b>	<b>204</b>	<b>432</b>	<b>95</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3400 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	300ml unsweetened almond milk	31	1	0	3	
	145g orange	72	1	17	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	2 teaspoons butter	72	0	0	8	
	<b>TOTAL</b>	<b>933</b>	<b>54</b>	<b>105</b>	<b>33</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	345g cooked sweet potato	325	7	72	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>622</b>	<b>59</b>	<b>83</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g dark chocolate (70%)	280	5	20	20
	200g grapes	148	1	36	0

	TOTAL	428	6	56	20
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	415g cooked white or brown rice	464	12	95	4
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1048</b>	<b>60</b>	<b>139</b>	<b>28</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	135g banana	128	1	31	0
	<b>TOTAL</b>	<b>368</b>	<b>22</b>	<b>52</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3399</b>	<b>201</b>	<b>435</b>	<b>95</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3400 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>595</b>	<b>45</b>	<b>61</b>	<b>19</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	165g banana	160	2	38	0
	<b>TOTAL</b>	<b>604</b>	<b>16</b>	<b>108</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	365g cooked quinoa	431	15	77	7
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>705</b>	<b>65</b>	<b>82</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked salmon	311	35	0	19
	380g roasted red potato	260	8	57	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>947</b>	<b>50</b>	<b>108</b>	<b>35</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	160g sliced apple	92	1	22	0
	25g raisins	84	1	20	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>549</b>	<b>28</b>	<b>71</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>3400</b>	<b>204</b>	<b>430</b>	<b>96</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are green peas and red kidney beans in a wooden bowl. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**3500 CALORIES**  
***BULKING MEAL PLAN***

# 3500 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	3 slices Ezekial toast	255	12	45	3
	1.5 teaspoons butter	54	0	0	6
	175g blueberries	117	2	25	1
	<b>TOTAL</b>	<b>612</b>	<b>38</b>	<b>70</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g banana	144	1	35	0	
	20g pitted dates	60	1	14	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>521</b>	<b>35</b>	<b>57</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6	
	375g cooked white or brown rice	424	11	86	4	
	150g cooked broccoli	56	3	11	0	




	TOTAL	726	62	97	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>656</b>	<b>17</b>	<b>93</b>	<b>24</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked lean beef	282	48	0	10
	380g cooked sweet potato	357	8	79	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>987</b>	<b>60</b>	<b>126</b>	<b>27</b>
<b>DAILY TOTALS</b>		<b>3502</b>	<b>212</b>	<b>443</b>	<b>98</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3500 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	140g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>605</b>	<b>29</b>	<b>93</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g pear	108	1	26	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>306</b>	<b>8</b>	<b>37</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked lean beef	236	41	0	8
	340g cooked quinoa	403	14	71	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>799</b>	<b>58</b>	<b>108</b>	<b>15</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	35g granola	163	7	18	7	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
DINNER	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5	
	340g cooked whole wheat pasta	463	17	92	3	
	190ml pasta sauce	172	4	30	4	
	2 teaspoons extra virgin olive oil	90	0	0	10	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>994</b>	<b>67</b>	<b>132</b>	<b>22</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	
SNACK	50g Kashi GoLean cereal	198	10	35	2	
	200ml unsweetened almond milk	22	1	0	2	
	<b>TOTAL</b>		<b>220</b>	<b>11</b>	<b>35</b>	<b>4</b>
<b>DAILY TOTALS</b>		<b>3501</b>	<b>211</b>	<b>446</b>	<b>97</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3500 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	70g oatmeal (dry measurement)	268	10	48	4
	135g strawberries	44	0	11	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>586</b>	<b>38</b>	<b>77</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	120	2	28	0
	45g mixed nuts	299	9	14	23
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>556</b>	<b>13</b>	<b>63</b>	<b>28</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	380g baked potato	377	8	84	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>700</b>	<b>54</b>	<b>94</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	1/2 scoop protein powder	65	12	2	1
	140g banana	132	1	32	0
	15g chopped pitted dates	44	0	11	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>590</b>	<b>39</b>	<b>59</b>	<b>22</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	400g cooked white or brown rice	452	12	92	4
	135g corn	129	4	26	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	275ml orange juice	173	2	39	1
	<b>TOTAL</b>	<b>1069</b>	<b>63</b>	<b>157</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3501</b>	<b>207</b>	<b>450</b>	<b>97</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3500 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	300ml unsweetened almond milk	31	1	0	3	
	155g orange	84	2	19	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	2 teaspoons butter	72	0	0	8	
	<b>TOTAL</b>	<b>945</b>	<b>55</b>	<b>107</b>	<b>33</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	365g cooked sweet potato	345	7	77	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>663</b>	<b>62</b>	<b>88</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	50g dark chocolate (70%)	280	5	20	20
	215g grapes	160	1	39	0

	TOTAL	440	6	59	20
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked lean beef	290	50	0	10
	415g cooked white or brown rice	464	12	95	4
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1077</b>	<b>65</b>	<b>139</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	145g banana	136	1	33	0
	<b>TOTAL</b>	<b>376</b>	<b>22</b>	<b>54</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3501</b>	<b>210</b>	<b>447</b>	<b>97</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3500 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>632</b>	<b>51</b>	<b>62</b>	<b>20</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	170g banana	164	2	39	0
	<b>TOTAL</b>	<b>608</b>	<b>16</b>	<b>109</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	380g cooked quinoa	452	15	80	8
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>747</b>	<b>68</b>	<b>85</b>	<b>15</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked salmon	311	35	0	19
	400g roasted red potato	272	8	60	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>959</b>	<b>50</b>	<b>111</b>	<b>35</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	165g sliced apple	96	1	23	0
	25g raisins	84	1	20	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>553</b>	<b>28</b>	<b>72</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>3499</b>	<b>213</b>	<b>439</b>	<b>99</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large piece of fresh salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast.

**3600 CALORIES**  
***BULKING MEAL PLAN***

# 3600 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	3 slices Ezekial toast	255	12	45	3
	1.5 teaspoons butter	54	0	0	6
	175g blueberries	117	2	25	1
	<b>TOTAL</b>	<b>628</b>	<b>42</b>	<b>70</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	160g banana	152	1	37	0
	20g pitted dates	60	1	14	0
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>529</b>	<b>35</b>	<b>59</b>	<b>17</b>	


MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	380g cooked white or brown rice	428	11	87	4
	150g cooked broccoli	56	3	11	0

	TOTAL	738	64	98	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>695</b>	<b>18</b>	<b>95</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked lean beef	290	50	0	10
	400g cooked sweet potato	373	8	83	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1011</b>	<b>62</b>	<b>130</b>	<b>27</b>
<b>DAILY TOTALS</b>		<b>3601</b>	<b>221</b>	<b>452</b>	<b>101</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3600 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	145g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>605</b>	<b>29</b>	<b>93</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g pear	104	1	25	0
	40g cashews	224	8	12	16
	<b>TOTAL</b>	<b>328</b>	<b>9</b>	<b>37</b>	<b>16</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked lean beef	240	42	0	8
	340g cooked quinoa	403	14	71	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>803</b>	<b>59</b>	<b>108</b>	<b>15</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	35g granola	163	7	18	7
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	370g cooked whole wheat pasta	512	19	100	4
	200ml pasta sauce	180	4	32	4
	2 teaspoons extra virgin olive oil	90	0	0	10
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1067</b>	<b>73</b>	<b>142</b>	<b>23</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	50g Kashi GoLean cereal	198	10	35	2
	200ml unsweetened almond milk	22	1	0	2
	<b>TOTAL</b>	<b>220</b>	<b>11</b>	<b>35</b>	<b>4</b>
<b>DAILY TOTALS</b>		<b>3600</b>	<b>219</b>	<b>456</b>	<b>100</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.

Creatine Monohydrate

3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3600 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	70g oatmeal (dry measurement)	268	10	48	4
	135g strawberries	44	0	11	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>586</b>	<b>38</b>	<b>77</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	120	2	28	0
	45g mixed nuts	299	9	14	23
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>556</b>	<b>13</b>	<b>63</b>	<b>28</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	400g baked potato	393	8	88	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>724</b>	<b>56</b>	<b>98</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	3/4 scoop protein powder	89	18	2	1
	135g banana	128	1	31	0
	25g chopped pitted dates	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>642</b>	<b>46</b>	<b>65</b>	<b>22</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	400g cooked white or brown rice	452	12	92	4
	135g corn	129	4	26	1
	2 teaspoons extra virgin olive oil	90	0	0	10
	300ml orange juice	189	2	43	1
	<b>TOTAL</b>	<b>1093</b>	<b>65</b>	<b>161</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3601</b>	<b>218</b>	<b>464</b>	<b>97</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3600 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	2 teaspoons butter	72	0	0	8	
	<b>TOTAL</b>	<b>969</b>	<b>61</b>	<b>107</b>	<b>33</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	370g cooked sweet potato	345	7	77	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>663</b>	<b>62</b>	<b>88</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g dark chocolate (70%)	336	6	24	24
	215g grapes	160	1	39	0

	TOTAL	496	7	63	24
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	282	48	0	10
	425g cooked white or brown rice	480	13	98	4
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1085</b>	<b>64</b>	<b>142</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	150g banana	148	2	35	0
	<b>TOTAL</b>	<b>388</b>	<b>23</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3601</b>	<b>217</b>	<b>456</b>	<b>101</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3600 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	45g granola	209	9	23	9
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>657</b>	<b>52</b>	<b>65</b>	<b>21</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	180g banana	172	2	41	0
	<b>TOTAL</b>	<b>616</b>	<b>16</b>	<b>111</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	400g cooked quinoa	472	16	84	8
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>779</b>	<b>72</b>	<b>89</b>	<b>15</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	400g roasted red potato	272	8	60	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>976</b>	<b>52</b>	<b>111</b>	<b>36</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	170g sliced apple	100	1	24	0
	30g raisins	100	1	24	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>573</b>	<b>28</b>	<b>77</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>3601</b>	<b>220</b>	<b>453</b>	<b>101</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with rolled oats. To its right is a large, vibrant orange slice. Below the orange is a piece of fresh green broccoli. In the center, a large, bright orange salmon fillet is the focal point. To the right of the salmon is a piece of raw, red meat. In the bottom right corner, there's a piece of white, cooked chicken. In the bottom left, there are wooden bowls containing green beans and red kidney beans. The background is a rustic wooden surface.

**3700 CALORIES**  
***BULKING MEAL PLAN***

# 3700 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	3 slices Ezekial toast	255	12	45	3
	1.5 teaspoons butter	54	0	0	6
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>632</b>	<b>42</b>	<b>71</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	160g banana	152	1	37	0	
	20g pitted dates	60	1	14	0	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>555</b>	<b>36</b>	<b>60</b>	<b>19</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6	
	415g cooked white or brown rice	464	12	95	4	
	150g cooked broccoli	56	3	11	0	




	TOTAL	774	65	106	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	165g sliced apple	96	1	23	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>699</b>	<b>18</b>	<b>96</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	294	51	0	10
	425g cooked sweet potato	397	9	88	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1039</b>	<b>64</b>	<b>135</b>	<b>27</b>
<b>DAILY TOTALS</b>		<b>3699</b>	<b>225</b>	<b>468</b>	<b>103</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3700 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	92	2	21	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>613</b>	<b>30</b>	<b>94</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	35g cashews	198	8	11	14
	<b>TOTAL</b>	<b>314</b>	<b>9</b>	<b>39</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked lean beef	261	45	0	9
	365g cooked quinoa	431	15	77	7
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>852</b>	<b>63</b>	<b>114</b>	<b>16</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	35g granola	163	7	18	7
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	380g cooked whole wheat pasta	524	19	103	4
	200ml pasta sauce	180	4	32	4
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1124</b>	<b>73</b>	<b>145</b>	<b>28</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	50g Kashi GoLean cereal	198	10	35	2
	200ml unsweetened almond milk	22	1	0	2
	<b>TOTAL</b>	<b>220</b>	<b>11</b>	<b>35</b>	<b>4</b>
<b>DAILY TOTALS</b>		<b>3700</b>	<b>223</b>	<b>468</b>	<b>104</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.

Creatine Monohydrate

3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3700 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	70g oatmeal (dry measurement)	268	10	48	4
	135g strawberries	44	0	11	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>586</b>	<b>38</b>	<b>77</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	120	2	28	0
	45g mixed nuts	299	9	14	23
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>556</b>	<b>13</b>	<b>63</b>	<b>28</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	400g baked potato	393	8	88	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>737</b>	<b>57</b>	<b>98</b>	<b>13</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	3/4 scoop protein powder	89	18	2	1
	135g banana	128	1	31	0
	25g chopped pitted dates	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>642</b>	<b>46</b>	<b>65</b>	<b>22</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	425g cooked white or brown rice	480	13	98	4
	135g corn	129	4	26	1
	1 tablespoon extra virgin olive oil	135	0	0	15
	300ml orange juice	189	2	43	1
	<b>TOTAL</b>	<b>1179</b>	<b>67</b>	<b>167</b>	<b>27</b>
<b>DAILY TOTALS</b>		<b>3700</b>	<b>221</b>	<b>470</b>	<b>104</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3700 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	2 teaspoons butter	72	0	0	8	
	<b>TOTAL</b>	<b>993</b>	<b>67</b>	<b>107</b>	<b>33</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	380g cooked sweet potato	357	8	79	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>687</b>	<b>66</b>	<b>90</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g dark chocolate (70%)	392	7	28	28
	210g grapes	156	1	38	0

	TOTAL	548	8	66	28
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	282	48	0	10
	425g cooked white or brown rice	480	13	98	4
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1085</b>	<b>64</b>	<b>142</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	150g banana	148	2	35	0
	<b>TOTAL</b>	<b>388</b>	<b>23</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3701</b>	<b>228</b>	<b>461</b>	<b>105</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3700 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	45g granola	209	9	23	9
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>657</b>	<b>52</b>	<b>65</b>	<b>21</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	180g banana	172	2	41	0
	<b>TOTAL</b>	<b>616</b>	<b>16</b>	<b>111</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	400g cooked quinoa	472	16	84	8
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>824</b>	<b>72</b>	<b>89</b>	<b>20</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	425g roasted red potato	292	9	64	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	300ml orange juice	145	2	32	1
	<b>TOTAL</b>	<b>996</b>	<b>53</b>	<b>115</b>	<b>36</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1/4 scoop protein powder	28	6	1	0
	180g sliced apple	104	1	25	0
	30g raisins	100	1	24	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>605</b>	<b>34</b>	<b>79</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>3698</b>	<b>227</b>	<b>459</b>	<b>106</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant slice of salmon. Further right is a fresh orange slice. Below the orange is a head of green broccoli. In the bottom left, there are wooden bowls containing green peas and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The entire composition is set against a dark, textured background.

**3800 CALORIES**  
***BULKING MEAL PLAN***

# 3800 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2 teaspoons butter	72	0	0	8
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>735</b>	<b>46</b>	<b>86</b>	<b>23</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	160g banana	152	1	37	0	
	20g pitted dates	60	1	14	0	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>555</b>	<b>36</b>	<b>60</b>	<b>19</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6	
	415g cooked white or brown rice	464	12	95	4	
	150g cooked broccoli	56	3	11	0	

	TOTAL	774	65	106	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	165g sliced apple	96	1	23	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>699</b>	<b>18</b>	<b>96</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	294	51	0	10
	425g cooked sweet potato	397	9	88	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1039</b>	<b>64</b>	<b>135</b>	<b>27</b>
<b>DAILY TOTALS</b>		<b>3802</b>	<b>229</b>	<b>483</b>	<b>106</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3800 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	92	2	21	0
	2 teaspoons honey	48	0	12	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>613</b>	<b>30</b>	<b>94</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	175g pear	116	1	28	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>314</b>	<b>8</b>	<b>39</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked lean beef	269	47	0	9
	375g cooked quinoa	448	15	79	8
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>877</b>	<b>65</b>	<b>116</b>	<b>17</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	35g granola	163	7	18	7
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	400g cooked whole wheat pasta	548	20	108	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1198</b>	<b>78</b>	<b>154</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	50g Kashi GoLean cereal	198	10	35	2
	200ml unsweetened almond milk	22	1	0	2
	<b>TOTAL</b>	<b>220</b>	<b>11</b>	<b>35</b>	<b>4</b>
<b>DAILY TOTALS</b>		<b>3799</b>	<b>230</b>	<b>479</b>	<b>107</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3800 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	70g oatmeal (dry measurement)	268	10	48	4
	135g strawberries	44	0	11	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>586</b>	<b>38</b>	<b>77</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g sliced apple	128	2	30	0
	50g mixed nuts	325	10	15	25
	30g multigrain crackers	137	2	21	5
	<b>TOTAL</b>	<b>590</b>	<b>14</b>	<b>66</b>	<b>30</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	410g baked potato	401	8	90	1
	1.5 teaspoons butter	54	0	0	6
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>745</b>	<b>57</b>	<b>100</b>	<b>13</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	1 scoop protein powder	117	24	3	1
	140g banana	132	1	32	0
	25g chopped pitted dates	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>674</b>	<b>52</b>	<b>67</b>	<b>22</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	425g cooked white or brown rice	480	13	98	4
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	300ml orange juice	189	2	43	1
	<b>TOTAL</b>	<b>1204</b>	<b>68</b>	<b>170</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>3799</b>	<b>229</b>	<b>480</b>	<b>107</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3800 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>1028</b>	<b>69</b>	<b>125</b>	<b>28</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6	
	380g cooked sweet potato	357	8	79	1	
	150g mixed steamed vegetables	64	5	11	0	
	<b>TOTAL</b>	<b>687</b>	<b>66</b>	<b>90</b>	<b>7</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	70g dark chocolate (70%)	392	7	28	28	
	220g grapes	164	1	40	0	
	<b>TOTAL</b>	<b>556</b>	<b>8</b>	<b>68</b>	<b>28</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	294	51	0	10
	425g cooked white or brown rice	480	13	98	4
	150g cooked cauliflower	36	3	6	0
	4 teaspoons extra virgin olive oil	180	0	0	20
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1142</b>	<b>67</b>	<b>142</b>	<b>34</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	150g banana	148	2	35	0
	<b>TOTAL</b>	<b>388</b>	<b>23</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3801</b>	<b>233</b>	<b>481</b>	<b>105</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3800 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	45g granola	209	9	23	9
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>657</b>	<b>52</b>	<b>65</b>	<b>21</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	200g banana	192	2	46	0
	<b>TOTAL</b>	<b>636</b>	<b>16</b>	<b>116</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	425g cooked quinoa	505	17	89	9
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>857</b>	<b>73</b>	<b>94</b>	<b>21</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	425g roasted red potato	292	9	64	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1008</b>	<b>53</b>	<b>118</b>	<b>36</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1/2 scoop protein powder	65	12	2	1
	180g sliced apple	104	1	25	0
	30g raisins	100	1	24	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>642</b>	<b>40</b>	<b>80</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>3800</b>	<b>234</b>	<b>473</b>	<b>108</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are green peas and red kidney beans in wooden bowls. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The background is a rustic wooden surface.

**3900 CALORIES**  
***BULKING MEAL PLAN***

# 3900 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2 teaspoons butter	72	0	0	8
	175g blueberries	117	2	25	1
	<b>TOTAL</b>	<b>731</b>	<b>46</b>	<b>85</b>	<b>23</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g banana	144	1	35	0	
	20g pitted dates	60	1	14	0	
	25g bran flakes	97	2	20	1	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>644</b>	<b>38</b>	<b>78</b>	<b>20</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6	
	400g cooked white or brown rice	452	12	92	4	




	150g cooked broccoli	56	3	11	0
	<b>TOTAL</b>	<b>774</b>	<b>68</b>	<b>103</b>	<b>10</b>
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>691</b>	<b>18</b>	<b>94</b>	<b>27</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	180g cooked lean beef	315	54	0	11
	425g cooked sweet potato	397	9	88	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1060</b>	<b>67</b>	<b>135</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>3900</b>	<b>237</b>	<b>495</b>	<b>108</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3900 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	160g sliced apple	96	2	22	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>641</b>	<b>30</b>	<b>101</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g pear	124	1	30	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>322</b>	<b>8</b>	<b>41</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked lean beef	290	50	0	10
	375g cooked quinoa	448	15	79	8
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>898</b>	<b>68</b>	<b>116</b>	<b>18</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	35g granola	163	7	18	7
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>577</b>	<b>38</b>	<b>41</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	400g cooked whole wheat pasta	548	20	108	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1202</b>	<b>79</b>	<b>154</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g Kashi GoLean cereal	230	12	41	2
	200ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>	<b>261</b>	<b>13</b>	<b>41</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>3901</b>	<b>236</b>	<b>494</b>	<b>109</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3900 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	70g oatmeal (dry measurement)	268	10	48	4
	135g strawberries	44	0	11	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>602</b>	<b>42</b>	<b>77</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g sliced apple	128	2	30	0
	50g mixed nuts	325	10	15	25
	35g multigrain crackers	153	2	25	5
	<b>TOTAL</b>	<b>606</b>	<b>14</b>	<b>70</b>	<b>30</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	425g baked potato	421	9	94	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>795</b>	<b>59</b>	<b>106</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	35g natural peanut butter	234	11	7	18

	1 scoop protein powder	117	24	3	1
	145g banana	136	1	33	0
	25g chopped pitted dates	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>678</b>	<b>52</b>	<b>68</b>	<b>22</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	425g cooked white or brown rice	480	13	98	4
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1220</b>	<b>68</b>	<b>174</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>3901</b>	<b>235</b>	<b>495</b>	<b>109</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3900 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	55g oatmeal (dry measurement)	207	8	37	3	
	40g natural peanut butter	260	12	8	20	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>1070</b>	<b>71</b>	<b>129</b>	<b>30</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	380g cooked sweet potato	357	8	79	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>699</b>	<b>69</b>	<b>90</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g dark chocolate (70%)	392	7	28	28
	230g grapes	168	1	41	0

	TOTAL	560	8	69	28
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked lean beef	315	54	0	11
	425g cooked white or brown rice	480	13	98	4
	150g cooked cauliflower	36	3	6	0
	4 teaspoons extra virgin olive oil	180	0	0	20
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>1163</b>	<b>70</b>	<b>142</b>	<b>35</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	175g banana	168	2	40	0
	<b>TOTAL</b>	<b>408</b>	<b>23</b>	<b>61</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>3900</b>	<b>241</b>	<b>491</b>	<b>108</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3900 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	50g granola	230	10	25	10
	15g ground flaxseeds	94	4	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>678</b>	<b>53</b>	<b>67</b>	<b>22</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	220g banana	212	2	51	0
	<b>TOTAL</b>	<b>656</b>	<b>16</b>	<b>121</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	425g cooked quinoa	505	17	89	9
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>857</b>	<b>73</b>	<b>94</b>	<b>21</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	450g roasted red potato	308	9	68	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1054</b>	<b>56</b>	<b>122</b>	<b>38</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1/2 scoop protein powder	65	12	2	1
	190g sliced apple	116	2	27	0
	30g raisins	100	1	24	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>654</b>	<b>41</b>	<b>82</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>3899</b>	<b>239</b>	<b>486</b>	<b>111</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing green peas and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**4000 CALORIES**  
***BULKING MEAL PLAN***

# 4000 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2 teaspoons butter	72	0	0	8
	175g blueberries	117	2	25	1
	<b>TOTAL</b>	<b>731</b>	<b>46</b>	<b>85</b>	<b>23</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	150g banana	144	1	35	0
	20g pitted dates	60	1	14	0
	25g bran flakes	97	2	20	1
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>672</b>	<b>44</b>	<b>79</b>	<b>20</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	420g cooked white or brown rice	476	13	97	4
	150g cooked broccoli	56	3	11	0

	TOTAL	798	69	108	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	88	1	21	0
	50g mixed nuts	325	10	15	25
	<b>TOTAL</b>	<b>717</b>	<b>19</b>	<b>95</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked lean beef	315	54	0	11
	440g cooked sweet potato	409	9	91	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1084</b>	<b>67</b>	<b>141</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>4002</b>	<b>245</b>	<b>508</b>	<b>110</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4000 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	165g sliced apple	100	2	23	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>645</b>	<b>30</b>	<b>102</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g pear	132	1	32	0
	40g cashews	224	8	12	16
	<b>TOTAL</b>	<b>356</b>	<b>9</b>	<b>44</b>	<b>16</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked lean beef	290	50	0	10
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>922</b>	<b>69</b>	<b>121</b>	<b>18</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	35g granola	163	7	18	7
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>605</b>	<b>44</b>	<b>42</b>	<b>29</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	400g cooked whole wheat pasta	548	20	108	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1210</b>	<b>81</b>	<b>154</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g Kashi GoLean cereal	230	12	41	2
	250ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>	<b>261</b>	<b>13</b>	<b>41</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>3999</b>	<b>246</b>	<b>504</b>	<b>111</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4000 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	75g oatmeal (dry measurement)	293	11	51	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>631</b>	<b>43</b>	<b>81</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	225g sliced apple	136	2	32	0
	50g mixed nuts	325	10	15	25
	35g multigrain crackers	153	2	25	5
	<b>TOTAL</b>	<b>614</b>	<b>14</b>	<b>72</b>	<b>30</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	425g baked potato	421	9	94	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>795</b>	<b>59</b>	<b>106</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20



	1 1/4 scoops protein powder	145	30	4	1
	145g banana	136	1	33	0
	25g chopped pitted dates	76	1	18	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>732</b>	<b>59</b>	<b>70</b>	<b>24</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	425g cooked white or brown rice	480	13	98	4
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1228</b>	<b>70</b>	<b>174</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>4000</b>	<b>245</b>	<b>503</b>	<b>112</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4000 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>989</b>	<b>67</b>	<b>124</b>	<b>25</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	390g cooked sweet potato	365	8	81	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>707</b>	<b>69</b>	<b>92</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g dark chocolate (70%)	392	7	28	28
	240g grapes	176	1	43	0

	TOTAL	568	8	71	28
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	200g cooked lean beef	348	60	0	12
	450g cooked white or brown rice	517	14	104	5
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml apple juice	164	0	41	0
	<b>TOTAL</b>	<b>1200</b>	<b>77</b>	<b>151</b>	<b>32</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	180g banana	172	2	41	0
	20g almonds	122	4	4	10
	<b>TOTAL</b>	<b>534</b>	<b>27</b>	<b>66</b>	<b>18</b>
DAILY TOTALS		3998	248	504	110

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4000 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	50g granola	230	10	25	10
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>708</b>	<b>54</b>	<b>69</b>	<b>24</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	220g banana	212	2	51	0
	<b>TOTAL</b>	<b>656</b>	<b>16</b>	<b>121</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	450g cooked quinoa	533	18	95	9
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>897</b>	<b>77</b>	<b>100</b>	<b>21</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	475g roasted red potato	324	10	71	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1070</b>	<b>57</b>	<b>125</b>	<b>38</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1/2 scoop protein powder	65	12	2	1
	220g sliced apple	132	2	31	0
	30g raisins	100	1	24	0
	30g sliced almonds	183	6	6	15
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>670</b>	<b>41</b>	<b>86</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>4001</b>	<b>245</b>	<b>501</b>	<b>113</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing red kidney beans and green peas. In the bottom right, there is a piece of raw, red meat and a piece of white chicken breast.

**4100 CALORIES**  
***BULKING MEAL PLAN***

# 4100 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2.5 teaspoons butter	90	0	0	10
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>753</b>	<b>46</b>	<b>86</b>	<b>25</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	150g banana	144	1	35	0
	20g pitted dates	60	1	14	0
	25g bran flakes	97	2	20	1
	35g natural peanut butter	234	11	7	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>711</b>	<b>46</b>	<b>80</b>	<b>23</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 230g shrimp	278	56	0	6
	435g cooked white or brown rice	488	13	100	4
	150g cooked broccoli	56	3	11	0

	TOTAL	822	72	111	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	160g sliced apple	92	1	22	0
	50g mixed nuts	325	10	15	25
	<b>TOTAL</b>	<b>721</b>	<b>19</b>	<b>96</b>	<b>29</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked lean beef	315	54	0	11
	450g cooked sweet potato	417	9	93	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1092</b>	<b>67</b>	<b>143</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>4099</b>	<b>250</b>	<b>516</b>	<b>115</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 4100 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	150g sliced apple	88	1	21	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>633</b>	<b>29</b>	<b>100</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g pear	132	1	32	0
	40g cashews	224	8	12	16
	<b>TOTAL</b>	<b>356</b>	<b>9</b>	<b>44</b>	<b>16</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked lean beef	311	53	0	11
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	275ml apple juice	128	0	32	0
	<b>TOTAL</b>	<b>943</b>	<b>72</b>	<b>121</b>	<b>19</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	150g frozen strawberries	56	0	14	0
	40g granola	184	8	20	8
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>626</b>	<b>45</b>	<b>44</b>	<b>30</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	400g cooked whole wheat pasta	548	20	108	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1214</b>	<b>82</b>	<b>154</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	75g Kashi GoLean cereal	299	16	52	3
	250ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>	<b>330</b>	<b>17</b>	<b>52</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>4102</b>	<b>254</b>	<b>515</b>	<b>114</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4100 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	75g oatmeal (dry measurement)	293	11	51	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>631</b>	<b>43</b>	<b>81</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	225g sliced apple	136	2	32	0
	55g mixed nuts	364	11	17	28
	35g multigrain crackers	153	2	25	5
	<b>TOTAL</b>	<b>653</b>	<b>15</b>	<b>74</b>	<b>33</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	425g baked potato	421	9	94	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>807</b>	<b>62</b>	<b>106</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20

	1 1/4 scoops protein powder	145	30	4	1
	140g banana	132	1	32	0
	30g chopped pitted dates	88	1	21	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>740</b>	<b>59</b>	<b>72</b>	<b>24</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	450g cooked white or brown rice	517	14	104	5
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1269</b>	<b>72</b>	<b>180</b>	<b>29</b>
<b>DAILY TOTALS</b>		<b>4100</b>	<b>251</b>	<b>513</b>	<b>116</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4100 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	150g orange	80	2	18	0	
	50g oatmeal (dry measurement)	191	7	34	3	
	35g natural peanut butter	225	11	7	17	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>1019</b>	<b>69</b>	<b>125</b>	<b>27</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	190g cooked chicken breast OR 190g turkey breast OR 245g tilapia OR 315g shrimp	299	59	0	7
	415g cooked sweet potato	385	8	86	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>748</b>	<b>72</b>	<b>97</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g dark chocolate (70%)	392	7	28	28
	245g grapes	180	1	44	0

	TOTAL	572	8	72	28
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	200g cooked lean beef	348	60	0	12
	475g cooked white or brown rice	537	14	109	5
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml apple juice	164	0	41	0
	<b>TOTAL</b>	<b>1220</b>	<b>77</b>	<b>156</b>	<b>32</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	185g banana	180	2	43	0
	20g almonds	122	4	4	10
	<b>TOTAL</b>	<b>542</b>	<b>27</b>	<b>68</b>	<b>18</b>
DAILY TOTALS		4101	253	518	113

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4100 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	50g granola	230	10	25	10
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>708</b>	<b>54</b>	<b>69</b>	<b>24</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	220g banana	212	2	51	0
	<b>TOTAL</b>	<b>656</b>	<b>16</b>	<b>121</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	475g cooked quinoa	566	19	100	10
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>930</b>	<b>78</b>	<b>105</b>	<b>22</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	475g roasted red potato	324	10	71	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	325ml orange juice	157	2	35	1
	<b>TOTAL</b>	<b>1070</b>	<b>57</b>	<b>125</b>	<b>38</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g low fat cottage cheese	130	22	6	2
	1/2 scoop protein powder	65	12	2	1
	225g sliced apple	136	2	32	0
	35g raisins	116	1	28	0
	35g sliced almonds	218	7	7	18
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>737</b>	<b>44</b>	<b>93</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>4101</b>	<b>249</b>	<b>513</b>	<b>117</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing green peas and red kidney beans. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast. The background is a rustic wooden surface.

**4200 CALORIES**  
***BULKING MEAL PLAN***

# 4200 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2.5 teaspoons butter	90	0	0	10
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>753</b>	<b>46</b>	<b>86</b>	<b>25</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	150g banana	144	1	35	0
	20g pitted dates	60	1	14	0
	25g bran flakes	97	2	20	1
	35g natural peanut butter	234	11	7	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>711</b>	<b>46</b>	<b>80</b>	<b>23</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	190g cooked chicken breast OR 190g turkey breast OR 245g tilapia OR 315g shrimp	299	59	0	7
	450g cooked white or brown rice	517	14	104	5
	150g cooked broccoli	56	3	11	0

	TOTAL	872	76	115	12
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	55g mixed nuts	364	11	17	28
	<b>TOTAL</b>	<b>760</b>	<b>20</b>	<b>98</b>	<b>32</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	190g cooked lean beef	327	57	0	11
	450g cooked sweet potato	417	9	93	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1104</b>	<b>70</b>	<b>143</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>4200</b>	<b>258</b>	<b>522</b>	<b>120</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4200 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	175g sliced apple	104	1	25	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>649</b>	<b>29</b>	<b>104</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g pear	140	1	34	0
	40g cashews	224	8	12	16
	<b>TOTAL</b>	<b>364</b>	<b>9</b>	<b>46</b>	<b>16</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked lean beef	311	53	0	11
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>955</b>	<b>72</b>	<b>124</b>	<b>19</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	165g frozen strawberries	60	0	15	0
	40g granola	184	8	20	8
	35g almond butter	245	7	7	21
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>665</b>	<b>46</b>	<b>46</b>	<b>33</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	420g cooked whole wheat pasta	572	21	113	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1238</b>	<b>83</b>	<b>159</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	75g Kashi GoLean cereal	299	16	52	3
	250ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>	<b>330</b>	<b>17</b>	<b>52</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>4201</b>	<b>256</b>	<b>531</b>	<b>117</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4200 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	75g oatmeal (dry measurement)	293	11	51	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>631</b>	<b>43</b>	<b>81</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	240g sliced apple	144	2	34	0
	55g mixed nuts	364	11	17	28
	40g multigrain crackers	178	3	28	6
	<b>TOTAL</b>	<b>686</b>	<b>16</b>	<b>79</b>	<b>34</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	460g baked potato	449	9	101	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>843</b>	<b>64</b>	<b>113</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20



	1 1/4 scoops protein powder	145	30	4	1
	150g banana	144	1	35	0
	30g chopped pitted dates	88	1	21	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>752</b>	<b>59</b>	<b>75</b>	<b>24</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	465g cooked white or brown rice	529	14	107	5
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1289</b>	<b>74</b>	<b>183</b>	<b>29</b>
<b>DAILY TOTALS</b>		<b>4201</b>	<b>256</b>	<b>531</b>	<b>117</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4200 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	165g orange	88	2	20	0	
	55g oatmeal (dry measurement)	207	8	37	3	
	40g natural peanut butter	260	12	8	20	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>1078</b>	<b>71</b>	<b>131</b>	<b>30</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7	
	420g cooked sweet potato	389	8	87	1	
	150g mixed steamed vegetables	64	5	11	0	
	<b>TOTAL</b>	<b>764</b>	<b>75</b>	<b>98</b>	<b>8</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	70g dark chocolate (70%)	392	7	28	28	
	250g grapes	184	1	45	0	
	<b>TOTAL</b>	<b>576</b>	<b>8</b>	<b>73</b>	<b>28</b>	

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	200g cooked lean beef	348	60	0	12
	475g cooked white or brown rice	537	14	109	5
	150g cooked cauliflower	36	3	6	0
	2 teaspoons extra virgin olive oil	90	0	0	10
	350ml apple juice	164	0	41	0
	<b>TOTAL</b>	<b>1175</b>	<b>77</b>	<b>156</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 Quest protein bar	240	21	21	8
	190g banana	184	2	44	0
	30g almonds	183	6	6	15
	<b>TOTAL</b>	<b>607</b>	<b>29</b>	<b>71</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>4200</b>	<b>260</b>	<b>529</b>	<b>116</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4200 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	31	1	0	3
	130g frozen raspberries	77	1	16	1
	130g frozen mango	72	1	17	0
	55g granola	255	11	28	11
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>741</b>	<b>55</b>	<b>74</b>	<b>25</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	230g banana	220	2	53	0
	<b>TOTAL</b>	<b>664</b>	<b>16</b>	<b>123</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	475g cooked quinoa	566	19	100	10
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>930</b>	<b>78</b>	<b>105</b>	<b>22</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	500g roasted red potato	340	10	75	0
	125g cooked green beans	52	3	10	0
	100g avocado	179	2	9	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1098</b>	<b>57</b>	<b>132</b>	<b>38</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g low fat cottage cheese	130	22	6	2
	3/4 scoop protein powder	89	18	2	1
	235g sliced apple	140	2	33	0
	35g raisins	116	1	28	0
	35g sliced almonds	218	7	7	18
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>765</b>	<b>50</b>	<b>94</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>4198</b>	<b>256</b>	<b>528</b>	<b>118</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. In the bottom left, there are wooden bowls containing green olives and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. In the center-right, there is a head of green broccoli. A dark, semi-transparent rectangular box is overlaid in the center, containing the text.

**4300 CALORIES**  
***BULKING MEAL PLAN***

# 4300 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2.5 teaspoons butter	90	0	0	10
	4 teaspoons strawberry jam	68	0	17	0
	170g blueberries	113	2	24	1
	<b>TOTAL</b>	<b>813</b>	<b>46</b>	<b>101</b>	<b>25</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	169	36	4	1	
	275ml unsweetened almond milk	31	1	0	3	
	150g banana	144	1	35	0	
	25g pitted dates	76	1	18	0	
	25g bran flakes	97	2	20	1	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>751</b>	<b>52</b>	<b>84</b>	<b>23</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	190g cooked chicken breast OR 190g turkey breast OR 245g tilapia OR 315g shrimp	299	59	0	7	
	450g cooked white or brown rice	517	14	104	5	


	150g cooked broccoli	56	3	11	0
	<b>TOTAL</b>	<b>872</b>	<b>76</b>	<b>115</b>	<b>12</b>
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	150g sliced apple	92	1	22	0
	55g mixed nuts	364	11	17	28
	<b>TOTAL</b>	<b>760</b>	<b>20</b>	<b>98</b>	<b>32</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	190g cooked lean beef	327	57	0	11
	450g cooked sweet potato	417	9	93	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1104</b>	<b>70</b>	<b>143</b>	<b>28</b>
<b>DAILY TOTALS</b>		<b>4300</b>	<b>264</b>	<b>541</b>	<b>120</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 4300 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	175g sliced apple	104	1	25	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>649</b>	<b>29</b>	<b>104</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g pear	140	1	34	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>394</b>	<b>10</b>	<b>48</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked lean beef	311	53	0	11
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	300ml apple juice	140	0	35	0
	<b>TOTAL</b>	<b>955</b>	<b>72</b>	<b>124</b>	<b>19</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 1/2 scoops protein powder	182	36	5	2
	250ml unsweetened almond milk	31	1	0	3
	165g frozen strawberries	60	0	15	0
	40g granola	184	8	20	8
	35g almond butter	245	7	7	21
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>702</b>	<b>52</b>	<b>47</b>	<b>34</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	430g cooked whole wheat pasta	588	22	116	4
	225ml pasta sauce	209	5	36	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>1254</b>	<b>84</b>	<b>162</b>	<b>30</b>
<b>MEAL #6</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	80g Kashi GoLean cereal	315	17	55	3
	250ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>	<b>346</b>	<b>18</b>	<b>55</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>4300</b>	<b>265</b>	<b>540</b>	<b>120</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.

<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4300 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	75g oatmeal (dry measurement)	293	11	51	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>631</b>	<b>43</b>	<b>81</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	250g sliced apple	148	2	35	0
	60g mixed nuts	390	12	18	30
	40g multigrain crackers	178	3	28	6
	<b>TOTAL</b>	<b>716</b>	<b>17</b>	<b>81</b>	<b>36</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	475g baked potato	469	10	105	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>863</b>	<b>65</b>	<b>117</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20

	1 1/2 scoops protein powder	182	36	5	2
	155g banana	148	1	36	0
	30g chopped pitted dates	88	1	21	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>793</b>	<b>65</b>	<b>77</b>	<b>25</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	475g cooked white or brown rice	537	14	109	5
	150g corn	154	5	29	2
	1 tablespoon extra virgin olive oil	135	0	0	15
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1297</b>	<b>74</b>	<b>185</b>	<b>29</b>
<b>DAILY TOTALS</b>		<b>4300</b>	<b>264</b>	<b>541</b>	<b>120</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4300 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	169	36	4	1	
	300ml unsweetened almond milk	31	1	0	3	
	165g orange	88	2	20	0	
	55g oatmeal (dry measurement)	207	8	37	3	
	40g natural peanut butter	260	12	8	20	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	4 teaspoons strawberry jam	68	0	17	0	
	<b>TOTAL</b>	<b>1078</b>	<b>71</b>	<b>131</b>	<b>30</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	425g cooked sweet potato	397	9	88	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>772</b>	<b>76</b>	<b>99</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	75g dark chocolate (70%)	418	7	30	30
	230g grapes	168	1	41	0

	<b>TOTAL</b>	<b>586</b>	<b>8</b>	<b>71</b>	<b>30</b>
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>DINNER</b>	200g cooked lean beef	348	60	0	12
	500g cooked white or brown rice	565	15	115	5
	150g cooked cauliflower	36	3	6	0
	1 teaspoon extra virgin olive oil	135	0	0	15
	350ml apple juice	164	0	41	0
	<b>TOTAL</b>	<b>1248</b>	<b>78</b>	<b>162</b>	<b>32</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>SNACK</b>	1 Quest protein bar	240	21	21	8
	200g banana	192	2	46	0
	30g almonds	183	6	6	15
	<b>TOTAL</b>	<b>615</b>	<b>29</b>	<b>73</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>4299</b>	<b>262</b>	<b>536</b>	<b>123</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4300 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	31	1	0	3
	130g frozen raspberries	77	1	16	1
	130g frozen mango	72	1	17	0
	55g granola	255	11	28	11
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>741</b>	<b>55</b>	<b>74</b>	<b>25</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	230g banana	220	2	53	0
	<b>TOTAL</b>	<b>664</b>	<b>16</b>	<b>123</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	500g cooked quinoa	590	20	105	10
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>954</b>	<b>79</b>	<b>110</b>	<b>22</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	500g roasted red potato	340	10	75	0
	125g cooked green beans	52	3	10	0
	115g avocado	201	2	10	17
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1120</b>	<b>57</b>	<b>133</b>	<b>40</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g low fat cottage cheese	130	22	6	2
	1 scoop protein powder	117	24	3	1
	235g sliced apple	140	2	33	0
	35g raisins	116	1	28	0
	40g sliced almonds	244	8	8	20
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>819</b>	<b>57</b>	<b>96</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>4298</b>	<b>264</b>	<b>536</b>	<b>122</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are green peas and red kidney beans in a wooden bowl. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**4400 CALORIES**  
***BULKING MEAL PLAN***

# 4400 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2.5 teaspoons butter	90	0	0	10
	4 teaspoons strawberry jam	68	0	17	0
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>821</b>	<b>46</b>	<b>103</b>	<b>25</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/2 scoops protein powder	169	36	4	1
	275ml unsweetened almond milk	31	1	0	3
	165g banana	156	1	38	0
	25g pitted dates	76	1	18	0
	25g bran flakes	97	2	20	1
	40g natural peanut butter	260	12	8	20
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>789</b>	<b>53</b>	<b>88</b>	<b>25</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT

LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	460g cooked white or brown rice	525	14	106	5
	150g cooked broccoli	56	3	11	0
	<b>TOTAL</b>	<b>892</b>	<b>79</b>	<b>117</b>	<b>12</b>
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	55g mixed nuts	364	11	17	28
	<b>TOTAL</b>	<b>760</b>	<b>20</b>	<b>98</b>	<b>32</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	200g cooked lean beef	348	60	0	12
	465g cooked sweet potato	429	9	96	1
	150g cooked carrots	56	2	12	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1137</b>	<b>73</b>	<b>146</b>	<b>29</b>
<b>DAILY TOTALS</b>		<b>4399</b>	<b>271</b>	<b>552</b>	<b>123</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4400 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/3 scoop protein powder	36	8	1	0
	175g sliced apple	104	1	25	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	1.5 medium whole wheat bagels	291	12	54	3
	1.5 teaspoons butter	54	0	0	6
	<b>TOTAL</b>	<b>685</b>	<b>37</b>	<b>105</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g pear	140	1	34	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>394</b>	<b>10</b>	<b>48</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked lean beef	311	53	0	11
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>967</b>	<b>72</b>	<b>127</b>	<b>19</b>



## WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	182	36	5	2	
	250ml unsweetened almond milk	31	1	0	3	
	165g frozen strawberries	60	0	15	0	
	40g granola	184	8	20	8	
	35g almond butter	245	7	7	21	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>702</b>	<b>52</b>	<b>47</b>	<b>34</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6	
	450g cooked whole wheat pasta	625	23	122	5	
	250ml pasta sauce	225	5	40	5	
	1 tablespoon extra virgin olive oil	135	0	0	15	
	125g cooked green beans	52	3	10	0	
	<b>TOTAL</b>		<b>1307</b>	<b>85</b>	<b>172</b>	<b>31</b>
MEAL #6	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	80g Kashi GoLean cereal	315	17	55	3	
	250ml unsweetened almond milk	31	1	0	3	
	<b>TOTAL</b>		<b>346</b>	<b>18</b>	<b>55</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>4401</b>	<b>274</b>	<b>554</b>	<b>121</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.

<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4400 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	80g oatmeal (dry measurement)	305	11	54	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>643</b>	<b>43</b>	<b>84</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	250g sliced apple	148	2	35	0
	60g mixed nuts	390	12	18	30
	40g multigrain crackers	178	3	28	6
	<b>TOTAL</b>	<b>716</b>	<b>17</b>	<b>81</b>	<b>36</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	475g baked potato	469	10	105	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>867</b>	<b>66</b>	<b>117</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20



	1 1/2 scoops protein powder	182	36	5	2
	160g banana	152	1	37	0
	35g chopped pitted dates	104	1	25	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>813</b>	<b>65</b>	<b>82</b>	<b>25</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	485g cooked white or brown rice	553	15	112	5
	150g corn	154	5	29	2
	4 teaspoons extra virgin olive oil	180	0	0	20
	325ml orange juice	205	2	47	1
	<b>TOTAL</b>	<b>1362</b>	<b>76</b>	<b>188</b>	<b>34</b>
<b>DAILY TOTALS</b>		<b>4401</b>	<b>267</b>	<b>552</b>	<b>125</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4400 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2	
	300ml unsweetened almond milk	31	1	0	3	
	165g orange	88	2	20	0	
	55g oatmeal (dry measurement)	207	8	37	3	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	5 teaspoons strawberry jam	84	0	21	0	
	<b>TOTAL</b>	<b>1081</b>	<b>70</b>	<b>135</b>	<b>29</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	425g cooked sweet potato	397	9	88	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>772</b>	<b>76</b>	<b>99</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	75g dark chocolate (70%)	418	7	30	30
	245g grapes	180	1	44	0
	<b>TOTAL</b>	<b>598</b>	<b>8</b>	<b>74</b>	<b>30</b>

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	210g cooked lean beef	369	63	0	13
	500g cooked white or brown rice	565	15	115	5
	150g cooked cauliflower	36	3	6	0
	1 teaspoon extra virgin olive oil	135	0	0	15
	350ml apple juice	164	0	41	0
	<b>TOTAL</b>	<b>1269</b>	<b>81</b>	<b>162</b>	<b>33</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 1/2 Quest protein bars	364	32	32	12
	200g banana	192	2	46	0
	20g almonds	122	4	4	10
	<b>TOTAL</b>	<b>678</b>	<b>38</b>	<b>82</b>	<b>22</b>
<b>DAILY TOTALS</b>		<b>4398</b>	<b>273</b>	<b>552</b>	<b>122</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

## 4400 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
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BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	31	1	0	3
	130g frozen raspberries	77	1	16	1
	130g frozen mango	72	1	17	0
	55g granola	255	11	28	11
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>741</b>	<b>55</b>	<b>74</b>	<b>25</b>
<b>MEAL #2</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	230g banana	220	2	53	0
	<b>TOTAL</b>	<b>664</b>	<b>16</b>	<b>123</b>	<b>12</b>
<b>MEAL #3</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
LUNCH	190g cooked chicken breast OR 190g turkey breast OR 245g tilapia OR 315g shrimp	299	59	0	7
	500g cooked quinoa	590	20	105	10
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>975</b>	<b>82</b>	<b>110</b>	<b>23</b>
 <b>WORKOUT</b>					
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	190g cooked salmon	375	42	0	23
	525g roasted red potato	360	11	79	0

	125g cooked green beans	52	3	10	0
	125g avocado	227	3	11	19
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1183</b>	<b>61</b>	<b>138</b>	<b>43</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>SNACK</b>	185g low fat cottage cheese	130	22	6	2
	1 scoop protein powder	117	24	3	1
	235g sliced apple	140	2	33	0
	40g raisins	132	1	32	0
	40g sliced almonds	244	8	8	20
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>835</b>	<b>57</b>	<b>100</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>4398</b>	<b>271</b>	<b>545</b>	<b>126</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing red kidney beans and green lentils. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The entire composition is set against a dark, textured background.

**4500 CALORIES**  
***BULKING MEAL PLAN***

# 4500 CALORIE BULKING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	4 slices Ezekial toast	340	16	60	4
	2.5 teaspoons butter	90	0	0	10
	4 teaspoons strawberry jam	68	0	17	0
	185g blueberries	121	2	26	1
	<b>TOTAL</b>	<b>821</b>	<b>46</b>	<b>103</b>	<b>25</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/2 scoops protein powder	169	36	4	1
	275ml unsweetened almond milk	31	1	0	3
	165g banana	156	1	38	0
	25g pitted dates	76	1	18	0
	25g bran flakes	97	2	20	1
	40g natural peanut butter	260	12	8	20
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>789</b>	<b>53</b>	<b>88</b>	<b>25</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
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LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	470g cooked white or brown rice	533	14	108	5
	150g cooked broccoli	56	3	11	0
	<b>TOTAL</b>	<b>900</b>	<b>79</b>	<b>119</b>	<b>12</b>
<b>MEAL #4</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	60g oatmeal (dry measurement)	232	8	41	4
	1/3 scoop protein powder	36	8	1	0
	1 tablespoon honey	72	0	18	0
	155g sliced apple	92	1	22	0
	55g mixed nuts	364	11	17	28
	<b>TOTAL</b>	<b>796</b>	<b>28</b>	<b>99</b>	<b>32</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	200g cooked lean beef	348	60	0	12
	475g cooked sweet potato	441	10	98	1
	150g cooked carrots	56	2	12	0
	4 teaspoons extra virgin olive oil	180	0	0	20
	350ml orange juice	169	2	38	1
	<b>TOTAL</b>	<b>1194</b>	<b>74</b>	<b>148</b>	<b>34</b>
<b>DAILY TOTALS</b>		<b>4500</b>	<b>280</b>	<b>557</b>	<b>128</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.



<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4500 CALORIE BULKING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/3 scoop protein powder	36	8	1	0
	175g sliced apple	104	1	25	0
	1 tablespoon honey	72	0	18	0
	cinnamon	0	0	0	0
	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	<b>TOTAL</b>	<b>784</b>	<b>39</b>	<b>121</b>	<b>16</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	215g pear	140	1	34	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>394</b>	<b>10</b>	<b>48</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked lean beef	311	53	0	11
	400g cooked quinoa	472	16	84	8
	125g cooked asparagus	32	3	5	0
	325ml apple juice	152	0	38	0
	<b>TOTAL</b>	<b>967</b>	<b>72</b>	<b>127</b>	<b>19</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/2 scoops protein powder	182	36	5	2
	250ml unsweetened almond milk	31	1	0	3
	165g frozen strawberries	60	0	15	0
	40g granola	184	8	20	8
	35g almond butter	245	7	7	21
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>702</b>	<b>52</b>	<b>47</b>	<b>34</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	450g cooked whole wheat pasta	625	23	122	5
	250ml pasta sauce	225	5	40	5
	1 tablespoon extra virgin olive oil	135	0	0	15
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>		<b>1307</b>	<b>85</b>	<b>172</b>
MEAL #6	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	80g Kashi GoLean cereal	315	17	55	3
	250ml unsweetened almond milk	31	1	0	3
	<b>TOTAL</b>		<b>346</b>	<b>18</b>	<b>55</b>
<b>DAILY TOTALS</b>		<b>4500</b>	<b>276</b>	<b>570</b>	<b>124</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
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<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4500 CALORIE BULKING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	5 egg whites	80	20	0	0
	85g oatmeal (dry measurement)	325	12	58	5
	145g strawberries	48	0	12	0
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>663</b>	<b>44</b>	<b>88</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	250g sliced apple	148	2	35	0
	60g mixed nuts	390	12	18	30
	40g multigrain crackers	178	3	28	6
	<b>TOTAL</b>	<b>716</b>	<b>17</b>	<b>81</b>	<b>36</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	485g baked potato	477	10	107	1
	2 teaspoons butter	72	0	0	8
	150g cooked carrots	56	2	12	0
	<b>TOTAL</b>	<b>883</b>	<b>68</b>	<b>119</b>	<b>15</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	115	15	7	3
	40g natural peanut butter	260	12	8	20

	1 3/4 scoops protein powder	206	42	5	2
	165g banana	156	1	38	0
	35g chopped pitted dates	104	1	25	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>841</b>	<b>71</b>	<b>83</b>	<b>25</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	500g cooked white or brown rice	565	15	115	5
	150g corn	154	5	29	2
	4 teaspoons extra virgin olive oil	180	0	0	20
	350ml orange juice	221	2	51	1
	<b>TOTAL</b>	<b>1398</b>	<b>78</b>	<b>195</b>	<b>34</b>
<b>DAILY TOTALS</b>		<b>4501</b>	<b>278</b>	<b>566</b>	<b>125</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 4500 CALORIE BULKING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2	
	300ml unsweetened almond milk	31	1	0	3	
	165g orange	88	2	20	0	
	55g oatmeal (dry measurement)	207	8	37	3	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	3 slices Ezekiel toast	255	12	45	3	
	5 teaspoons strawberry jam	84	0	21	0	
	<b>TOTAL</b>	<b>1081</b>	<b>70</b>	<b>135</b>	<b>29</b>	



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	440g cooked sweet potato	409	9	91	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>784</b>	<b>76</b>	<b>102</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	80g dark chocolate (70%)	448	8	32	32
	250g grapes	184	1	45	0

	TOTAL	632	9	77	32
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	215g cooked lean beef	377	65	0	13
	500g cooked white or brown rice	565	15	115	5
	150g cooked cauliflower	36	3	6	0
	1 tablespoon extra virgin olive oil	135	0	0	15
	350ml apple juice	164	0	41	0
	TOTAL	1277	83	162	33
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 1/2 Quest protein bars	364	32	32	12
	215g banana	204	2	49	0
	25g almonds	157	5	5	13
	TOTAL	725	39	86	25
DAILY TOTALS		4499	277	562	127

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 4500 CALORIE BULKING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	31	1	0	3
	130g frozen raspberries	77	1	16	1
	130g frozen mango	72	1	17	0
	55g granola	255	11	28	11
	20g ground flaxseeds	124	5	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>741</b>	<b>55</b>	<b>74</b>	<b>25</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	2 medium whole wheat bagels	372	14	70	4
	2 teaspoons butter	72	0	0	8
	240g banana	228	2	55	0
	<b>TOTAL</b>	<b>672</b>	<b>16</b>	<b>125</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	200g cooked chicken breast OR 200g turkey breast OR 260g tilapia OR 335g shrimp	311	62	0	7
	525g cooked quinoa	623	21	110	11
	125g cooked cauliflower	41	3	5	1
	1 teaspoon extra virgin olive oil	45	0	0	5
	<b>TOTAL</b>	<b>1020</b>	<b>86</b>	<b>115</b>	<b>24</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	200g cooked salmon	392	44	0	24
	525g roasted red potato	360	11	79	0
	125g cooked green beans	52	3	10	0
	125g avocado	227	3	11	19
	375ml orange juice	194	3	41	2
	<b>TOTAL</b>	<b>1225</b>	<b>64</b>	<b>141</b>	<b>45</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g low fat cottage cheese	130	22	6	2
	1 scoop protein powder	117	24	3	1
	250g sliced apple	148	2	35	0
	40g raisins	132	1	32	0
	40g sliced almonds	244	8	8	20
	1 tablespoon honey	72	0	18	0
	<b>TOTAL</b>	<b>843</b>	<b>57</b>	<b>102</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>4501</b>	<b>278</b>	<b>557</b>	<b>129</b>


RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are purple beans and green peas in wooden bowls. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The background is a light-colored wooden surface.

**1200 CALORIES**  
***CUTTING MEAL PLAN***

# 1200 CALORIE CUTTING PLAN #1


MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 whole egg	69	6	0	5	
	3 egg whites	48	12	0	0	
	70g blueberries	44	1	10	0	
	<b>TOTAL</b>	<b>161</b>	<b>19</b>	<b>10</b>	<b>5</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	50g banana	52	1	12	0	
	10g natural peanut butter	65	3	2	5	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>237</b>	<b>23</b>	<b>16</b>	<b>9</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	80g cooked white or brown rice	89	2	18	1	
	100g cooked broccoli	36	2	7	0	
	<b>TOTAL</b>	<b>256</b>	<b>30</b>	<b>25</b>	<b>4</b>	
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	

SNACK	30g oatmeal (dry measurement)	114	4	20	2
	45g sliced apple	28	1	6	0
	1 teaspoon honey	24	0	6	0
	15g mixed nuts	104	3	5	8
	<b>TOTAL</b>	<b>270</b>	<b>8</b>	<b>37</b>	<b>10</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	85g cooked lean beef	149	26	0	5
	100g cooked sweet potato	92	2	21	0
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>277</b>	<b>29</b>	<b>29</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>1201</b>	<b>109</b>	<b>117</b>	<b>33</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1200 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	140g plain low fat Greek yogurt	103	13	6	3
	60g sliced apple	36	1	8	0
	10g granola	46	2	5	2
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>185</b>	<b>16</b>	<b>19</b>	<b>5</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	60g pear	36	0	9	0
	10g cashews	56	2	3	4
	<b>TOTAL</b>	<b>92</b>	<b>2</b>	<b>12</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked lean beef	149	26	0	5
	100g cooked quinoa	118	4	21	2
	100g cooked asparagus	24	2	4	0
	<b>TOTAL</b>	<b>291</b>	<b>32</b>	<b>25</b>	<b>7</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>261</b>	<b>22</b>	<b>14</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3
	115g cooked whole wheat pasta	157	6	31	1
	50ml pasta sauce	45	1	8	1
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>373</b>	<b>35</b>	<b>47</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>1202</b>	<b>107</b>	<b>117</b>	<b>34</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1200 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	20g oatmeal (dry measurement)	77	3	14	1
	50g strawberries	16	0	4	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>210</b>	<b>21</b>	<b>18</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g sliced apple	44	1	10	0
	15g mixed nuts	104	3	5	8
	<b>TOTAL</b>	<b>148</b>	<b>4</b>	<b>15</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	85g baked potato	84	2	19	0
	1/2 teaspoon butter	18	0	0	2
	80g cooked carrots	28	1	6	0
	<b>TOTAL</b>	<b>269</b>	<b>31</b>	<b>25</b>	<b>5</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	120g plain low fat Greek yogurt	82	11	5	2
	10g natural peanut butter	65	3	2	5



	50g banana	52	1	12	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>223</b>	<b>15</b>	<b>25</b>	<b>7</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	100g cooked white or brown rice	113	3	23	1
	80g corn	77	2	15	1
	<b>TOTAL</b>	<b>350</b>	<b>36</b>	<b>38</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1200</b>	<b>107</b>	<b>121</b>	<b>32</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1200 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	70g orange	36	1	8	0
	20g oatmeal (dry measurement)	77	3	14	1
	10g natural peanut butter	65	3	2	5
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>298</b>	<b>26</b>	<b>26</b>	<b>10</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 130g shrimp	127	25	0	3
	80g cooked sweet potato	76	2	17	0
	75g mixed steamed vegetables	28	2	5	0
	<b>TOTAL</b>	<b>231</b>	<b>29</b>	<b>22</b>	<b>3</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	20g dark chocolate (70%)	112	2	8	8
	60g grapes	48	1	11	0
	<b>TOTAL</b>	<b>160</b>	<b>3</b>	<b>19</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	80g cooked lean beef	141	24	0	5
	100g cooked white or brown rice	113	3	23	1
	75g cooked cauliflower	16	1	3	0
	<b>TOTAL</b>	<b>270</b>	<b>28</b>	<b>26</b>	<b>6</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1199</b>	<b>107</b>	<b>114</b>	<b>35</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1200 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	50g frozen raspberries	37	1	6	1	
	50g frozen mango	32	1	7	0	
	15g granola	71	3	8	3	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>288</b>	<b>30</b>	<b>24</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	1/2 medium whole wheat bagel	106	4	18	2	
	1/2 teaspoon butter	18	0	0	2	
	<b>TOTAL</b>	<b>124</b>	<b>4</b>	<b>18</b>	<b>4</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	100g cooked quinoa	118	4	21	2	
	100g cooked cauliflower	33	2	4	1	
	<b>TOTAL</b>	<b>282</b>	<b>32</b>	<b>25</b>	<b>6</b>	
 <b>WORKOUT</b>						
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	

DINNER	85g cooked salmon	166	19	0	10
	100g roasted red potato	68	2	15	0
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>274</b>	<b>23</b>	<b>23</b>	<b>10</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	125g low fat cottage cheese	85	15	4	1
	50g sliced apple	32	1	7	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>234</b>	<b>18</b>	<b>27</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1202</b>	<b>107</b>	<b>117</b>	<b>34</b>


RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon with a distinct orange-pink hue and white marbling. To the right of the salmon is a head of green broccoli. In the bottom left, there is a wooden bowl containing green olives and red kidney beans. In the bottom right, there is a piece of raw, red meat and a piece of white chicken breast. The entire composition is set against a dark, textured background.

**1300 CALORIES**  
***CUTTING MEAL PLAN***

# 1300 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 whole egg	69	6	0	5	
	3 egg whites	48	12	0	0	
	70g blueberries	44	1	10	0	
	<b>TOTAL</b>	<b>161</b>	<b>19</b>	<b>10</b>	<b>5</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	3/4 scoop protein powder	89	18	2	1	
	250ml unsweetened almond milk	31	1	0	3	
	50g banana	52	1	12	0	
	15g natural peanut butter	104	5	3	8	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>276</b>	<b>25</b>	<b>17</b>	<b>12</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	95g cooked white or brown rice	109	3	22	1	
	100g cooked broccoli	36	2	7	0	
	<b>TOTAL</b>	<b>276</b>	<b>31</b>	<b>29</b>	<b>4</b>	
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	


SNACK	30g oatmeal (dry measurement)	114	4	20	2
	50g sliced apple	32	1	7	0
	1 teaspoon honey	24	0	6	0
	15g mixed nuts	104	3	5	8
	<b>TOTAL</b>	<b>274</b>	<b>8</b>	<b>38</b>	<b>10</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	95g cooked lean beef	170	29	0	6
	120g cooked sweet potato	108	2	25	0
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>314</b>	<b>32</b>	<b>33</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1301</b>	<b>115</b>	<b>127</b>	<b>37</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 1300 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	65g sliced apple	40	1	9	0
	10g granola	46	2	5	2
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>193</b>	<b>17</b>	<b>20</b>	<b>5</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g pear	44	0	11	0
	15g cashews	86	3	5	6
	<b>TOTAL</b>	<b>130</b>	<b>3</b>	<b>16</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked lean beef	149	26	0	5
	120g cooked quinoa	138	5	25	2
	100g cooked asparagus	24	2	4	0
	<b>TOTAL</b>	<b>311</b>	<b>33</b>	<b>29</b>	<b>7</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>261</b>	<b>22</b>	<b>14</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	95g cooked chicken breast OR 95g turkey breast OR 120g tilapia OR 160g shrimp	147	30	0	3
	125g cooked whole wheat pasta	169	6	34	1
	55ml pasta sauce	49	1	9	1
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>405</b>	<b>39</b>	<b>51</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>1300</b>	<b>114</b>	<b>130</b>	<b>36</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1300 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	20g oatmeal (dry measurement)	77	3	14	1
	50g strawberries	16	0	4	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>210</b>	<b>21</b>	<b>18</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g sliced apple	44	1	10	0
	15g mixed nuts	104	3	5	8
	<b>TOTAL</b>	<b>148</b>	<b>4</b>	<b>15</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	95g baked potato	92	2	21	0
	1/2 teaspoon butter	18	0	0	2
	80g cooked carrots	28	1	6	0
	<b>TOTAL</b>	<b>298</b>	<b>34</b>	<b>27</b>	<b>6</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	120g plain low fat Greek yogurt	82	11	5	2
	15g natural peanut butter	104	5	3	8

	50g banana	52	1	12	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>262</b>	<b>17</b>	<b>26</b>	<b>10</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	105g cooked chicken breast OR 105g turkey breast OR 135g tilapia OR 175g shrimp	168	33	0	4
	120g cooked white or brown rice	137	4	28	1
	80g corn	77	2	15	1
	<b>TOTAL</b>	<b>382</b>	<b>39</b>	<b>43</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1300</b>	<b>115</b>	<b>129</b>	<b>36</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1300 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	3/4 scoop protein powder	89	18	2	1
	250ml unsweetened almond milk	31	1	0	3
	85g orange	44	1	10	0
	20g oatmeal (dry measurement)	77	3	14	1
	10g natural peanut butter	65	3	2	5
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>306</b>	<b>26</b>	<b>28</b>	<b>10</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	100g cooked sweet potato	92	2	21	0
	100g mixed steamed vegetables	40	3	7	0
	<b>TOTAL</b>	<b>259</b>	<b>30</b>	<b>28</b>	<b>3</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	20g dark chocolate (70%)	112	2	8	8
	65g grapes	52	1	12	0
	<b>TOTAL</b>	<b>164</b>	<b>3</b>	<b>20</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	90g cooked lean beef	161	29	0	5
	120g cooked white or brown rice	137	4	28	1
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>331</b>	<b>35</b>	<b>32</b>	<b>7</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1300</b>	<b>115</b>	<b>129</b>	<b>36</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1300 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	60g frozen raspberries	41	1	7	1
	60g frozen mango	36	1	8	0
	20g granola	92	4	10	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>317</b>	<b>31</b>	<b>28</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1/2 medium whole wheat bagel	106	4	18	2
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>124</b>	<b>4</b>	<b>18</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	120g cooked quinoa	138	5	25	2
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>310</b>	<b>35</b>	<b>29</b>	<b>6</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	100g cooked salmon	196	22	0	12
	120g roasted red potato	80	2	18	0
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>316</b>	<b>26</b>	<b>26</b>	<b>12</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	125g low fat cottage cheese	85	15	4	1
	50g sliced apple	32	1	7	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>234</b>	<b>18</b>	<b>27</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1301</b>	<b>114</b>	<b>128</b>	<b>37</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.


[Back To Complete Meal Plan List](#)



A collage of healthy food items including salmon, broccoli, almonds, and chicken breast. The text "1400 CALORIES CUTTING MEAL PLAN" is overlaid in the center.

**1400 CALORIES**  
***CUTTING MEAL PLAN***

# 1400 CALORIE CUTTING PLAN #1


MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 whole egg	69	6	0	5	
	3 egg whites	48	12	0	0	
	80g blueberries	48	1	11	0	
	<b>TOTAL</b>	<b>165</b>	<b>19</b>	<b>11</b>	<b>5</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	60g banana	60	1	14	0	
	15g natural peanut butter	104	5	3	8	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>312</b>	<b>31</b>	<b>20</b>	<b>12</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	85g cooked chicken breast OR 85g turkey breast OR 110g tilapia OR 140g shrimp	131	26	0	3	
	120g cooked white or brown rice	137	4	28	1	
	100g cooked broccoli	36	2	7	0	
	<b>TOTAL</b>	<b>304</b>	<b>32</b>	<b>35</b>	<b>4</b>	
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	

SNACK	30g oatmeal (dry measurement)	114	4	20	2
	50g sliced apple	32	1	7	0
	1 teaspoon honey	24	0	6	0
	20g mixed nuts	130	4	6	10
	<b>TOTAL</b>	<b>300</b>	<b>9</b>	<b>39</b>	<b>12</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	100g cooked lean beef	174	30	0	6
	120g cooked sweet potato	108	2	25	0
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>318</b>	<b>33</b>	<b>33</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1399</b>	<b>124</b>	<b>138</b>	<b>39</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1400 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	70g sliced apple	44	1	10	0
	15g granola	71	3	8	3
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>		<b>222</b>	<b>18</b>	<b>24</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	70g pear	44	0	11	0
	20g cashews	112	4	6	8
	<b>TOTAL</b>	<b>156</b>	<b>4</b>	<b>17</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	85g cooked lean beef	149	26	0	5
	120g cooked quinoa	138	5	25	2
	100g cooked asparagus	24	2	4	0
	<b>TOTAL</b>	<b>311</b>	<b>33</b>	<b>29</b>	<b>7</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>289</b>	<b>22</b>	<b>15</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>DINNER</b>	95g cooked chicken breast OR 95g turkey breast OR 120g tilapia OR 160g shrimp	147	30	0	3
	135g cooked whole wheat pasta	181	7	36	1
	65ml pasta sauce	53	1	10	1
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>421</b>	<b>40</b>	<b>54</b>	<b>5</b>
<b>DAILY TOTALS</b>		<b>1399</b>	<b>123</b>	<b>139</b>	<b>39</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1400 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	25g oatmeal (dry measurement)	102	4	17	2
	75g strawberries	24	0	6	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>243</b>	<b>22</b>	<b>23</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	80g sliced apple	48	1	11	0
	15g mixed nuts	104	3	5	8
	<b>TOTAL</b>	<b>152</b>	<b>4</b>	<b>16</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	120g baked potato	112	2	26	0
	1 teaspoon butter	36	0	0	4
	80g cooked carrots	28	1	6	0
	<b>TOTAL</b>	<b>348</b>	<b>37</b>	<b>32</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	120g plain low fat Greek yogurt	82	11	5	2
	15g natural peanut butter	104	5	3	8

	60g banana	60	1	14	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>270</b>	<b>17</b>	<b>28</b>	<b>10</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	120g cooked white or brown rice	137	4	28	1
	80g corn	77	2	15	1
	<b>TOTAL</b>	<b>386</b>	<b>40</b>	<b>43</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1399</b>	<b>120</b>	<b>142</b>	<b>39</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1400 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	85g orange	56	1	13	0
	20g oatmeal (dry measurement)	77	3	14	1
	10g natural peanut butter	65	3	2	5
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>346</b>	<b>32</b>	<b>32</b>	<b>10</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	80g cooked chicken breast OR 80g turkey breast OR 105g tilapia OR 135g shrimp	127	25	0	3
	120g cooked sweet potato	108	2	25	0
	100g mixed steamed vegetables	40	3	7	0
	<b>TOTAL</b>	<b>275</b>	<b>30</b>	<b>32</b>	<b>3</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	25g dark chocolate (70%)	142	3	10	10
	80g grapes	60	1	14	0
	<b>TOTAL</b>	<b>202</b>	<b>4</b>	<b>24</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT




DINNER	90g cooked lean beef	161	29	0	5
	130g cooked white or brown rice	145	4	30	1
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>339</b>	<b>35</b>	<b>34</b>	<b>7</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1402</b>	<b>122</b>	<b>143</b>	<b>38</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1400 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	60g frozen raspberries	41	1	7	1
	60g frozen mango	36	1	8	0
	20g granola	92	4	10	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>317</b>	<b>31</b>	<b>28</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1/2 medium whole wheat bagel	106	4	18	2
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>124</b>	<b>4</b>	<b>18</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	140g cooked quinoa	167	6	29	3
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>360</b>	<b>39</b>	<b>33</b>	<b>8</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	110g cooked salmon	213	24	0	13
	140g roasted red potato	96	3	21	0
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>349</b>	<b>29</b>	<b>29</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	125g low fat cottage cheese	85	15	4	1
	80g sliced apple	48	1	11	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>250</b>	<b>18</b>	<b>31</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1400</b>	<b>121</b>	<b>139</b>	<b>40</b>


RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of healthy food items including salmon, broccoli, almonds, and chicken breast. The text is overlaid on a dark rectangular background in the center of the image.

**1500 CALORIES**  
*CUTTING MEAL PLAN*

# 1500 CALORIE CUTTING PLAN #1


MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 whole egg	69	6	0	5	
	3 egg whites	48	12	0	0	
	80g blueberries	48	1	11	0	
	<b>TOTAL</b>	<b>165</b>	<b>19</b>	<b>11</b>	<b>5</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	70g banana	68	1	16	0	
	20g natural peanut butter	130	6	4	10	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>346</b>	<b>32</b>	<b>23</b>	<b>14</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3	
	120g cooked white or brown rice	145	4	30	1	
	100g cooked broccoli	36	2	7	0	
	<b>TOTAL</b>	<b>320</b>	<b>34</b>	<b>37</b>	<b>4</b>	
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	

SNACK	30g oatmeal (dry measurement)	114	4	20	2
	60g sliced apple	36	1	8	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>343</b>	<b>10</b>	<b>42</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	100g cooked lean beef	174	30	0	6
	125g cooked sweet potato	116	3	26	0
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>326</b>	<b>34</b>	<b>34</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1500</b>	<b>129</b>	<b>147</b>	<b>44</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1500 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	70g sliced apple	44	1	10	0
	15g granola	71	3	8	3
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>222</b>	<b>18</b>	<b>24</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	75g pear	48	0	12	0
	20g cashews	112	4	6	8
	<b>TOTAL</b>	<b>160</b>	<b>4</b>	<b>18</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	95g cooked lean beef	170	29	0	6
	135g cooked quinoa	159	5	28	3
	100g cooked asparagus	24	2	4	0
	<b>TOTAL</b>	<b>353</b>	<b>36</b>	<b>32</b>	<b>9</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>289</b>	<b>28</b>	<b>15</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	160g cooked whole wheat pasta	222	8	43	2
	65ml pasta sauce	53	1	10	1
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>475</b>	<b>42</b>	<b>61</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>1499</b>	<b>128</b>	<b>150</b>	<b>43</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 1500 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	25g oatmeal (dry measurement)	102	4	17	2
	75g strawberries	24	0	6	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>243</b>	<b>22</b>	<b>23</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	80g sliced apple	48	1	11	0
	20g mixed nuts	130	4	6	10
	<b>TOTAL</b>	<b>178</b>	<b>5</b>	<b>17</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	140g baked potato	136	3	31	0
	1 teaspoon butter	36	0	0	4
	80g cooked carrots	28	1	6	0
	<b>TOTAL</b>	<b>380</b>	<b>40</b>	<b>37</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	120g plain low fat Greek yogurt	82	11	5	2
	15g natural peanut butter	104	5	3	8

	60g banana	60	1	14	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>270</b>	<b>17</b>	<b>28</b>	<b>10</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	140g cooked white or brown rice	153	4	32	1
	100g corn	97	3	19	1
	<b>TOTAL</b>	<b>430</b>	<b>43</b>	<b>51</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1501</b>	<b>127</b>	<b>156</b>	<b>41</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1500 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	110g orange	56	1	13	0
	25g oatmeal (dry measurement)	102	4	17	2
	15g natural peanut butter	104	5	3	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>410</b>	<b>35</b>	<b>36</b>	<b>14</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	90g cooked chicken breast OR 90g turkey breast OR 115g tilapia OR 150g shrimp	139	28	0	3
	130g cooked sweet potato	120	3	27	0
	100g mixed steamed vegetables	40	3	7	0
	<b>TOTAL</b>	<b>299</b>	<b>34</b>	<b>34</b>	<b>3</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	25g dark chocolate (70%)	142	3	10	10
	80g grapes	60	1	14	0
	<b>TOTAL</b>	<b>202</b>	<b>4</b>	<b>24</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	90g cooked lean beef	161	29	0	5
	140g cooked white or brown rice	153	4	32	1
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>347</b>	<b>35</b>	<b>36</b>	<b>7</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1498</b>	<b>129</b>	<b>151</b>	<b>42</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1500 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	70g frozen raspberries	45	1	8	1
	60g frozen mango	36	1	8	0
	15g granola	58	2	8	2
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>287</b>	<b>29</b>	<b>27</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>248</b>	<b>8</b>	<b>36</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	130g cooked quinoa	155	5	27	3
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>368</b>	<b>43</b>	<b>31</b>	<b>8</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	115g cooked salmon	217	25	0	13
	130g roasted red potato	92	3	20	0
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>349</b>	<b>30</b>	<b>28</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	125g low fat cottage cheese	85	15	4	1
	80g sliced apple	48	1	11	0
	10g raisins	32	0	8	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>250</b>	<b>18</b>	<b>31</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1502</b>	<b>128</b>	<b>153</b>	<b>42</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of healthy food items including salmon, broccoli, almonds, and chicken breast. The text is overlaid on a dark rectangular background in the center of the image.

**1600 CALORIES**  
***CUTTING MEAL PLAN***

# 1600 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	90g blueberries	56	1	13	0
	<b>TOTAL</b>	<b>173</b>	<b>19</b>	<b>13</b>	<b>5</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	85g banana	84	1	20	0
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>362</b>	<b>32</b>	<b>27</b>	<b>14</b>

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	95g cooked chicken breast OR 95g turkey breast OR 120g tilapia OR 160g shrimp	147	30	0	3
	145g cooked white or brown rice	157	4	33	1
	100g cooked broccoli	36	2	7	0
	<b>TOTAL</b>	<b>340</b>	<b>36</b>	<b>40</b>	<b>4</b>

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
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SNACK	30g oatmeal (dry measurement)	114	4	20	2
	70g sliced apple	44	1	10	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>351</b>	<b>10</b>	<b>44</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	110g cooked lean beef	195	33	0	7
	155g cooked sweet potato	144	3	33	0
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>375</b>	<b>37</b>	<b>41</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>1601</b>	<b>134</b>	<b>165</b>	<b>45</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1600 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	80g sliced apple	48	1	11	0
	15g granola	71	3	8	3
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>226</b>	<b>18</b>	<b>25</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	85g pear	56	0	14	0
	20g cashews	112	4	6	8
	<b>TOTAL</b>	<b>168</b>	<b>4</b>	<b>20</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked lean beef	174	30	0	6
	150g cooked quinoa	179	6	32	3
	100g cooked asparagus	24	2	4	0
	<b>TOTAL</b>	<b>377</b>	<b>38</b>	<b>36</b>	<b>9</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>289</b>	<b>28</b>	<b>15</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>DINNER</b>	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	180g cooked whole wheat pasta	250	9	49	2
	80ml pasta sauce	78	2	13	2
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>540</b>	<b>47</b>	<b>70</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1600</b>	<b>135</b>	<b>166</b>	<b>44</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1600 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	25g oatmeal (dry measurement)	102	4	17	2
	85g strawberries	28	0	7	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>247</b>	<b>22</b>	<b>24</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	90g sliced apple	56	1	13	0
	20g mixed nuts	130	4	6	10
	<b>TOTAL</b>	<b>186</b>	<b>5</b>	<b>19</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	140g baked potato	136	3	31	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>392</b>	<b>41</b>	<b>39</b>	<b>8</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	130g plain low fat Greek yogurt	95	12	5	3
	15g natural peanut butter	104	5	3	8

	70g banana	68	1	16	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>291</b>	<b>18</b>	<b>30</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	160g cooked white or brown rice	186	5	37	2
	100g corn	97	3	19	1
	<b>TOTAL</b>	<b>484</b>	<b>47</b>	<b>56</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1600</b>	<b>133</b>	<b>168</b>	<b>44</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1600 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	120g orange	60	1	14	0
	25g oatmeal (dry measurement)	102	4	17	2
	15g natural peanut butter	104	5	3	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>414</b>	<b>35</b>	<b>37</b>	<b>14</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	100g cooked chicken breast OR 100g turkey breast OR 130g tilapia OR 165g shrimp	160	31	0	4
	160g cooked sweet potato	148	3	34	0
	100g mixed steamed vegetables	40	3	7	0
	<b>TOTAL</b>	<b>348</b>	<b>37</b>	<b>41</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	25g dark chocolate (70%)	142	3	10	10
	85g grapes	64	1	15	0
	<b>TOTAL</b>	<b>206</b>	<b>4</b>	<b>25</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	100g cooked lean beef	174	30	0	6
	160g cooked white or brown rice	186	5	37	2
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>393</b>	<b>37</b>	<b>41</b>	<b>9</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1601</b>	<b>134</b>	<b>165</b>	<b>45</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1600 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	70g frozen raspberries	45	1	8	1
	70g frozen mango	40	1	9	0
	20g granola	79	3	10	3
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>312</b>	<b>30</b>	<b>30</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>248</b>	<b>8</b>	<b>36</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	120g cooked chicken breast OR 120g turkey breast OR 155g tilapia OR 200g shrimp	184	37	0	4
	150g cooked quinoa	179	6	32	3
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>396</b>	<b>45</b>	<b>36</b>	<b>8</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT



DINNER	120g cooked salmon	230	26	0	14
	150g roasted red potato	104	3	23	0
	100g cooked green beans	40	2	8	0
	<b>TOTAL</b>	<b>374</b>	<b>31</b>	<b>31</b>	<b>14</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	135g low fat cottage cheese	89	16	4	1
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>270</b>	<b>19</b>	<b>35</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1600</b>	<b>133</b>	<b>168</b>	<b>44</b>


RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there's a wooden bowl containing green olives and red kidney beans. In the bottom right, there's a piece of raw red meat and a piece of white chicken breast.

**1700 CALORIES**  
***CUTTING MEAL PLAN***

# 1700 CALORIE CUTTING PLAN #1


MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 whole egg	69	6	0	5	
	3 egg whites	48	12	0	0	
	100g blueberries	60	1	14	0	
	<b>TOTAL</b>	<b>177</b>	<b>19</b>	<b>14</b>	<b>5</b>	
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	85g banana	84	1	20	0	
	20g natural peanut butter	130	6	4	10	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>362</b>	<b>32</b>	<b>27</b>	<b>14</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	105g cooked chicken breast OR 105g turkey breast OR 135g tilapia OR 175g shrimp	168	33	0	4	
	155g cooked white or brown rice	182	5	36	2	
	125g cooked broccoli	48	3	9	0	
	<b>TOTAL</b>	<b>398</b>	<b>41</b>	<b>45</b>	<b>6</b>	
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	

SNACK	30g oatmeal (dry measurement)	114	4	20	2
	70g sliced apple	44	1	10	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>351</b>	<b>10</b>	<b>44</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	115g cooked lean beef	203	35	0	7
	175g cooked sweet potato	164	4	37	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>411</b>	<b>40</b>	<b>47</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>1699</b>	<b>142</b>	<b>177</b>	<b>47</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1700 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	80g sliced apple	48	1	11	0
	15g granola	71	3	8	3
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>226</b>	<b>18</b>	<b>25</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	95g pear	60	0	15	0
	25g cashews	142	5	8	10
	<b>TOTAL</b>	<b>202</b>	<b>5</b>	<b>23</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	105g cooked lean beef	182	32	0	6
	150g cooked quinoa	179	6	32	3
	125g cooked asparagus	32	3	5	0
	<b>TOTAL</b>	<b>393</b>	<b>41</b>	<b>37</b>	<b>9</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	100g frozen strawberries	36	0	9	0
	15g almond butter	105	3	3	9
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>289</b>	<b>28</b>	<b>15</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
<b>DINNER</b>	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	200g cooked whole wheat pasta	274	10	54	2
	90ml pasta sauce	82	2	14	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>588</b>	<b>51</b>	<b>78</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1698</b>	<b>143</b>	<b>178</b>	<b>46</b>

<b>RECOMMENDED SUPPLEMENTS</b>	<b>DIRECTIONS</b>
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1700 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	75g strawberries	24	0	6	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>255</b>	<b>22</b>	<b>26</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	90g sliced apple	56	1	13	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>225</b>	<b>6</b>	<b>21</b>	<b>13</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	150g baked potato	144	3	33	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>421</b>	<b>44</b>	<b>41</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	130g plain low fat Greek yogurt	95	12	5	3
	15g natural peanut butter	104	5	3	8

	70g banana	68	1	16	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>291</b>	<b>18</b>	<b>30</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	175g cooked white or brown rice	198	5	40	2
	100g corn	97	3	19	1
	<b>TOTAL</b>	<b>508</b>	<b>50</b>	<b>59</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1700</b>	<b>140</b>	<b>177</b>	<b>48</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 1700 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	120g orange	60	1	14	0
	25g oatmeal (dry measurement)	102	4	17	2
	15g natural peanut butter	104	5	3	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>414</b>	<b>35</b>	<b>37</b>	<b>14</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	180g cooked sweet potato	168	4	38	0
	100g mixed steamed vegetables	40	3	7	0
	<b>TOTAL</b>	<b>380</b>	<b>41</b>	<b>45</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	172	4	12	12
	85g grapes	64	1	15	0
	<b>TOTAL</b>	<b>236</b>	<b>5</b>	<b>27</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	110g cooked lean beef	195	33	0	7
	180g cooked white or brown rice	202	5	41	2
	100g cooked cauliflower	33	2	4	1
	<b>TOTAL</b>	<b>430</b>	<b>40</b>	<b>45</b>	<b>10</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1700</b>	<b>142</b>	<b>175</b>	<b>48</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1700 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	80g frozen raspberries	53	1	10	1
	80g frozen mango	44	1	10	0
	20g granola	79	3	10	3
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>324</b>	<b>30</b>	<b>33</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>248</b>	<b>8</b>	<b>36</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	170g cooked quinoa	199	7	36	3
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>441</b>	<b>49</b>	<b>41</b>	<b>9</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	125g cooked salmon	247	28	0	15
	170g roasted red potato	116	3	26	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>415</b>	<b>34</b>	<b>36</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	135g low fat cottage cheese	89	16	4	1
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	10g sliced almonds	61	2	2	5
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>270</b>	<b>19</b>	<b>35</b>	<b>6</b>
<b>DAILY TOTALS</b>		<b>1698</b>	<b>140</b>	<b>181</b>	<b>46</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing green lentils and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**1800 CALORIES**  
***CUTTING MEAL PLAN***

# 1800 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	85g blueberries	52	1	12	0
	<b>TOTAL</b>	<b>272</b>	<b>23</b>	<b>27</b>	<b>8</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	90g banana	88	1	21	0
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>366</b>	<b>32</b>	<b>28</b>	<b>14</b>	


MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	155g cooked white or brown rice	182	5	36	2
	125g cooked broccoli	48	3	9	0

	TOTAL	402	42	45	6
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g oatmeal (dry measurement)	114	4	20	2
	65g sliced apple	40	1	9	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>347</b>	<b>10</b>	<b>43</b>	<b>15</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	120g cooked lean beef	207	36	0	7
	175g cooked sweet potato	164	4	37	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>415</b>	<b>41</b>	<b>47</b>	<b>7</b>
<b>DAILY TOTALS</b>		<b>1802</b>	<b>148</b>	<b>190</b>	<b>50</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	150g plain low fat Greek yogurt	107	14	6	3
	95g sliced apple	56	1	13	0
	15g granola	71	3	8	3
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>234</b>	<b>18</b>	<b>27</b>	<b>6</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g pear	64	0	16	0
	25g cashews	142	5	8	10
	<b>TOTAL</b>	<b>206</b>	<b>5</b>	<b>24</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked lean beef	195	33	0	7
	165g cooked quinoa	195	7	35	3
	125g cooked asparagus	32	3	5	0
	<b>TOTAL</b>	<b>422</b>	<b>43</b>	<b>40</b>	<b>10</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3



	110g frozen strawberries	40	0	10	0
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>328</b>	<b>29</b>	<b>17</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	215g cooked whole wheat pasta	294	11	58	2
	90ml pasta sauce	82	2	14	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>608</b>	<b>52</b>	<b>82</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1798</b>	<b>147</b>	<b>190</b>	<b>50</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	85g strawberries	28	0	7	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>312</b>	<b>24</b>	<b>27</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g sliced apple	60	1	14	0
	20g mixed nuts	130	4	6	10
	<b>TOTAL</b>	<b>190</b>	<b>5</b>	<b>20</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	175g baked potato	172	4	39	0
	1 teaspoon butter	36	0	0	4
	100g cooked carrots	36	1	8	0
	<b>TOTAL</b>	<b>457</b>	<b>47</b>	<b>47</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g plain low fat Greek yogurt	103	13	6	3
	15g natural peanut butter	104	5	3	8

	80g banana	76	1	18	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>307</b>	<b>19</b>	<b>33</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	200g cooked white or brown rice	226	6	46	2
	100g corn	97	3	19	1
	<b>TOTAL</b>	<b>536</b>	<b>51</b>	<b>65</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1802</b>	<b>146</b>	<b>192</b>	<b>50</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	25g oatmeal (dry measurement)	102	4	17	2
	20g natural peanut butter	130	6	4	10
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>444</b>	<b>36</b>	<b>39</b>	<b>16</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	200g cooked sweet potato	184	4	42	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>408</b>	<b>42</b>	<b>51</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	172	4	12	12
	85g grapes	64	1	15	0
	<b>TOTAL</b>	<b>236</b>	<b>5</b>	<b>27</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	120g cooked lean beef	207	36	0	7
	200g cooked white or brown rice	226	6	46	2
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>474</b>	<b>45</b>	<b>51</b>	<b>10</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	<b>TOTAL</b>	<b>240</b>	<b>21</b>	<b>21</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1802</b>	<b>149</b>	<b>189</b>	<b>50</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1800 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	80g frozen raspberries	53	1	10	1
	80g frozen mango	44	1	10	0
	20g granola	79	3	10	3
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>324</b>	<b>30</b>	<b>33</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>248</b>	<b>8</b>	<b>36</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	190g cooked quinoa	228	8	40	4
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>474</b>	<b>51</b>	<b>45</b>	<b>10</b>
 <b>WORKOUT</b>					
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	130g cooked salmon	260	29	0	16
	190g roasted red potato	132	4	29	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>444</b>	<b>36</b>	<b>39</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	145g low fat cottage cheese	93	17	4	1
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>309</b>	<b>21</b>	<b>36</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1799</b>	<b>146</b>	<b>189</b>	<b>51</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To the right, a large, vibrant orange slice is visible. Below the almonds, a large piece of fresh salmon fillet is shown. To the right of the salmon, there is a head of green broccoli. In the bottom left corner, there are wooden bowls containing green lentils and red kidney beans. In the bottom right corner, there is a piece of raw red meat and a piece of white chicken breast. The background is a dark, textured surface.

**1900 CALORIES**  
***CUTTING MEAL PLAN***



# 1900 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	85g blueberries	52	1	12	0
	<b>TOTAL</b>	<b>272</b>	<b>23</b>	<b>27</b>	<b>8</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	95g banana	92	1	22	0
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>409</b>	<b>34</b>	<b>30</b>	<b>17</b>	


MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked chicken breast OR 115g turkey breast OR 150g tilapia OR 190g shrimp	180	36	0	4
	170g cooked white or brown rice	194	5	39	2
	125g cooked broccoli	48	3	9	0

	TOTAL	422	44	48	6
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g oatmeal (dry measurement)	114	4	20	2
	65g sliced apple	40	1	9	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>347</b>	<b>10</b>	<b>43</b>	<b>15</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	130g cooked lean beef	228	39	0	8
	195g cooked sweet potato	180	4	41	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>452</b>	<b>44</b>	<b>51</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1902</b>	<b>155</b>	<b>199</b>	<b>54</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	165g plain low fat Greek yogurt	115	15	7	3
	95g sliced apple	56	1	13	0
	20g granola	92	4	10	4
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>263</b>	<b>20</b>	<b>30</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g pear	64	0	16	0
	25g cashews	142	5	8	10
	<b>TOTAL</b>	<b>206</b>	<b>5</b>	<b>24</b>	<b>10</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	115g cooked lean beef	203	35	0	7
	180g cooked quinoa	216	7	38	4
	125g cooked asparagus	32	3	5	0
	<b>TOTAL</b>	<b>451</b>	<b>45</b>	<b>43</b>	<b>11</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	120g frozen strawberries	44	0	11	0
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>332</b>	<b>29</b>	<b>18</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	125g cooked chicken breast OR 125g turkey breast OR 160g tilapia OR 210g shrimp	201	39	0	5
	225g cooked whole wheat pasta	306	11	61	2
	100ml pasta sauce	90	2	16	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>649</b>	<b>55</b>	<b>87</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1901</b>	<b>154</b>	<b>202</b>	<b>53</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	100g strawberries	32	0	8	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>316</b>	<b>24</b>	<b>28</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g sliced apple	60	1	14	0
	25g mixed nuts	169	5	8	13
	<b>TOTAL</b>	<b>229</b>	<b>6</b>	<b>22</b>	<b>13</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	200g baked potato	192	4	44	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>485</b>	<b>47</b>	<b>54</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g plain low fat Greek yogurt	103	13	6	3
	1/4 scoop protein powder	28	6	1	0

	15g natural peanut butter	104	5	3	8
	80g banana	76	1	18	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>335</b>	<b>25</b>	<b>34</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	200g cooked white or brown rice	226	6	46	2
	100g corn	97	3	19	1
	<b>TOTAL</b>	<b>536</b>	<b>51</b>	<b>65</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1901</b>	<b>153</b>	<b>203</b>	<b>53</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 1900 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	25g oatmeal (dry measurement)	102	4	17	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>483</b>	<b>38</b>	<b>40</b>	<b>19</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	110g cooked chicken breast OR 110g turkey breast OR 140g tilapia OR 185g shrimp	172	34	0	4
	180g cooked sweet potato	168	4	38	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>392</b>	<b>42</b>	<b>47</b>	<b>4</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	172	4	12	12
	85g grapes	64	1	15	0
	<b>TOTAL</b>	<b>236</b>	<b>5</b>	<b>27</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	130g cooked lean beef	228	39	0	8
	200g cooked white or brown rice	226	6	46	2
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>495</b>	<b>48</b>	<b>51</b>	<b>11</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	50g banana	52	1	12	0
	<b>TOTAL</b>	<b>292</b>	<b>22</b>	<b>33</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1898</b>	<b>155</b>	<b>198</b>	<b>54</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 1900 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	90g frozen raspberries	57	1	11	1
	85g frozen mango	48	1	11	0
	20g granola	79	3	10	3
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>332</b>	<b>30</b>	<b>35</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	50g banana	52	1	12	0
	<b>TOTAL</b>	<b>300</b>	<b>9</b>	<b>48</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	200g cooked quinoa	236	8	42	4
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>494</b>	<b>54</b>	<b>47</b>	<b>10</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked salmon	277	31	0	17
	200g roasted red potato	136	4	30	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>465</b>	<b>38</b>	<b>40</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g low fat cottage cheese	93	17	4	1
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>309</b>	<b>21</b>	<b>36</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>1900</b>	<b>152</b>	<b>206</b>	<b>52</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing green olives and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast. The background is a rustic wooden surface.

**2000 CALORIES**  
*CUTTING MEAL PLAN*

# 2000 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 whole egg	69	6	0	5
	3 egg whites	48	12	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	100g blueberries	60	1	14	0
	<b>TOTAL</b>	<b>280</b>	<b>23</b>	<b>29</b>	<b>8</b>



## WORKOUT


MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	100g banana	96	1	23	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>413</b>	<b>34</b>	<b>31</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5	
	185g cooked white or brown rice	214	6	43	2	
	125g cooked broccoli	48	3	9	0	

	TOTAL	467	49	52	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g oatmeal (dry measurement)	114	4	20	2
	70g sliced apple	44	1	10	0
	1 teaspoon honey	24	0	6	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>377</b>	<b>11</b>	<b>45</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	135g cooked lean beef	236	41	0	8
	200g cooked sweet potato	184	4	42	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>464</b>	<b>46</b>	<b>52</b>	<b>8</b>
DAILY TOTALS		2001	163	209	57

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	165g plain low fat Greek yogurt	115	15	7	3
	100g sliced apple	60	1	14	0
	20g granola	92	4	10	4
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>267</b>	<b>20</b>	<b>31</b>	<b>7</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	115g pear	72	0	18	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>240</b>	<b>6</b>	<b>27</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	125g cooked lean beef	224	38	0	8
	190g cooked quinoa	228	8	40	4
	125g cooked asparagus	32	3	5	0
	<b>TOTAL</b>	<b>484</b>	<b>49</b>	<b>45</b>	<b>12</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	120g frozen strawberries	44	0	11	0
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>332</b>	<b>29</b>	<b>18</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5
	235g cooked whole wheat pasta	318	12	63	2
	105ml pasta sauce	94	2	17	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>677</b>	<b>59</b>	<b>90</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2000</b>	<b>163</b>	<b>211</b>	<b>56</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	100g strawberries	32	0	8	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>316</b>	<b>24</b>	<b>28</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	100g sliced apple	60	1	14	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>255</b>	<b>7</b>	<b>23</b>	<b>15</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	200g baked potato	192	4	44	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>489</b>	<b>48</b>	<b>54</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g plain low fat Greek yogurt	103	13	6	3
	1/4 scoop protein powder	28	6	1	0



	15g natural peanut butter	104	5	3	8
	80g banana	76	1	18	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>335</b>	<b>25</b>	<b>34</b>	<b>11</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	220g cooked white or brown rice	250	7	51	2
	125g corn	121	4	24	1
	<b>TOTAL</b>	<b>604</b>	<b>58</b>	<b>75</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1999</b>	<b>162</b>	<b>214</b>	<b>55</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	25g oatmeal (dry measurement)	102	4	17	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>483</b>	<b>38</b>	<b>40</b>	<b>19</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked chicken breast OR 130g turkey breast OR 170g tilapia OR 220g shrimp	205	40	0	5
	200g cooked sweet potato	184	4	42	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>441</b>	<b>48</b>	<b>51</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g dark chocolate (70%)	172	4	12	12
	100g grapes	76	1	18	0
	<b>TOTAL</b>	<b>248</b>	<b>5</b>	<b>30</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	130g cooked lean beef	228	39	0	8
	220g cooked white or brown rice	250	7	51	2
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>519</b>	<b>49</b>	<b>56</b>	<b>11</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	70g banana	68	1	16	0
	<b>TOTAL</b>	<b>308</b>	<b>22</b>	<b>37</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>1999</b>	<b>162</b>	<b>214</b>	<b>55</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2000 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	90g frozen raspberries	57	1	11	1
	90g frozen mango	52	1	12	0
	25g granola	104	4	13	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>361</b>	<b>31</b>	<b>39</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	70g banana	68	1	16	0
	<b>TOTAL</b>	<b>316</b>	<b>9</b>	<b>52</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	200g cooked quinoa	236	8	42	4
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>510</b>	<b>58</b>	<b>47</b>	<b>10</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked salmon	294	33	0	18
	200g roasted red potato	136	4	30	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>482</b>	<b>40</b>	<b>40</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	85g sliced apple	52	1	12	0
	15g raisins	48	0	12	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>330</b>	<b>22</b>	<b>38</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>1999</b>	<b>160</b>	<b>216</b>	<b>55</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of fresh ingredients including salmon, chicken, broccoli, almonds, and beans. The text is overlaid on a dark rectangular background in the center of the image.

**2100 CALORIES**  
***CUTTING MEAL PLAN***

# 2100 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	110g blueberries	64	1	15	0
	<b>TOTAL</b>	<b>337</b>	<b>25</b>	<b>30</b>	<b>13</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	100g banana	96	1	23	0	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>413</b>	<b>34</b>	<b>31</b>	<b>17</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	135g cooked chicken breast OR 135g turkey breast OR 175g tilapia OR 225g shrimp	213	42	0	5	
	215g cooked white or brown rice	238	6	49	2	
	125g cooked broccoli	48	3	9	0	


	TOTAL	499	51	58	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g oatmeal (dry measurement)	114	4	20	2
	100g sliced apple	60	1	14	0
	1 teaspoon honey	24	0	6	0
	25g mixed nuts	160	5	8	12
	<b>TOTAL</b>	<b>358</b>	<b>10</b>	<b>48</b>	<b>14</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	140g cooked lean beef	240	42	0	8
	225g cooked sweet potato	208	5	47	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>492</b>	<b>48</b>	<b>57</b>	<b>8</b>
DAILY TOTALS		2099	168	224	59

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2100 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	120g sliced apple	72	1	17	0
	20g granola	92	4	10	4
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>292</b>	<b>21</b>	<b>34</b>	<b>8</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g pear	80	0	20	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>248</b>	<b>6</b>	<b>29</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	130g cooked lean beef	228	39	0	8
	215g cooked quinoa	252	9	45	4
	125g cooked asparagus	32	3	5	0
	<b>TOTAL</b>	<b>512</b>	<b>51</b>	<b>50</b>	<b>12</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	120g frozen strawberries	44	0	11	0
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>332</b>	<b>29</b>	<b>18</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	250g cooked whole wheat pasta	351	13	68	3
	115ml pasta sauce	98	2	18	2
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>718</b>	<b>61</b>	<b>96</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2102</b>	<b>168</b>	<b>227</b>	<b>58</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	100g strawberries	32	0	8	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>316</b>	<b>24</b>	<b>28</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g sliced apple	76	1	18	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>271</b>	<b>7</b>	<b>27</b>	<b>15</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	220g baked potato	200	4	46	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>497</b>	<b>48</b>	<b>56</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	145g plain low fat Greek yogurt	103	13	6	3
	1/2 scoop protein powder	65	12	2	1

	20g natural peanut butter	130	6	4	10
	85g banana	84	1	20	0
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>406</b>	<b>32</b>	<b>38</b>	<b>14</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	240g cooked white or brown rice	266	7	55	2
	125g corn	121	4	24	1
	<b>TOTAL</b>	<b>612</b>	<b>56</b>	<b>79</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2102</b>	<b>167</b>	<b>228</b>	<b>58</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	30g oatmeal (dry measurement)	114	4	20	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>495</b>	<b>38</b>	<b>43</b>	<b>19</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	220g cooked sweet potato	200	4	46	0
	125g mixed steamed vegetables	52	4	9	0
	<b>TOTAL</b>	<b>469</b>	<b>51</b>	<b>55</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	100g grapes	76	1	18	0
	<b>TOTAL</b>	<b>278</b>	<b>6</b>	<b>32</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	140g cooked lean beef	240	42	0	8
	240g cooked white or brown rice	266	7	55	2
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>547</b>	<b>52</b>	<b>60</b>	<b>11</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	75g banana	72	1	17	0
	<b>TOTAL</b>	<b>312</b>	<b>22</b>	<b>38</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2101</b>	<b>169</b>	<b>228</b>	<b>57</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2100 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	100g frozen raspberries	61	1	12	1
	100g frozen mango	56	1	13	0
	25g granola	104	4	13	4
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>433</b>	<b>34</b>	<b>45</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	75g banana	72	1	17	0
	<b>TOTAL</b>	<b>320</b>	<b>9</b>	<b>53</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	200g cooked quinoa	236	8	42	4
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>494</b>	<b>54</b>	<b>47</b>	<b>10</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked salmon	294	33	0	18
	220g roasted red potato	148	4	33	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>494</b>	<b>40</b>	<b>43</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	1/3 scoop protein powder	32	7	1	0
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	15g sliced almonds	96	3	3	8
	1 teaspoon honey	24	0	6	0
	<b>TOTAL</b>	<b>358</b>	<b>29</b>	<b>38</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2099</b>	<b>166</b>	<b>226</b>	<b>59</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



A collage of various healthy food items. In the top left, there's a wooden bowl filled with sliced almonds. To its right is a vibrant orange slice. Below the almonds is a large, fresh piece of salmon. In the bottom left, there are wooden bowls containing green peas and red kidney beans. On the right side, there's a head of green broccoli and a piece of raw chicken breast. The background is a rustic wooden surface.

**2200 CALORIES**  
***CUTTING MEAL PLAN***

# 2200 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	110g blueberries	64	1	15	0
	<b>TOTAL</b>	<b>337</b>	<b>25</b>	<b>30</b>	<b>13</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	110g banana	104	1	25	0
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>421</b>	<b>34</b>	<b>33</b>	<b>17</b>	


MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	230g cooked white or brown rice	258	7	53	2
	125g cooked broccoli	48	3	9	0

	TOTAL	523	53	62	7
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	30g oatmeal (dry measurement)	114	4	20	2
	100g sliced apple	60	1	14	0
	1 teaspoon honey	24	0	6	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>393</b>	<b>11</b>	<b>49</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked lean beef	261	45	0	9
	240g cooked sweet potato	220	5	50	0
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>525</b>	<b>51</b>	<b>60</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2199</b>	<b>174</b>	<b>234</b>	<b>63</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	125g sliced apple	76	1	18	0
	25g granola	117	5	13	5
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>321</b>	<b>22</b>	<b>38</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g pear	80	0	20	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>248</b>	<b>6</b>	<b>29</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	135g cooked lean beef	236	41	0	8
	230g cooked quinoa	277	10	48	5
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>549</b>	<b>54</b>	<b>54</b>	<b>13</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	130g frozen strawberries	48	0	12	0
	20g almond butter	140	4	4	12
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>336</b>	<b>29</b>	<b>19</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	260g cooked whole wheat pasta	359	13	70	3
	120ml pasta sauce	102	2	19	2
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>746</b>	<b>63</b>	<b>101</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2200</b>	<b>174</b>	<b>241</b>	<b>60</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	100g strawberries	32	0	8	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>332</b>	<b>28</b>	<b>28</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g sliced apple	76	1	18	0
	35g mixed nuts	230	6	11	18
	<b>TOTAL</b>	<b>306</b>	<b>7</b>	<b>29</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	240g baked potato	232	5	53	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>529</b>	<b>49</b>	<b>63</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g plain low fat Greek yogurt	107	14	6	3
	1/2 scoop protein powder	65	12	2	1

	20g natural peanut butter	130	6	4	10
	85g banana	84	1	20	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>422</b>	<b>33</b>	<b>41</b>	<b>14</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	145g cooked chicken breast OR 145g turkey breast OR 185g tilapia OR 240g shrimp	225	45	0	5
	240g cooked white or brown rice	266	7	55	2
	125g corn	121	4	24	1
	<b>TOTAL</b>	<b>612</b>	<b>56</b>	<b>79</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>173</b>	<b>240</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	2-4 caplets daily with breakfast and/or lunch.
<a href="#">O3 Prime</a> Fish Oil	2-4 softgels daily with breakfast and/or lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	125g orange	64	1	15	0
	30g oatmeal (dry measurement)	114	4	20	2
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>521</b>	<b>39</b>	<b>44</b>	<b>21</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	140g cooked chicken breast OR 140g turkey breast OR 180g tilapia OR 235g shrimp	217	43	0	5
	240g cooked sweet potato	220	5	50	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>501</b>	<b>53</b>	<b>61</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	100g grapes	76	1	18	0
	<b>TOTAL</b>	<b>278</b>	<b>6</b>	<b>32</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT



DINNER	150g cooked lean beef	261	45	0	9
	240g cooked white or brown rice	266	7	55	2
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>581</b>	<b>55</b>	<b>61</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	85g banana	80	1	19	0
	<b>TOTAL</b>	<b>320</b>	<b>22</b>	<b>40</b>	<b>8</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>175</b>	<b>238</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2200 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	100g frozen raspberries	61	1	12	1
	100g frozen mango	56	1	13	0
	25g granola	104	4	13	4
	10g ground flaxseeds	64	3	4	4
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>433</b>	<b>34</b>	<b>45</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	85g banana	84	1	20	0
	<b>TOTAL</b>	<b>332</b>	<b>9</b>	<b>56</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	220g cooked quinoa	256	9	46	4
	125g cooked cauliflower	41	3	5	1
	<b>TOTAL</b>	<b>530</b>	<b>59</b>	<b>51</b>	<b>10</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked salmon	294	33	0	18
	240g roasted red potato	164	5	36	0
	125g cooked green beans	52	3	10	0
	<b>TOTAL</b>	<b>510</b>	<b>41</b>	<b>46</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	1/3 scoop protein powder	32	7	1	0
	80g sliced apple	48	1	11	0
	15g raisins	48	0	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>396</b>	<b>30</b>	<b>42</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2201</b>	<b>173</b>	<b>240</b>	<b>61</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To the right, a large, vibrant orange slice is visible. Below the almonds, a piece of fresh salmon is shown. In the bottom left, there are some green beans and what appears to be a piece of meat or another vegetable. The background is a mix of these colors and textures, creating a fresh and nutritious look.

**2300 CALORIES**  
*CUTTING MEAL PLAN*

# 2300 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	1 slice Ezekial toast	85	4	15	1
	1/2 teaspoon butter	18	0	0	2
	110g blueberries	64	1	15	0
	<b>TOTAL</b>	<b>337</b>	<b>25</b>	<b>30</b>	<b>13</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	100g banana	96	1	23	0	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>439</b>	<b>35</b>	<b>32</b>	<b>19</b>	


MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	240g cooked white or brown rice	275	7	55	3
	150g cooked broccoli	56	3	11	0

	TOTAL	564	57	66	8
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g oatmeal (dry measurement)	134	5	24	2
	90g sliced apple	56	1	13	0
	1 teaspoon honey	24	0	6	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>409</b>	<b>12</b>	<b>52</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked lean beef	269	47	0	9
	250g cooked sweet potato	232	5	53	0
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>553</b>	<b>53</b>	<b>65</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2302</b>	<b>182</b>	<b>245</b>	<b>66</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	125g sliced apple	76	1	18	0
	25g granola	117	5	13	5
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	<b>TOTAL</b>	<b>321</b>	<b>22</b>	<b>38</b>	<b>9</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	130g pear	84	0	21	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>252</b>	<b>6</b>	<b>30</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	145g cooked lean beef	257	44	0	9
	235g cooked quinoa	277	9	49	5
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>570</b>	<b>56</b>	<b>55</b>	<b>14</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3

	130g frozen strawberries	48	0	12	0
	25g almond butter	175	5	5	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
	<b>TOTAL</b>	<b>371</b>	<b>30</b>	<b>20</b>	<b>19</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	270g cooked whole wheat pasta	375	14	73	3
	125ml pasta sauce	119	3	20	3
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>787</b>	<b>67</b>	<b>105</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2301</b>	<b>181</b>	<b>248</b>	<b>65</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2300 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	30g oatmeal (dry measurement)	114	4	20	2
	100g strawberries	32	0	8	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>332</b>	<b>28</b>	<b>28</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	135g sliced apple	80	1	19	0
	35g mixed nuts	230	6	11	18
	<b>TOTAL</b>	<b>310</b>	<b>7</b>	<b>30</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	240g baked potato	232	5	53	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>545</b>	<b>53</b>	<b>63</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g plain low fat Greek yogurt	107	14	6	3
	1/2 scoop protein powder	65	12	2	1

	25g natural peanut butter	169	8	5	13
	85g banana	84	1	20	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>461</b>	<b>35</b>	<b>42</b>	<b>17</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	260g cooked white or brown rice	299	8	60	3
	125g corn	121	4	24	1
	<b>TOTAL</b>	<b>653</b>	<b>59</b>	<b>84</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2301</b>	<b>182</b>	<b>247</b>	<b>65</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	120g orange	60	1	14	0
	30g oatmeal (dry measurement)	114	4	20	2
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>517</b>	<b>39</b>	<b>43</b>	<b>21</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	240g cooked sweet potato	220	5	50	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>517</b>	<b>57</b>	<b>61</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	100g grapes	76	1	18	0
	<b>TOTAL</b>	<b>278</b>	<b>6</b>	<b>32</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	150g cooked lean beef	261	45	0	9
	240g cooked white or brown rice	266	7	55	2
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>581</b>	<b>55</b>	<b>61</b>	<b>13</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	100g banana	96	1	23	0
	10g hazelnuts	70	2	2	6
	<b>TOTAL</b>	<b>406</b>	<b>24</b>	<b>46</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2299</b>	<b>181</b>	<b>243</b>	<b>67</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2300 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	100g frozen raspberries	61	1	12	1
	100g frozen mango	56	1	13	0
	25g granola	104	4	13	4
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>467</b>	<b>36</b>	<b>47</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	85g banana	84	1	20	0
	<b>TOTAL</b>	<b>332</b>	<b>9</b>	<b>56</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	230g cooked quinoa	273	9	48	5
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>560</b>	<b>59</b>	<b>54</b>	<b>12</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	150g cooked salmon	294	33	0	18
	240g roasted red potato	164	5	36	0
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>518</b>	<b>41</b>	<b>48</b>	<b>18</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	1/2 scoop protein powder	65	12	2	1
	70g sliced apple	44	1	10	0
	15g raisins	48	0	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>425</b>	<b>35</b>	<b>42</b>	<b>13</b>
<b>DAILY TOTALS</b>		<b>2302</b>	<b>180</b>	<b>247</b>	<b>66</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To the right, a vibrant orange slice is visible. Below the orange, there is a piece of fresh green broccoli. The center of the image features a large, fresh salmon fillet with a rich orange-red hue. In the bottom right corner, there is a piece of raw, red meat, likely beef. At the bottom left, there are some green beans and other vegetables. The entire composition is set against a dark, textured background, possibly wood or stone.

**2400 CALORIES**  
***CUTTING MEAL PLAN***

# 2400 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	2 egg whites	32	8	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	100g blueberries	60	1	14	0
	<b>TOTAL</b>	<b>436</b>	<b>29</b>	<b>44</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	100g banana	96	1	23	0	
	30g natural peanut butter	195	9	6	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>439</b>	<b>35</b>	<b>32</b>	<b>19</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	240g cooked white or brown rice	275	7	55	3
	150g cooked broccoli	56	3	11	0




	TOTAL	564	57	66	8
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g oatmeal (dry measurement)	134	5	24	2
	90g sliced apple	56	1	13	0
	1 teaspoon honey	24	0	6	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>409</b>	<b>12</b>	<b>52</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked lean beef	269	47	0	9
	250g cooked sweet potato	232	5	53	0
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>553</b>	<b>53</b>	<b>65</b>	<b>9</b>
<b>DAILY TOTALS</b>		<b>2401</b>	<b>186</b>	<b>259</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	120g sliced apple	72	1	17	0
	25g granola	117	5	13	5
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>432</b>	<b>26</b>	<b>55</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	125g pear	80	0	20	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>248</b>	<b>6</b>	<b>29</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked lean beef	261	45	0	9
	240g cooked quinoa	285	10	50	5
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>582</b>	<b>58</b>	<b>56</b>	<b>14</b>
	<b>WORKOUT</b>				
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	130g frozen strawberries	48	0	12	0
	25g almond butter	175	5	5	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>371</b>	<b>30</b>	<b>20</b>	<b>19</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	255g cooked whole wheat pasta	355	13	69	3
	115ml pasta sauce	98	2	18	2
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>767</b>	<b>68</b>	<b>99</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2400</b>	<b>188</b>	<b>259</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>376</b>	<b>30</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g sliced apple	88	1	21	0
	35g mixed nuts	230	6	11	18
	<b>TOTAL</b>	<b>318</b>	<b>7</b>	<b>32</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	250g baked potato	240	5	55	0
	1 teaspoon butter	36	0	0	4
	125g cooked carrots	44	1	10	0
	<b>TOTAL</b>	<b>553</b>	<b>53</b>	<b>65</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g plain low fat Greek yogurt	107	14	6	3
	1/2 scoop protein powder	65	12	2	1

	25g natural peanut butter	169	8	5	13
	100g banana	96	1	23	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>473</b>	<b>35</b>	<b>45</b>	<b>17</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	260g cooked white or brown rice	299	8	60	3
	135g corn	129	4	26	1
	<b>TOTAL</b>	<b>682</b>	<b>62</b>	<b>86</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2402</b>	<b>187</b>	<b>265</b>	<b>66</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	140g orange	72	1	17	0
	30g oatmeal (dry measurement)	114	4	20	2
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>529</b>	<b>39</b>	<b>46</b>	<b>21</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	240g cooked sweet potato	220	5	50	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>517</b>	<b>57</b>	<b>61</b>	<b>5</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	120g grapes	92	1	22	0
	<b>TOTAL</b>	<b>294</b>	<b>6</b>	<b>36</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	160g cooked lean beef	282	48	0	10
	260g cooked white or brown rice	299	8	60	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>635</b>	<b>59</b>	<b>66</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	120g banana	116	1	28	0
	10g hazelnuts	70	2	2	6
	<b>TOTAL</b>	<b>426</b>	<b>24</b>	<b>51</b>	<b>14</b>
<b>DAILY TOTALS</b>		<b>2401</b>	<b>185</b>	<b>260</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2400 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	100g frozen raspberries	61	1	12	1
	100g frozen mango	56	1	13	0
	25g granola	104	4	13	4
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>467</b>	<b>36</b>	<b>47</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	100g banana	96	1	23	0
	<b>TOTAL</b>	<b>344</b>	<b>9</b>	<b>59</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	250g cooked quinoa	297	10	53	5
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>605</b>	<b>63</b>	<b>59</b>	<b>13</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked salmon	311	35	0	19
	260g roasted red potato	176	5	39	0
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>547</b>	<b>43</b>	<b>51</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	1/2 scoop protein powder	65	12	2	1
	90g sliced apple	56	1	13	0
	15g raisins	48	0	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>437</b>	<b>35</b>	<b>45</b>	<b>13</b>
<b>DAILY TOTALS</b>		<b>2400</b>	<b>186</b>	<b>261</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of healthy food items including salmon, broccoli, almonds, and citrus slices. The text is overlaid on a dark rectangular background.

**2500 CALORIES**  
***CUTTING MEAL PLAN***

# 2500 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	110g blueberries	64	1	15	0
	<b>TOTAL</b>	<b>456</b>	<b>33</b>	<b>45</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	110g banana	104	1	23	0
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>447</b>	<b>35</b>	<b>32</b>	<b>19</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	260g cooked white or brown rice	299	8	60	3
	150g cooked broccoli	56	3	11	0

	TOTAL	609	61	71	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g oatmeal (dry measurement)	134	5	24	2
	90g sliced apple	56	1	13	0
	1 teaspoon honey	24	0	6	0
	30g mixed nuts	195	6	9	15
	<b>TOTAL</b>	<b>409</b>	<b>12</b>	<b>52</b>	<b>17</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked lean beef	282	48	0	10
	265g cooked sweet potato	244	5	56	0
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>578</b>	<b>54</b>	<b>68</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2499</b>	<b>195</b>	<b>270</b>	<b>71</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/4 scoop protein powder	32	6	2	0
	125g sliced apple	76	1	18	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>489</b>	<b>33</b>	<b>60</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	140g pear	88	0	22	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>256</b>	<b>6</b>	<b>31</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked lean beef	261	45	0	9
	250g cooked quinoa	297	10	53	5
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>594</b>	<b>58</b>	<b>59</b>	<b>14</b>



## WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	130g frozen strawberries	48	0	12	0
	25g almond butter	175	5	5	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>371</b>	<b>30</b>	<b>20</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	270g cooked whole wheat pasta	375	14	73	3
	120ml pasta sauce	102	2	19	2
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>791</b>	<b>69</b>	<b>104</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2501</b>	<b>196</b>	<b>274</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>376</b>	<b>30</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>348</b>	<b>9</b>	<b>33</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	150g cooked chicken breast OR 150g turkey breast OR 195g tilapia OR 250g shrimp	233	47	0	5
	260g baked potato	248	5	57	0
	1 teaspoon butter	36	0	0	4
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>569</b>	<b>53</b>	<b>69</b>	<b>9</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	155g plain low fat Greek yogurt	107	14	6	3
	3/4 scoop protein powder	89	18	2	1
	25g natural peanut butter	169	8	5	13

	100g banana	96	1	23	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>497</b>	<b>41</b>	<b>45</b>	<b>17</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	275g cooked white or brown rice	311	8	63	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>711</b>	<b>61</b>	<b>92</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2501</b>	<b>194</b>	<b>276</b>	<b>69</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2500 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	140g orange	72	1	17	0
	30g oatmeal (dry measurement)	114	4	20	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>531</b>	<b>44</b>	<b>46</b>	<b>19</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	260g cooked sweet potato	240	5	55	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>558</b>	<b>60</b>	<b>66</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	140g grapes	104	1	25	0
	<b>TOTAL</b>	<b>306</b>	<b>6</b>	<b>39</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	160g cooked lean beef	282	48	0	10
	260g cooked white or brown rice	299	8	60	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>635</b>	<b>59</b>	<b>66</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	130g banana	124	1	30	0
	15g hazelnuts	105	3	3	9
	<b>TOTAL</b>	<b>469</b>	<b>25</b>	<b>54</b>	<b>17</b>
<b>DAILY TOTALS</b>		<b>2499</b>	<b>194</b>	<b>271</b>	<b>71</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2500 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	25g granola	104	4	13	4
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>511</b>	<b>42</b>	<b>52</b>	<b>15</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	120g banana	116	1	28	0
	<b>TOTAL</b>	<b>364</b>	<b>9</b>	<b>64</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	270g cooked quinoa	317	11	57	5
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>625</b>	<b>64</b>	<b>63</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked salmon	311	35	0	19
	270g roasted red potato	184	5	41	0
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>555</b>	<b>43</b>	<b>53</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g low fat cottage cheese	110	18	5	2
	1/2 scoop protein powder	65	12	2	1
	110g sliced apple	64	1	15	0
	15g raisins	48	0	12	0
	20g sliced almonds	122	4	4	10
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>445</b>	<b>35</b>	<b>47</b>	<b>13</b>
<b>DAILY TOTALS</b>		<b>2500</b>	<b>193</b>	<b>279</b>	<b>68</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are purple beans and green peas in wooden bowls. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**2600 CALORIES**  
***CUTTING MEAL PLAN***

# 2600 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	110g blueberries	64	1	15	0
	<b>TOTAL</b>	<b>456</b>	<b>33</b>	<b>45</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	110g banana	104	1	25	0
	30g natural peanut butter	195	9	6	15
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>475</b>	<b>41</b>	<b>35</b>	<b>19</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	270g cooked white or brown rice	307	8	62	3
	150g cooked broccoli	56	3	11	0

	TOTAL	609	59	73	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	100g sliced apple	60	1	14	0
	1.5 teaspoons honey	36	0	9	0
	35g mixed nuts	234	7	11	18
	<b>TOTAL</b>	<b>480</b>	<b>14</b>	<b>61</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked lean beef	282	48	0	10
	270g cooked sweet potato	248	5	57	0
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>582</b>	<b>54</b>	<b>69</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2602</b>	<b>201</b>	<b>283</b>	<b>74</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/4 scoop protein powder	32	6	2	0
	135g sliced apple	80	1	19	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>493</b>	<b>33</b>	<b>61</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	104	0	26	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>272</b>	<b>6</b>	<b>35</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked lean beef	282	48	0	10
	265g cooked quinoa	313	11	56	5
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>631</b>	<b>62</b>	<b>62</b>	<b>15</b>



## WORKOUT



MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 scoop protein powder	117	24	3	1	
	250ml unsweetened almond milk	31	1	0	3	
	140g frozen strawberries	52	0	13	0	
	25g almond butter	175	5	5	15	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>375</b>	<b>30</b>	<b>21</b>	<b>19</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6	
	285g cooked whole wheat pasta	391	14	77	3	
	125ml pasta sauce	119	3	20	3	
	150g cooked green beans	60	3	12	0	
	<b>TOTAL</b>		<b>828</b>	<b>71</b>	<b>109</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2599</b>	<b>202</b>	<b>288</b>	<b>71</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>376</b>	<b>30</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	150g sliced apple	88	1	21	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>348</b>	<b>9</b>	<b>33</b>	<b>20</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	155g cooked chicken breast OR 155g turkey breast OR 200g tilapia OR 260g shrimp	246	48	0	6
	285g baked potato	276	6	63	0
	1 teaspoon butter	36	0	0	4
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>610</b>	<b>55</b>	<b>75</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	16	7	3
	3/4 scoop protein powder	89	18	2	1

	30g natural peanut butter	195	9	6	15
	100g banana	96	1	23	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>531</b>	<b>44</b>	<b>47</b>	<b>19</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	285g cooked white or brown rice	327	9	66	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>735</b>	<b>64</b>	<b>95</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2600</b>	<b>201</b>	<b>287</b>	<b>72</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	150g orange	76	1	18	0
	30g oatmeal (dry measurement)	114	4	20	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>535</b>	<b>44</b>	<b>47</b>	<b>19</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	280g cooked sweet potato	260	6	59	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>582</b>	<b>62</b>	<b>70</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	150g grapes	112	1	27	0
	<b>TOTAL</b>	<b>314</b>	<b>6</b>	<b>41</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	165g cooked lean beef	290	50	0	10
	280g cooked white or brown rice	315	8	64	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>659</b>	<b>61</b>	<b>70</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	140g banana	132	1	32	0
	20g hazelnuts	140	4	4	12
	<b>TOTAL</b>	<b>512</b>	<b>26</b>	<b>57</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2602</b>	<b>199</b>	<b>285</b>	<b>74</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2600 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/4 scoops protein powder	145	30	4	1
	275ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>545</b>	<b>44</b>	<b>54</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>368</b>	<b>9</b>	<b>65</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	270g cooked quinoa	317	11	57	5
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>629</b>	<b>65</b>	<b>63</b>	<b>13</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked salmon	324	36	0	20
	280g roasted red potato	192	6	42	0
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>576</b>	<b>45</b>	<b>54</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g low fat cottage cheese	114	19	5	2
	1/2 scoop protein powder	65	12	2	1
	110g sliced apple	64	1	15	0
	15g raisins	48	0	12	0
	25g sliced almonds	157	5	5	13
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>484</b>	<b>37</b>	<b>48</b>	<b>16</b>
<b>DAILY TOTALS</b>		<b>2602</b>	<b>200</b>	<b>284</b>	<b>74</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon fillet. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing green olives and red kidney beans. In the bottom right, there is a piece of raw red meat and a piece of white chicken breast.

**2700 CALORIES**  
***CUTTING MEAL PLAN***



# 2700 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	120g blueberries	72	1	17	0
	<b>TOTAL</b>	<b>464</b>	<b>33</b>	<b>47</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/4 scoops protein powder	145	30	4	1	
	250ml unsweetened almond milk	31	1	0	3	
	115g banana	108	1	26	0	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>518</b>	<b>43</b>	<b>37</b>	<b>22</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6	
	280g cooked white or brown rice	315	8	64	3	
	150g cooked broccoli	56	3	11	0	

	TOTAL	625	61	75	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	115g sliced apple	68	1	16	0
	1.5 teaspoons	36	0	9	0
	35g mixed nuts	234	7	11	18
	<b>TOTAL</b>	<b>488</b>	<b>14</b>	<b>63</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked lean beef	290	50	0	10
	285g cooked sweet potato	264	6	60	0
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>606</b>	<b>57</b>	<b>72</b>	<b>10</b>
<b>DAILY TOTALS</b>		<b>2701</b>	<b>208</b>	<b>294</b>	<b>77</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/4 scoop protein powder	32	6	2	0
	135g sliced apple	80	1	19	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>493</b>	<b>33</b>	<b>61</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	104	0	26	0
	30g cashews	168	6	9	12
	<b>TOTAL</b>	<b>272</b>	<b>6</b>	<b>35</b>	<b>12</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked lean beef	290	50	0	10
	285g cooked quinoa	338	11	60	6
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>664</b>	<b>64</b>	<b>66</b>	<b>16</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 scoop protein powder	117	24	3	1
	250ml unsweetened almond milk	31	1	0	3
	140g frozen strawberries	52	0	13	0
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>410</b>	<b>31</b>	<b>22</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	300g cooked whole wheat pasta	411	15	81	3
	130ml pasta sauce	123	3	21	3
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>860</b>	<b>74</b>	<b>114</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2699</b>	<b>208</b>	<b>298</b>	<b>75</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>376</b>	<b>30</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g sliced apple	100	1	24	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>399</b>	<b>10</b>	<b>38</b>	<b>23</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	300g baked potato	288	6	66	0
	1 teaspoon butter	36	0	0	4
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>634</b>	<b>58</b>	<b>78</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g plain low fat Greek yogurt	115	15	7	3
	3/4 scoop protein powder	89	18	2	1

	30g natural peanut butter	195	9	6	15
	100g banana	96	1	23	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>531</b>	<b>43</b>	<b>47</b>	<b>19</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	300g cooked white or brown rice	339	9	69	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>759</b>	<b>67</b>	<b>98</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2699</b>	<b>208</b>	<b>298</b>	<b>75</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2700 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	150g orange	76	1	18	0
	35g oatmeal (dry measurement)	134	5	24	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>592</b>	<b>51</b>	<b>52</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	280g cooked sweet potato	260	6	59	0
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>582</b>	<b>62</b>	<b>70</b>	<b>6</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	35g dark chocolate (70%)	202	5	14	14
	170g grapes	128	1	31	0
	<b>TOTAL</b>	<b>330</b>	<b>6</b>	<b>45</b>	<b>14</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	170g cooked lean beef	294	51	0	10
	280g cooked white or brown rice	315	8	64	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>663</b>	<b>62</b>	<b>70</b>	<b>15</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	155g banana	152	2	36	0
	20g hazelnuts	140	4	4	12
	<b>TOTAL</b>	<b>532</b>	<b>27</b>	<b>61</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2699</b>	<b>208</b>	<b>298</b>	<b>75</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2700 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	35	5	2
	275ml unsweetened almond milk	31	1	0	3
	115g frozen raspberries	69	1	14	1
	115g frozen mango	64	1	15	0
	30g granola	138	6	15	6
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>582</b>	<b>49</b>	<b>55</b>	<b>18</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	125g banana	120	1	29	0
	<b>TOTAL</b>	<b>368</b>	<b>9</b>	<b>65</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	290g cooked quinoa	346	12	61	6
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>658</b>	<b>66</b>	<b>67</b>	<b>14</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked salmon	324	36	0	20
	290g roasted red potato	200	6	44	0
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>584</b>	<b>45</b>	<b>56</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g low fat cottage cheese	114	19	5	2
	1/2 scoop protein powder	65	12	2	1
	120g sliced apple	72	1	17	0
	20g raisins	64	0	16	0
	25g sliced almonds	157	5	5	13
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>508</b>	<b>37</b>	<b>54</b>	<b>16</b>
<b>DAILY TOTALS</b>		<b>2700</b>	<b>207</b>	<b>297</b>	<b>76</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To the right, a large, vibrant orange slice is visible. Below the almonds, a large piece of fresh salmon fillet is shown. In the bottom right, there is a piece of raw chicken breast. To the right of the salmon, there is a head of green broccoli. In the bottom left, there are some green olives and red beans in a wooden bowl. The background is a rustic wooden surface.

**2800 CALORIES**  
*CUTTING MEAL PLAN*

# 2800 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	125g blueberries	76	1	18	0
	<b>TOTAL</b>	<b>484</b>	<b>37</b>	<b>48</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/4 scoops protein powder	145	30	4	1	
	250ml unsweetened almond milk	31	1	0	3	
	120g banana	116	1	28	0	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>526</b>	<b>43</b>	<b>39</b>	<b>22</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	300g cooked white or brown rice	339	9	69	3
	150g cooked broccoli	56	3	11	0

	TOTAL	653	63	80	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	120g sliced apple	72	1	17	0
	2 teaspoons honey	48	0	12	0
	35g mixed nuts	234	7	11	18
	<b>TOTAL</b>	<b>504</b>	<b>14</b>	<b>67</b>	<b>20</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked lean beef	294	51	0	10
	300g cooked sweet potato	285	6	63	1
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>631</b>	<b>58</b>	<b>75</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2798</b>	<b>215</b>	<b>309</b>	<b>78</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/4 scoop protein powder	32	6	2	0
	140g sliced apple	84	1	20	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>497</b>	<b>33</b>	<b>62</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	104	0	26	0
	35g cashews	198	7	11	14
	<b>TOTAL</b>	<b>302</b>	<b>7</b>	<b>37</b>	<b>14</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked lean beef	290	50	0	10
	300g cooked quinoa	354	12	63	6
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>680</b>	<b>65</b>	<b>69</b>	<b>16</b>



## WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/4 scoops protein powder	145	30	4	1	
	250ml unsweetened almond milk	31	1	0	3	
	140g frozen strawberries	52	0	13	0	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>438</b>	<b>37</b>	<b>23</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6	
	315g cooked whole wheat pasta	431	16	85	3	
	140ml pasta sauce	127	3	22	3	
	150g cooked green beans	60	3	12	0	
	<b>TOTAL</b>		<b>884</b>	<b>75</b>	<b>119</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2801</b>	<b>217</b>	<b>310</b>	<b>77</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	3 egg whites	48	12	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>376</b>	<b>30</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g sliced apple	96	1	23	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>395</b>	<b>10</b>	<b>37</b>	<b>23</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	300g baked potato	288	6	66	0
	1 teaspoon butter	36	0	0	4
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>634</b>	<b>58</b>	<b>78</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	128	16	7	4
	1 scoop protein powder	117	24	3	1



	35g natural peanut butter	234	11	7	18
	120g banana	116	1	28	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>631</b>	<b>52</b>	<b>54</b>	<b>23</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	315g cooked white or brown rice	351	9	72	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>763</b>	<b>65</b>	<b>101</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2799</b>	<b>215</b>	<b>307</b>	<b>79</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	150g orange	76	1	18	0
	35g oatmeal (dry measurement)	134	5	24	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>592</b>	<b>51</b>	<b>52</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	300g cooked sweet potato	285	6	63	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>615</b>	<b>64</b>	<b>74</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g dark chocolate (70%)	224	4	16	16
	170g grapes	128	1	31	0
	<b>TOTAL</b>	<b>352</b>	<b>5</b>	<b>47</b>	<b>16</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	175g cooked lean beef	311	53	0	11
	300g cooked white or brown rice	339	9	69	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>704</b>	<b>65</b>	<b>75</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	160g banana	156	2	37	0
	20g hazelnuts	140	4	4	12
	<b>TOTAL</b>	<b>536</b>	<b>27</b>	<b>62</b>	<b>20</b>
<b>DAILY TOTALS</b>		<b>2799</b>	<b>212</b>	<b>310</b>	<b>79</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2800 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	30g granola	138	6	15	6
	15g ground flaxseeds	98	5	6	6
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>590</b>	<b>50</b>	<b>57</b>	<b>18</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	135g banana	128	1	31	0
	<b>TOTAL</b>	<b>376</b>	<b>9</b>	<b>67</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	310g cooked quinoa	362	12	65	6
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>682</b>	<b>68</b>	<b>71</b>	<b>14</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	310g roasted red potato	221	6	47	1
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>609</b>	<b>46</b>	<b>59</b>	<b>21</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g low fat cottage cheese	114	19	5	2
	1/2 scoop protein powder	65	12	2	1
	135g sliced apple	80	1	19	0
	20g raisins	64	0	16	0
	30g sliced almonds	183	6	6	15
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>542</b>	<b>38</b>	<b>57</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>2799</b>	<b>211</b>	<b>311</b>	<b>79</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of fresh ingredients including salmon, broccoli, orange, almonds, and beans. The text is overlaid on a dark semi-transparent rectangle in the center.

**2900 CALORIES**  
*CUTTING MEAL PLAN*

# 2900 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	135g blueberries	80	1	19	0
	<b>TOTAL</b>	<b>488</b>	<b>37</b>	<b>49</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	182	36	5	2	
	250ml unsweetened almond milk	31	1	0	3	
	130g banana	124	1	30	0	
	35g natural peanut butter	234	11	7	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>571</b>	<b>49</b>	<b>42</b>	<b>23</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	300g cooked white or brown rice	339	9	69	3
	150g cooked broccoli	56	3	11	0

	TOTAL	649	62	80	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	120g sliced apple	72	1	17	0
	2 teaspoons honey	48	0	12	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>530</b>	<b>15</b>	<b>68</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	175g cooked lean beef	311	53	0	11
	320g cooked sweet potato	301	6	67	1
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>664</b>	<b>60</b>	<b>79</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2902</b>	<b>223</b>	<b>318</b>	<b>82</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 2900 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	180g plain low fat Greek yogurt	128	16	7	4
	1/2 scoop protein powder	65	12	2	1
	150g sliced apple	88	1	21	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>534</b>	<b>39</b>	<b>63</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g pear	116	0	29	0
	40g cashews	224	8	12	16
	<b>TOTAL</b>	<b>340</b>	<b>8</b>	<b>41</b>	<b>16</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked lean beef	290	50	0	10
	310g cooked quinoa	362	12	65	6
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>688</b>	<b>65</b>	<b>71</b>	<b>16</b>



## WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/4 scoops protein powder	145	30	4	1
	250ml unsweetened almond milk	31	1	0	3
	140g frozen strawberries	52	0	13	0
	30g almond butter	210	6	6	18
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>438</b>	<b>37</b>	<b>23</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	330g cooked whole wheat pasta	451	17	89	3
	145ml pasta sauce	131	3	23	3
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>900</b>	<b>74</b>	<b>124</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2900</b>	<b>223</b>	<b>322</b>	<b>80</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	40g oatmeal (dry measurement)	150	6	27	2
	125g strawberries	40	0	10	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>392</b>	<b>34</b>	<b>37</b>	<b>12</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g sliced apple	108	1	26	0
	50g mixed nuts	325	10	15	25
	<b>TOTAL</b>	<b>433</b>	<b>11</b>	<b>41</b>	<b>25</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	315g baked potato	300	6	69	0
	1 teaspoon butter	36	0	0	4
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>646</b>	<b>58</b>	<b>81</b>	<b>10</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	128	16	7	4
	1 scoop protein powder	117	24	3	1

	35g natural peanut butter	234	11	7	18
	130g banana	124	1	30	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>639</b>	<b>52</b>	<b>56</b>	<b>23</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	330g cooked white or brown rice	371	10	76	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>791</b>	<b>68</b>	<b>105</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>2901</b>	<b>223</b>	<b>320</b>	<b>81</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	275ml unsweetened almond milk	31	1	0	3
	150g orange	76	1	18	0
	35g oatmeal (dry measurement)	134	5	24	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>592</b>	<b>51</b>	<b>52</b>	<b>20</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	300g cooked sweet potato	285	6	63	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>627</b>	<b>67</b>	<b>74</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g dark chocolate (70%)	224	4	16	16
	190g grapes	140	1	34	0
	<b>TOTAL</b>	<b>364</b>	<b>5</b>	<b>50</b>	<b>16</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	180g cooked lean beef	315	54	0	11
	320g cooked white or brown rice	363	10	74	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>732</b>	<b>67</b>	<b>80</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	175g banana	168	2	40	0
	25g hazelnuts	175	5	5	15
	<b>TOTAL</b>	<b>583</b>	<b>28</b>	<b>66</b>	<b>23</b>
<b>DAILY TOTALS</b>		<b>2898</b>	<b>218</b>	<b>322</b>	<b>82</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 2900 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	40	1	0	4
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	30g granola	138	6	15	6
	20g ground flaxseeds	128	6	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>629</b>	<b>51</b>	<b>59</b>	<b>21</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	145g banana	136	1	33	0
	<b>TOTAL</b>	<b>384</b>	<b>9</b>	<b>69</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	320g cooked quinoa	374	13	67	6
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>694</b>	<b>69</b>	<b>73</b>	<b>14</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	330g roasted red potato	237	7	50	1
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>625</b>	<b>47</b>	<b>62</b>	<b>21</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	160g low fat cottage cheese	114	19	5	2
	3/4 scoop protein powder	89	18	2	1
	135g sliced apple	80	1	19	0
	20g raisins	64	0	16	0
	30g sliced almonds	183	6	6	15
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>566</b>	<b>44</b>	<b>57</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>2898</b>	<b>220</b>	<b>320</b>	<b>82</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



A collage of fresh ingredients including salmon, broccoli, orange, almonds, and beans. The text is overlaid on a dark rectangular background.

**3000 CALORIES**  
***CUTTING MEAL PLAN***

# 3000 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	145g blueberries	84	1	20	0
	<b>TOTAL</b>	<b>492</b>	<b>37</b>	<b>50</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SHAKE	1 1/2 scoops protein powder	182	36	5	2
	250ml unsweetened almond milk	31	1	0	3
	140g banana	132	1	32	0
	40g natural peanut butter	260	12	8	20
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>	<b>605</b>	<b>50</b>	<b>45</b>	<b>25</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked chicken breast OR 160g turkey breast OR 205g tilapia OR 265g shrimp	254	50	0	6
	320g cooked white or brown rice	363	10	74	3
	150g cooked broccoli	56	3	11	0

	TOTAL	673	63	85	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	140g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	40g mixed nuts	260	8	12	20
	<b>TOTAL</b>	<b>542</b>	<b>15</b>	<b>71</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked lean beef	315	54	0	11
	340g cooked sweet potato	321	7	71	1
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>688</b>	<b>62</b>	<b>83</b>	<b>12</b>
DAILY TOTALS		3000	227	334	84

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	200g plain low fat Greek yogurt	140	18	8	4
	1/2 scoop protein powder	65	12	2	1
	160g sliced apple	92	1	22	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1/2 medium whole wheat bagel	97	4	18	1
	1/2 teaspoon butter	18	0	0	2
	<b>TOTAL</b>	<b>550</b>	<b>41</b>	<b>65</b>	<b>14</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g pear	120	0	30	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>374</b>	<b>9</b>	<b>44</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	160g cooked lean beef	282	48	0	10
	325g cooked quinoa	387	13	68	7
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>705</b>	<b>64</b>	<b>74</b>	<b>17</b>



## WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/4 scoops protein powder	145	30	4	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>442</b>	<b>37</b>	<b>24</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6	
	345g cooked whole wheat pasta	467	17	93	3	
	150ml pasta sauce	135	3	24	3	
	150g cooked green beans	60	3	12	0	
	<b>TOTAL</b>		<b>928</b>	<b>76</b>	<b>129</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>2999</b>	<b>227</b>	<b>336</b>	<b>83</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	140g strawberries	44	0	11	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>437</b>	<b>35</b>	<b>45</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	185g sliced apple	108	1	26	0
	50g mixed nuts	325	10	15	25
	<b>TOTAL</b>	<b>433</b>	<b>11</b>	<b>41</b>	<b>25</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	165g cooked chicken breast OR 165g turkey breast OR 210g tilapia OR 275g shrimp	258	51	0	6
	330g baked potato	320	7	73	0
	1.5 teaspoons butter	54	0	0	6
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>684</b>	<b>59</b>	<b>85</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	180g plain low fat Greek yogurt	128	16	7	4
	1 scoop protein powder	117	24	3	1

	35g natural peanut butter	234	11	7	18
	130g banana	124	1	30	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>639</b>	<b>52</b>	<b>56</b>	<b>23</b>




## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	345g cooked white or brown rice	383	10	79	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>807</b>	<b>69</b>	<b>108</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>3000</b>	<b>226</b>	<b>335</b>	<b>84</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT	
BREAKFAST	1 3/4 scoops protein powder	206	42	5	2	
	300ml unsweetened almond milk	40	1	0	4	
	150g orange	76	1	18	0	
	40g oatmeal (dry measurement)	150	6	27	2	
	25g natural peanut butter	169	8	5	13	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>641</b>	<b>58</b>	<b>55</b>	<b>21</b>
 <b>WORKOUT</b>						
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6	
	320g cooked sweet potato	301	6	67	1	
	150g mixed steamed vegetables	64	5	11	0	
	<b>TOTAL</b>		<b>643</b>	<b>67</b>	<b>78</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SNACK	40g dark chocolate (70%)	224	4	16	16	
	195g grapes	144	1	35	0	
	<b>TOTAL</b>		<b>368</b>	<b>5</b>	<b>51</b>	<b>16</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	



DINNER	180g cooked lean beef	315	54	0	11
	320g cooked white or brown rice	363	10	74	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>732</b>	<b>67</b>	<b>80</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 Quest protein bar	240	21	21	8
	175g banana	168	2	40	0
	30g hazelnuts	210	6	6	18
	<b>TOTAL</b>	<b>618</b>	<b>29</b>	<b>67</b>	<b>26</b>
<b>DAILY TOTALS</b>		<b>3002</b>	<b>226</b>	<b>331</b>	<b>86</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3000 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	40	1	0	4
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	35g granola	163	7	18	7
	20g ground flaxseeds	128	6	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>654</b>	<b>52</b>	<b>62</b>	<b>22</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	145g banana	136	1	33	0
	<b>TOTAL</b>	<b>384</b>	<b>9</b>	<b>69</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	330g cooked quinoa	391	13	69	7
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>711</b>	<b>69</b>	<b>75</b>	<b>15</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	170g cooked salmon	328	37	0	20
	350g roasted red potato	249	7	53	1
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>637</b>	<b>47</b>	<b>65</b>	<b>21</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1 scoop protein powder	117	24	3	1
	140g sliced apple	84	1	20	0
	20g raisins	64	0	16	0
	30g sliced almonds	183	6	6	15
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>614</b>	<b>51</b>	<b>62</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>3000</b>	<b>228</b>	<b>333</b>	<b>84</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, a wooden bowl is filled with sliced almonds. To its right is a large, vibrant orange slice. Below the almonds is a large, fresh piece of salmon with a distinct orange-pink hue and white marbling. To the right of the salmon is a head of green broccoli. In the bottom left, there are wooden bowls containing red kidney beans and green peas. In the bottom right, there is a piece of raw, red meat and a piece of white chicken breast.

**3100 CALORIES**  
*CUTTING MEAL PLAN*

# 3100 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	145g blueberries	84	1	20	0
	<b>TOTAL</b>	<b>492</b>	<b>37</b>	<b>50</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	182	36	5	2	
	250ml unsweetened almond milk	31	1	0	3	
	150g banana	144	1	35	0	
	40g natural peanut butter	260	12	8	20	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>617</b>	<b>50</b>	<b>48</b>	<b>25</b>	

MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	340g cooked white or brown rice	379	10	78	3
	150g cooked broccoli	56	3	11	0

	TOTAL	701	66	89	9
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	140g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	45g mixed nuts	299	9	14	23
	<b>TOTAL</b>	<b>581</b>	<b>16</b>	<b>73</b>	<b>25</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked lean beef	315	54	0	11
	360g cooked sweet potato	341	7	76	1
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>708</b>	<b>62</b>	<b>88</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>3099</b>	<b>231</b>	<b>348</b>	<b>87</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	200g plain low fat Greek yogurt	140	18	8	4
	1/2 scoop protein powder	65	12	2	1
	150g sliced apple	88	1	21	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>653</b>	<b>44</b>	<b>81</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	104	0	26	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>358</b>	<b>9</b>	<b>40</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked lean beef	294	51	0	10
	325g cooked quinoa	387	13	68	7
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>717</b>	<b>67</b>	<b>74</b>	<b>17</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/4 scoops protein powder	145	30	4	1	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	30g almond butter	210	6	6	18	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>442</b>	<b>37</b>	<b>24</b>	<b>22</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6	
	345g cooked whole wheat pasta	467	17	93	3	
	150ml pasta sauce	135	3	24	3	
	150g cooked green beans	60	3	12	0	
	<b>TOTAL</b>		<b>928</b>	<b>76</b>	<b>129</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>3098</b>	<b>233</b>	<b>348</b>	<b>86</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)



# 3100 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	150g strawberries	48	0	12	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>441</b>	<b>35</b>	<b>46</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	200g sliced apple	116	1	28	0
	45g mixed nuts	299	9	14	23
	20g multigrain crackers	100	2	14	4
	<b>TOTAL</b>	<b>515</b>	<b>12</b>	<b>56</b>	<b>27</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6
	330g baked potato	320	7	73	0
	1.5 teaspoons butter	54	0	0	6
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>696</b>	<b>62</b>	<b>85</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SNACK	180g plain low fat Greek yogurt	128	16	7	4
	1 scoop protein powder	117	24	3	1
	35g natural peanut butter	234	11	7	18
	125g banana	120	1	29	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>635</b>	<b>52</b>	<b>55</b>	<b>23</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	345g cooked white or brown rice	383	10	79	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>815</b>	<b>71</b>	<b>108</b>	<b>11</b>
<b>DAILY TOTALS</b>		<b>3102</b>	<b>232</b>	<b>350</b>	<b>86</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 3/4 scoops protein powder	206	42	5	2
	300ml unsweetened almond milk	40	1	0	4
	150g orange	76	1	18	0
	40g oatmeal (dry measurement)	150	6	27	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>641</b>	<b>58</b>	<b>55</b>	<b>21</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	320g cooked sweet potato	301	6	67	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>643</b>	<b>67</b>	<b>78</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g dark chocolate (70%)	224	4	16	16
	195g grapes	144	1	35	0
	<b>TOTAL</b>	<b>368</b>	<b>5</b>	<b>51</b>	<b>16</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	180g cooked lean beef	315	54	0	11
	340g cooked white or brown rice	379	10	78	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>748</b>	<b>67</b>	<b>84</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 1/3 Quest protein bars	323	28	28	11
	175g banana	168	2	40	0
	30g hazelnuts	210	6	6	18
	<b>TOTAL</b>	<b>701</b>	<b>36</b>	<b>74</b>	<b>29</b>
<b>DAILY TOTALS</b>		<b>3101</b>	<b>233</b>	<b>342</b>	<b>89</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3100 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	40	1	0	4
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	35g granola	163	7	18	7
	20g ground flaxseeds	128	6	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>654</b>	<b>52</b>	<b>62</b>	<b>22</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	155g banana	152	2	36	0
	<b>TOTAL</b>	<b>400</b>	<b>10</b>	<b>72</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked chicken breast OR 170g turkey breast OR 220g tilapia OR 285g shrimp	266	53	0	6
	350g cooked quinoa	415	14	74	7
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>735</b>	<b>70</b>	<b>80</b>	<b>15</b>



# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	360g roasted red potato	253	7	54	1
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>671</b>	<b>50</b>	<b>66</b>	<b>23</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1 scoop protein powder	117	24	3	1
	155g sliced apple	96	2	22	0
	25g raisins	80	0	20	0
	30g sliced almonds	183	6	6	15
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>642</b>	<b>52</b>	<b>68</b>	<b>18</b>
<b>DAILY TOTALS</b>		<b>3102</b>	<b>234</b>	<b>348</b>	<b>86</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

A collage of various healthy food items. In the top left, there is a wooden bowl filled with sliced almonds. To the right, a large, vibrant orange slice is visible. Below the almonds, a large piece of fresh salmon fillet is shown. To the right of the salmon, there is a head of green broccoli. In the bottom left corner, there are wooden bowls containing green peas and red kidney beans. In the bottom right corner, there is a piece of raw red meat and a piece of white chicken breast. The background is a dark, textured surface.

**3200 CALORIES**  
*CUTTING MEAL PLAN*

# 3200 CALORIE CUTTING PLAN #1

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	2 slices Ezekial toast	170	8	30	2
	1 teaspoon butter	36	0	0	4
	145g blueberries	84	1	20	0
	<b>TOTAL</b>	<b>492</b>	<b>37</b>	<b>50</b>	<b>16</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	182	36	5	2	
	250ml unsweetened almond milk	31	1	0	3	
	150g banana	144	1	35	0	
	40g natural peanut butter	260	12	8	20	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>	<b>617</b>	<b>50</b>	<b>48</b>	<b>25</b>	
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT	
LUNCH	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6	
	355g cooked white or brown rice	408	11	82	4	
	150g cooked broccoli	56	3	11	0	



	TOTAL	734	68	93	10
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g oatmeal (dry measurement)	150	6	27	2
	1/4 scoop protein powder	28	6	1	0
	140g sliced apple	84	1	20	0
	2 teaspoons honey	48	0	12	0
	50g mixed nuts	325	10	15	25
	<b>TOTAL</b>	<b>635</b>	<b>23</b>	<b>75</b>	<b>27</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	185g cooked lean beef	323	56	0	11
	370g cooked sweet potato	349	7	78	1
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>724</b>	<b>64</b>	<b>90</b>	<b>12</b>
DAILY TOTALS		3202	242	356	90

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE CUTTING PLAN #2

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	200g plain low fat Greek yogurt	140	18	8	4
	1/2 scoop protein powder	65	12	2	1
	145g sliced apple	84	1	20	0
	30g granola	138	6	15	6
	sugar-free syrup	0	0	0	0
	cinnamon	0	0	0	0
	1 medium whole wheat bagel	186	7	35	2
	1 teaspoon butter	36	0	0	4
	<b>TOTAL</b>	<b>649</b>	<b>44</b>	<b>80</b>	<b>17</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	165g pear	104	0	26	0
	45g cashews	254	9	14	18
	<b>TOTAL</b>	<b>358</b>	<b>9</b>	<b>40</b>	<b>18</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	170g cooked lean beef	294	51	0	10
	325g cooked quinoa	387	13	68	7
	150g cooked asparagus	36	3	6	0
	<b>TOTAL</b>	<b>717</b>	<b>67</b>	<b>74</b>	<b>17</b>



**WORKOUT**

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT	
SHAKE	1 1/2 scoops protein powder	182	36	5	2	
	250ml unsweetened almond milk	31	1	0	3	
	150g frozen strawberries	56	0	14	0	
	35g almond butter	245	7	7	21	
	ice as needed	0	0	0	0	
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>					
	<b>TOTAL</b>		<b>514</b>	<b>44</b>	<b>26</b>	<b>26</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT	
DINNER	175g cooked chicken breast OR 175g turkey breast OR 225g tilapia OR 290g shrimp	270	54	0	6	
	355g cooked whole wheat pasta	492	18	96	4	
	155ml pasta sauce	139	3	25	3	
	150g cooked green beans	60	3	12	0	
	<b>TOTAL</b>		<b>961</b>	<b>78</b>	<b>133</b>	<b>13</b>
<b>DAILY TOTALS</b>		<b>3199</b>	<b>242</b>	<b>353</b>	<b>91</b>	

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE CUTTING PLAN #3

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	2 whole eggs	138	12	0	10
	4 egg whites	64	16	0	0
	50g oatmeal (dry measurement)	191	7	34	3
	150g strawberries	48	0	12	0
	sugar-free syrup	0	0	0	0
	<b>TOTAL</b>	<b>441</b>	<b>35</b>	<b>46</b>	<b>13</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	210g sliced apple	120	1	29	0
	50g mixed nuts	325	10	15	25
	25g multigrain crackers	125	2	18	5
	<b>TOTAL</b>	<b>570</b>	<b>13</b>	<b>62</b>	<b>30</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	345g baked potato	332	7	76	0
	1.5 teaspoons butter	54	0	0	6
	150g cooked carrots	52	1	12	0
	<b>TOTAL</b>	<b>716</b>	<b>64</b>	<b>88</b>	<b>12</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

SNACK	200g plain low fat Greek yogurt	140	18	8	4
	1 scoop protein powder	117	24	3	1
	35g natural peanut butter	234	11	7	18
	125g banana	120	1	29	0
	1.5 teaspoons honey	36	0	9	0
	<b>TOTAL</b>	<b>647</b>	<b>54</b>	<b>56</b>	<b>23</b>



## WORKOUT

MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	185g cooked chicken breast OR 185g turkey breast OR 240g tilapia OR 310g shrimp	291	57	0	7
	345g cooked white or brown rice	383	10	79	3
	150g corn	154	5	29	2
	<b>TOTAL</b>	<b>828</b>	<b>72</b>	<b>108</b>	<b>12</b>
<b>DAILY TOTALS</b>		<b>3202</b>	<b>238</b>	<b>360</b>	<b>90</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE CUTTING PLAN #4

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 3/4 scoops protein powder	206	42	5	2
	300ml unsweetened almond milk	40	1	0	4
	150g orange	76	1	18	0
	40g oatmeal (dry measurement)	150	6	27	2
	25g natural peanut butter	169	8	5	13
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>641</b>	<b>58</b>	<b>55</b>	<b>21</b>



## WORKOUT

MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	340g cooked sweet potato	321	7	71	1
	150g mixed steamed vegetables	64	5	11	0
	<b>TOTAL</b>	<b>663</b>	<b>68</b>	<b>82</b>	<b>7</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	40g dark chocolate (70%)	224	4	16	16
	210g grapes	156	1	38	0
	<b>TOTAL</b>	<b>380</b>	<b>5</b>	<b>54</b>	<b>16</b>
MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT

DINNER	185g cooked lean beef	323	56	0	11
	340g cooked white or brown rice	379	10	78	3
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>756</b>	<b>69</b>	<b>84</b>	<b>16</b>
<b>MEAL #5</b>	<b>FOOD</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
SNACK	1 1/2 Quest protein bars	364	32	32	12
	195g banana	188	2	45	0
	30g hazelnuts	210	6	6	18
	<b>TOTAL</b>	<b>762</b>	<b>40</b>	<b>83</b>	<b>30</b>
<b>DAILY TOTALS</b>		<b>3202</b>	<b>240</b>	<b>358</b>	<b>90</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)

# 3200 CALORIE CUTTING PLAN #5

MEAL #1	FOOD	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST	1 1/2 scoops protein powder	182	36	5	2
	300ml unsweetened almond milk	40	1	0	4
	125g frozen raspberries	73	1	15	1
	125g frozen mango	68	1	16	0
	40g granola	184	8	20	8
	20g ground flaxseeds	128	6	8	8
	ice as needed	0	0	0	0
	<i>(Blend above ingredients into a shake. Add water to thin if necessary or additional sweetener if desired.)</i>				
<b>TOTAL</b>		<b>675</b>	<b>52</b>	<b>64</b>	<b>23</b>
MEAL #2	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	1 medium whole wheat bagel	212	8	36	4
	1 teaspoon butter	36	0	0	4
	180g banana	172	2	41	0
	<b>TOTAL</b>	<b>420</b>	<b>10</b>	<b>77</b>	<b>8</b>
MEAL #3	FOOD	CALORIES	PROTEIN	CARBS	FAT
LUNCH	180g cooked chicken breast OR 180g turkey breast OR 230g tilapia OR 300g shrimp	278	56	0	6
	350g cooked quinoa	415	14	74	7
	150g cooked cauliflower	54	3	6	2
	<b>TOTAL</b>	<b>747</b>	<b>73</b>	<b>80</b>	<b>15</b>





# WORKOUT

MEAL #4	FOOD	CALORIES	PROTEIN	CARBS	FAT
DINNER	180g cooked salmon	358	40	0	22
	370g roasted red potato	261	7	56	1
	150g cooked green beans	60	3	12	0
	<b>TOTAL</b>	<b>679</b>	<b>50</b>	<b>68</b>	<b>23</b>
MEAL #5	FOOD	CALORIES	PROTEIN	CARBS	FAT
SNACK	170g low fat cottage cheese	118	20	5	2
	1 scoop protein powder	117	24	3	1
	165g sliced apple	100	2	23	0
	25g raisins	80	0	20	0
	35g sliced almonds	218	7	7	18
	2 teaspoons honey	48	0	12	0
	<b>TOTAL</b>	<b>681</b>	<b>53</b>	<b>70</b>	<b>21</b>
<b>DAILY TOTALS</b>		<b>3202</b>	<b>239</b>	<b>359</b>	<b>90</b>

RECOMMENDED SUPPLEMENTS	DIRECTIONS
<a href="#">Microcore</a> Multivitamin	1-2 tablets with breakfast + 1-2 tablets with lunch.
<a href="#">O3 Prime</a> Fish Oil	1-2 softgels with breakfast + 1-2 softgels with lunch.
<a href="#">PureForm</a> Pre-Workout Blend	1 scoop 20-30 minutes prior to training.
Creatine Monohydrate	3-5 grams daily at any time.

[Back To Complete Meal Plan List](#)