

BULKING PLAN FOR 150LBS MALE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 Sweet Potato Protein Pancakes from The Shredded Chef	358	24	59	3
		1 tablespoon syrup	52	0	13.4	0
		1 tablespoon butter	102	0	0	11.6
		multivitamin, 3g fish oil	30	0	0	3
	TOTAL	MEAL 1	542	24	72.4	17.6
2	LUNCH	2 slices whole grain bread	160	8	28	0.2
		100g extra lean 5% fat ham	107	23.2	0	1.3
		lettuce, mustard, tomato, hot sauce (if desired)	10	0	2.5	0
		1 tablespoon mayo	90	0	0	10
	TOTAL	MEAL 2	367	31.2	30.5	11.5
3	PRE WORKOUT SNACK	1 scoop whey (I recommend Legion Whey+)	100	22	2	0
		1 medium banana	105	1.3	27	0.4
		pre-workout	5	0	1	0
	TOTAL	MEAL 3	210	23.3	30	0.4
<div>WEIGHTLIFTING</div>						
4	POST WORKOUT SHAKE	1 scoop whey	100	22	2	0
		300ml rice milk	152	1.3	31.7	2.5
		2 medium bananas	210	2.6	54	0.8
		1 tablespoon peanut butter	94	4	3.2	8.1
		5g creatine	0	0	0	0
	TOTAL	MEAL 4	556	29.9	90.9	11.4
5	DINNER	100g chicken breast, trimmed of fat	107	23.2	0	1.3
		200g (cooked) whole wheat pasta	249	10.7	53.1	1.1
		100ml tomato pasta sauce	96	1.9	16.3	1.9
		2 tablespoons Parmesan cheese	42	3.8	0.4	2.8
		30g milk chocolate	159	2.1	18	9
		3g fish oil	30	0	0	3
	TOTAL	MEAL 5	683	41.7	87.8	19.1
TOTALS			2358	150.1	311.6	60
TARGET			2340	150	300	60