

BULKING PLAN FOR 175LBS MALE

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	1 scoop whey (I recommend Legion Whey+)	105	22	2	0
		1 cup whole milk	150	8	12	8
		1/2 cup blueberries	42	0.6	10.5	0.3
		1/4 cup (measured dry) old fashioned oats	75	2.5	13.5	1.5
		multivitamin, 3g fish oil, fiber	30	0	0	3
	TOTAL	MEAL 1	402	33.1	38	12.8
2	SNACK	2 slices whole grain bread	160	8	28	0.2
		2 tablespoons peanut butter	188	8	6.3	16.1
		1 tablespoon jam	56	0.1	13.8	0
	TOTAL	MEAL 2	404	16.1	48.1	16.3
3	LUNCH	4 ounces chicken breast, trimmed of fat	120	26	0	1.5
		1/2 cup (measured dry) basmati rice	300	6	66	1
		3 ounces vegetables (cauliflower, asparagus, zucchini, string beans, onions, cucumbers, carrots)	29	2.4	5.6	0.3
		1/2 tablespoon butter	51	0	0	5.8
		lemon juice, cilantro (if desired)	10	0	2.5	0
	TOTAL	MEAL 3	510	34.4	74.1	8.6
4	DINNER	4 ounces chicken breast, trimmed of fat	120	26	0	1.5
		8 ounces sweet potato	195	3.5	45.7	0.2
		3/4 cup peas	88	5.9	15.8	0.5
		1/2 tablespoon butter	51	0	0	5.8
		cinnamon for potato (if desired)	4	0	1	0
		3g fish oil, multivitamin	30	0	0	3
	TOTAL	MEAL 4	488	35.4	62.5	11
5	PRE WORKOUT SHAKE	1 scoop whey	105	22	2	0
		1 cup rice milk	120	1	25	2
		pre-workout	5	0	5	0
	TOTAL	MEAL 5	230	23	32	2



WEIGHTLIFTING

6	POST WORKOUT SHAKE	1 scoop whey	100	22	2	0
		1 cup rice milk	120	1	25	2
		2 large bananas	242	3	62	0.9
		2 tablespoons peanut butter	188	8	6.3	16.1
		creatine	0	0	0	0
	TOTAL	MEAL 6	650	34	95.3	19

TOTALS	2684	176	350	69.7
TARGET	2730	175	350	70