

# 100 POUND FEMALE BULK

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 egg whites	34	7.2	0.4	0.2
		1 whole egg	72	6.3	0.4	5
		1/4 cup diced veggies (bell pepper, onion, mushrooms)	17	0.5	3.8	0
		1 slice whole grain bread	80	4	14	0.1
	TOTAL	MEAL 1	203	18	18.6	5.3



## WEIGHTLIFTING

2	POST WORKOUT SHAKE	1 scoop whey protein	100	22	2	0
		1 cup unsweetened almond milk	30	1	1	2.5
		1 medium banana	105	1.3	27	0.4
		100g blueberries	57	0.8	14.5	0.3
	TOTAL	MEAL 2	292	25.1	44.5	3.2

3	LUNCH	1/2 serving Chicken Stir-Fry from The Shredded Chef	100	21	3	1
		1 cup brown rice (measured cooked)	200	4	42.7	1.3
	TOTAL	MEAL 3	300	25	45.7	2.3

4	SNACK	4 ounces 2% Greek yogurt	86	11.5	4.6	2.3
		1 teaspoon honey	21	0	5.8	0
		1 medium apple	95	0	25.1	0
		2 tablespoons peanut butter	188	8	6.3	16.1
	TOTAL	MEAL 4	390	19.5	41.8	18.4

5	DINNER	100g sirloin, trimmed of fat	136	22.9	0	3.9
		6 ounces white potato	158	4.2	36	0.2
		1 tablespoon butter	102	0	0	11.6
		1 cup asparagus	27	2.9	5.2	0.2
		1/2 cup sorbet	122	0	31	0
	TOTAL	MEAL 5	545	30	72.2	15.9

TOTALS			1730	117.6	222.8	45.1
TARGET			1725	110	220	45