







SAMPLE MEAL PLAN

BULKING DIET WITHOUT SUGAR

For a custom meal plan designed by our nutrition coaches visit: feastgood.com/coaching-services

MEAL	NUTRITION	HIGH-CARB	NUTRITION	HIGH-FAT
 <p>BREAKFAST</p>	<p>Calories - 570 Protein - 32g Carbs - 83g Fat - 12g</p>	<p>Nutty Blueberry Oats & Yogurt</p> <ul style="list-style-type: none"> • 1 cup / 100g rolled oats, cooked; top with 1 tbsp (15g) natural peanut butter or almond butter, cinnamon and ½ cup blueberries • ¾ cup (175g) plain Greek yogurt with another ½ cup blueberries 	<p>Calories - 685 Protein - 38g Carbs - 40g Fat - 42g</p>	<p>Cheesy Scrambled Eggs & Avocado Toast</p> <ul style="list-style-type: none"> • 4 eggs, scrambled with 1 ounce (~30g) cheddar cheese • 2 large handfuls baby spinach, sautéed • 1 slice sugar-free rye bread, toasted and topped with 1 medium avocado, sliced
 <p>POST-WORKOUT SNACK <small>(adjust timing as needed based on training time of day)</small></p>	<p>Calories - 440 Protein - 37g Carbs - 62g Fat - 3g</p>	<p>Bananarama Protein Smoothie</p> <ul style="list-style-type: none"> • 1 cup (250mL) 2% milk • 1 scoop (30g) vanilla protein powder • 1 large banana • 1 handful of baby spinach • 1 handful ice cubes <p>Blend together until smooth. Eat 1 large orange on the side</p>	<p>Calories - 440 Protein - 44g Carbs - 19g Fat - 22g</p>	<p>PB-Chocolate Protein Smoothie</p> <ul style="list-style-type: none"> • 1 cup (250mL) whole milk • 1 scoop (30g) chocolate protein powder • 1 tbsp (5g) unsweetened cocoa powder • 2 tbsp (30g) natural peanut butter • 1 handful ice cubes <p>Blend together until smooth.</p>
 <p>LUNCH</p>	<p>Calories - 710 Protein - 52g Carbs - 93g Fat - 15g</p>	<p>Chicken-Veggie Rice Bowl</p> <ul style="list-style-type: none"> • ½ cup (90g) dry white rice, cooked • 6 ounces (~180g) cooked chicken breast strips • 2 cups mixed chopped veggies of choice, raw or steamed • 1 medium avocado, cubed 	<p>Calories - 655 Protein - 46g Carbs - 42g Fat - 24g</p>	<p>Beany Beef Tacos</p> <ul style="list-style-type: none"> • 6 ounces (~180g) cooked lean ground beef • 2 hard shell corn tacos • ¼ cup sugar-free salsa • ½ cup black beans
 <p>SNACK</p>	<p>Calories - 495 Protein - 11g Carbs - 82g Fat - 15g</p>	<p>Fruit 'n' Nuts</p> <ul style="list-style-type: none"> • ½ cup (80g) raisins • 1 ounce (~30g) raw unsalted almonds or other nuts • 1 large apple, sliced 	<p>Calories - 715 Protein - 42g Carbs - 36g Fat - 48g</p>	<p>Fruit 'n' Nuts</p> <ul style="list-style-type: none"> • 1 cup blueberries • 1 ounce (~30g) raw unsalted almonds or other nuts
 <p>DINNER</p>	<p>Calories - 530 Protein - 43g Carbs - 47g Fat - 20g</p>	<p>Pork Tenderloin & Sweet Potato</p> <ul style="list-style-type: none"> • 6 ounces (~180g) roasted pork tenderloin • 6 ounces (~180g) steamed sweet potato, mashed with cinnamon & ½ tbsp (7g) butter • 4 ounces (~113g) steamed broccoli with ½ tbsp (7g) butter 	<p>Calories - 715 Protein - 42g Carbs - 36g Fat - 48g</p>	<p>Roasted Salmon & Bacon Brussels</p> <ul style="list-style-type: none"> • 6 ounces (~180g) roasted salmon • 4 ounces (~113g) Brussels sprouts, roasted with 1 tbsp olive oil and 1 strip of bacon, crumbled
 <p>SNACK</p>	<p>Calories - 255 Protein - 15g Carbs - 43g Fat - 2g</p>	<p>Creamy Cheesy Bowl</p> <ul style="list-style-type: none"> • 1 ounce (~30g) dry cream of wheat or cream of rice, cooked • ½ cup (125g) cottage cheese • 4 ounces (~113g) carrots 	<p>Calories - 245 Protein - 9g Carbs - 22g Fat - 16g</p>	<p>Nutty Rice Cakes & Berrie</p> <ul style="list-style-type: none"> • 2 small plain rice cakes, lightly toasted, topped with 2 tbsp natural almond butter (30g) • ¼ cup fresh raspberries
<p>DAILY TOTAL</p>	<p>Calories - 3,000 Protein - 190g Carbs - 410g Fat - 67g</p>		<p>Calories - 3,000 Protein - 190g Carbs - 185g Fat - 167g</p>	