





THE 3000 CALORIE BODYBUILDING MEAL PLAN

DAILY MEAL PLAN

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

MEAL	NUTRITION	OPTION 1	OPTION 2
 <p>BREAKFAST</p>	<p>Calories - 633 Protein - 45g Carbs - 75g Fat - 17g</p>	<p>Bacon, Eggs & Toast</p> <p>2 eggs and 1 cup egg whites, scrambled 4 pieces turkey bacon 1/2 cup of blueberries 3 pieces of whole wheat toast 3 tbsp no sugar added strawberry jam</p>	<p>Protein Oatmeal Bowl</p> <p>1 cup quick oats 2 egg whites (cook into oats to make them fluffy) 1 scoop whey protein powder 1/2 of a sliced banana 1 tbsp almond butter Cinnamon (optional)</p>
		<p>Greek Yogurt Bowl</p> <p>1 cup plain nonfat Greek yogurt 1/2 cup mixed berries 1 oz sliced almonds 2 tbsp chia seeds 1 tbsp honey</p>	<p>Hard-Boiled Eggs w/ Turkey, Rice Cakes & a Banana</p> <p>4 hard-boiled Eggs 4 slices deli turkey 4 basil and tomato flavored rice cakes 1 large banana</p>
 <p>SNACK 1</p>	<p>Calories - 580 Protein - 35g Carbs - 65g Fat - 17g</p>	<p>Chicken, Sweet Potato & Broccoli</p> <p>6 oz baked chicken breast 5 oz baked sweet potato 1 cup roasted broccoli cooked with 0.5 tbsp olive oil</p>	<p>Ground Turkey Rice Bowl</p> <p>6 oz lean ground turkey 1 cup basmati rice 1/4 cup corn kernels 1 cup romaine lettuce 1/4 cup salsa 2 tbsp sour cream</p>
		<p>Protein Cereal</p> <p>1.5 cups Kashi Go Lean Protein Cereal 1 cup skim milk 1 scoop whey protein powder</p>	<p>Blueberry Banana Protein Smoothie</p> <p>1.5 scoop whey protein powder 1 frozen banana 3/4 cup frozen blueberries 1.5 cup skim milk</p>
 <p>LUNCH</p>	<p>Calories - 632 Protein - 53g Carbs - 60g Fat - 20g</p>	<p>Steak & Baked Potato</p> <p>5 oz sirloin steak 1 medium baked potato 1 tbsp butter 1 tbsp bacon bits 1 tbsp sour cream 10 asparagus spears 2 tbsp parmesan cheese</p>	<p>Salmon and Quinoa</p> <p>5 oz Atlantic salmon 1 cup quinoa 1 cup baked Brussel sprouts w/ 1 tbsp olive oil 1 oz feta cheese</p>
 <p>SNACK 2</p> <p><small>*Best meal for pre/post workout due to its high protein, high carb, and low fat content*</small></p>	<p>Calories - 516 Protein - 55g Carbs - 65g Fat - 4g</p>	<p>DINNER</p>	