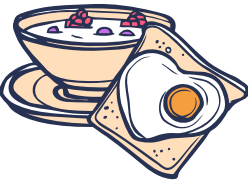





THE 6000 CALORIE BODYBUILDING MEAL PLAN

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 - 1190 Protein - 100g Carbs - 85g Fat - 50g</p>	<p>Bacon, Eggs & Toast</p> <p>4 eggs and 2 cups of egg whites scrambled 4 pieces of pork bacon 4 pieces of toast 4 Tbsp Strawberry jam</p>	<p>Protein Oats</p> <p>1 cup of quick oats 1.5 cup egg whites cooked in (to make oats fluffy) 1.5 scoops protein powder 1 sliced banana 3 Tbsp peanut butter</p>
		<p>Greek Yogurt Granola Bowl</p> <p>1 cup 2% plain Greek yogurt 1/2 scoop protein powder 1 cup Progranola 2 Tbsp honey 1/2 cup raspberries 0.5 oz almonds</p>	<p>Hard boiled eggs on Toast w/ Roast beef + Fruit</p> <p>4 hard boiled eggs 4 oz roast beef deli meat 3 pieces whole wheat toast 1 banana</p>
 <p>SNACK</p>	<p>Calories - 805 Protein - 75g Carbs - 70g Fat - 25g</p>	<p>Spaghetti & Meat sauce</p> <p>6 oz ground beef 2 cups cooked spaghetti noodles 1/2 cup marinara sauce 2 oz parmesan cheese</p>	<p>Chicken thigh & Rice Bowl</p> <p>7 oz chicken thighs (roasted, skin on) 3/4 cup basmati rice 1 cup roasted chickpeas 1/2 cup corn kernels 1/2 cup romaine lettuce 1 Tbsp salsa 4 Tbsp full fat sour cream 2 oz cheddar cheese</p>
		<p>Protein Cereal</p> <p>2 cups Kashi Go Lean Cereal 1.5 cups 2% milk 1 scoop protein powder 1 cup raspberries 0.5 oz almonds</p>	<p>High Calorie Tropical Smoothie</p> <p>2 scoops protein powder 2 frozen bananas 1 cup mango 1.5 cups skim milk 3 Tbsp peanut butter</p>
 <p>LUNCH</p>	<p>Calories - 1110 Protein - 80g Carbs - 85g Fat - 50g</p>		
 <p>SNACK</p>	<p>Calories - 1030 Protein - 70g Carbs - 120g Fat - 30g</p>		

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MEAL	NUTRITION	OPTION 1	OPTION 2
 <p>DINNER</p>	<p>Calories - 1060 Protein - 75g Carbs - 55g Fat - 60g</p>	<p>Steak and Mashed Potatoes</p> <p>7 oz sirloin steak 6 oz white potato, mashed 2 slices garlic toast 2 tbsp butter (in mashed potato) 1/2 cup 2% milk (in mashed potato) 2 Tbsp sour cream (in mashed potato) 10 asparagus spears 2 oz feta cheese (baked on asparagus)</p>	<p>Homemade Bison Hamburger Helper</p> <p>6 oz ground bison 2 cups cooked macaroni noodles 5 oz cheddar cheese 2 Tbsp butter 1 cup 2% milk</p>
		<p>GAINER SHAKE (chocolate)</p> <p>1 scoop Optimum Nutrition Serious Mass (chocolate flavour) 1 scoop protein powder (chocolate) 2 cups skim milk</p>	<p>GAINER SHAKE (vanilla)</p> <p>1 scoop Optimum Nutrition Serious Mass (vanilla flavour) 1 scoop protein powder (vanilla) 2 cups skim milk</p>
 <p>SNACK (POST WORKOUT)</p>	<p>Calories - 845 Protein - 50g Carbs - 150g Fat - 5g</p>		