

Bulk (Phase 1, Daily) (g) Gain Muscle in the Gym on top of this Diet

Meal #	Item	Serving	Protein	Carb	Fat	Calories
1						
Protein	Egg Whites	8	28.8			136
Protein						
Carbs	Oats (Cup)	0.5	6	28	2	154
Fat	Natural Peanut Butter (tbl.)	2	8	6	16	188
Veggie						
Veggie						
Fruit	Banana	1	1.3	27	0.5	105
Liquids	Water (oz) w/ Lemon	20				
Liquids						
Other	Multi Vita, FO, CLA, Probiotic					
Total			44.1	61	18.5	583

Meal #	Item	Serving	Protein	Carb	Fat	Calories
2						
Protein	Whey (Scoops)	2	50			200
Protein						
Carbs	Oats (cups)	0.5	6	28	2	154
Fat	Natural Peanut Butter (Tbl)	2	8	6	16	188
Veggie						
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			64	34	18	542

Meal #	Item	Serving	Protein	Carb	Fat	Calories
3						
Protein	Ground Turkey 99% (oz)	6	31.5		12	255
Protein						
Carbs	Sweet Potato (oz)	4		24		100
Fat	Avocado (oz)	3	3	6	12	141
Veggie	Broccoli (Cup)	1	3.7	11.2	1	55
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			38.2	41.2	25	551

Meal #	Item	Serving	Protein	Carb	Fat	Calories
4						
Protein	Chicken (oz)	6	33		9	210
Protein						
Carbs	Brown Rice (oz)	4		24		124
Fat						
Veggie	Asparagus	6				6
Veggie						
Fruit						
Liquids	Water (oz) w/ Lemon	20				
Liquids						
Other						
Total			33	24	9	340

Meal #	Item	Serving	Protein	Carb	Fat	Calories
5						
Protein	Beef (oz)	6	36		13.2	270
Protein						
Carbs	White Potato (oz)	6		36		156
Fat	Avocado (oz)	3	3	6	12	141
Veggie	Spinach (cup)	1	1	1.1		7
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			40	43.1	25.2	574

Meal #	Item	Serving	Protein	Carb	Fat	Calories
6						
Protein	Salmon(oz) Any fish	8	48		13.6	332
Protein						
Carbs	Brown Rice (oz)	4		24		124
Fat						
Veggie	Spinach (cup)	1	1	1.1		7
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			49	25.1	13.6	463

Diet Protei Carbs Fats Calorie
 268.3 228.4 109.3 3053

Substitutes for Meals #3,4,5
 You may Sub the Proteins for Chicken, Turkey, or White fish

Condiments: Unlimited
 Lemon Juice, Lime juice, vinegar, soy sauce, mustard, herbs and spices, salsa, splenda.

Condiments: On Occasion
 Limit of 2 of these one time per day: Ketchup, bbq sauce, light mayo, light ranch (1tbsp only) Light (not fat free) salad dressing, teriyaki sauce, marinara sauce, tsp butter or margarine, 1tbsp jelly, 1tsp brown sugar.

Cheat Meals:
 Take 1-2 cheat meals out of your choice a week. Try to limit excessive carbohydrates like bowls of pasta and limit HUGE portions, but enjoy a meal or sweets 2 times per week.

Fiber & Unlimited Foods
 Spinach, Arugula, Peppers, Onions, Arugula, Kale, Mushrooms, Celery, Cucumbers

Beverages: Unlimited
 Crystal Light, unsweetened tea, herbal tea, coffee.

Beverages: Occasionally
 (No more than once a day) Diet soda, 2% milk or lactate (8oz) RARELY: 1-2 times per week, Wine, beer, fruit juice (small)