

3600-Calorie Bulking Meal Plan (35/40/25 P/C/F)

Macronutrient Breakdown:

Protein: ~316g

Carbohydrates: ~360g

Fats: ~100g

Meal Breakdown:

Breakfast:

1 cup oatmeal with 1 tbsp almond butter, 1/4 cup blueberries, and 1 tbsp honey

2 scrambled eggs

Calories: 700 | Protein: 40g | Carbs: 60g | Fat: 32g

Morning Snack:

1 cup kefir (low-fat)

1 oz almonds

1 small pear

Calories: 400 | Protein: 30g | Carbs: 28g | Fat: 18g

Lunch:

8 oz grilled pork tenderloin

1 cup cooked brown rice

1 cup steamed broccoli with 1 tsp olive oil

Calories: 800 | Protein: 75g | Carbs: 50g | Fat: 30g

Afternoon Snack:

1 protein shake (whey isolate) with water

1 oz trail mix (almonds, raisins)

Calories: 350 | Protein: 40g | Carbs: 25g | Fat: 15g

Dinner:

8 oz baked tofu (marinated)

1 cup whole wheat pasta

1 cup steamed green beans with 1 tsp olive oil

Calories: 700 | Protein: 65g | Carbs: 50g | Fat: 25g

Evening Snack:

1 cup plain Greek yogurt (full-fat)

1 tbsp ground flaxseed

1/2 cup sliced strawberries

Calories: 350 | Protein: 30g | Carbs: 25g | Fat: 10g

Total Daily Intake:

Calories: ~3600

Protein: ~316g

Carbohydrates: ~360g

Fats: ~100g