

3000-Calorie Bulking Meal Plan (35/40/25 P/C/F)

Macronutrient Breakdown:

Protein: ~263g

Carbohydrates: ~300g

Fats: ~83g

Meal Breakdown:

Breakfast:

3 scrambled eggs

1 slice whole wheat toast

1/2 medium avocado

1/2 cup cooked oats with 1 tbsp peanut butter and 1/4 cup raspberries

Calories: 600 | Protein: 35g | Carbs: 40g | Fat: 30g

Morning Snack:

1 cup non-fat Greek yogurt

1/2 scoop whey protein

1 small pear

Calories: 300 | Protein: 35g | Carbs: 20g | Fat: 5g

Lunch:

7 oz grilled turkey breast

1 cup cooked quinoa

1 cup steamed green beans with 1 tbsp olive oil

Calories: 650 | Protein: 65g | Carbs: 45g | Fat: 25g

Afternoon Snack:

1 rice cake with 1 tbsp almond butter

1 medium apple

Calories: 300 | Protein: 8g | Carbs: 30g | Fat: 15g

Dinner:

7 oz grilled salmon

1 cup cooked brown rice

1 cup steamed broccoli with 1 tsp olive oil

Calories: 700 | Protein: 60g | Carbs: 50g | Fat: 28g

Evening Snack:

1 cup low-fat cottage cheese

1 tbsp chia seeds

1/4 cup blueberries

Calories: 350 | Protein: 30g | Carbs: 15g | Fat: 10g

Total Daily Intake:

Calories: ~3000

Protein: ~263g

Carbohydrates: ~300g

Fats: ~83g