

Sample (180 lb Male) Mass Building Meal Plan - PRE-BREAKFAST (1 scoop whey protein (mix in water), 1 medium banana)
Sample (180 lb Male) Mass Building Meal Plan - BREAKFAST (3 whole eggs + 3 egg whites, 2 cups cooked oatmeal)
Sample (180 lb Male) Mass Building Meal Plan - MORNING SNACK (8 oz. low-fat cottage cheese + 1 cup sliced pineapple, 6 whole-wheat crackers + 1 Tbsp. peanut butter)
Sample (180 lb Male) Mass Building Meal Plan - LUNCH (8 oz. turkey deli meat, 4 slices whole-wheat bread (make sandwiches; use low-fat mayo and/or mustard), 2 cups green salad + 2 Tbsp. low-fat balsamic vinaigrette)
Sample (180 lb Male) Mass Building Meal Plan - PREWORKOUT SNACK (1 scoop whey protein (mix in water))
Sample (180 lb Male) Mass Building Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 1 medium plain bagel + 2 Tbsp. jelly)
Sample (180 lb Male) Mass Building Meal Plan - DINNER (8 oz. top sirloin, 1 large sweet potato, 1 cup chopped broccoli, 2 cups green salad + 2 Tbsp. salad dressing (olive oil and vinegar))
Sample (180 lb Male) Mass Building Meal Plan - NIGHTTIME SNACK (2 scoops whey protein (mix in water), 1 oz. English walnuts)
Sample (180 lb Male) Maintenance Meal Plan - BREAKFAST (2 large whole eggs, 4 large egg whites, 1 cup oatmeal)
Sample (180 lb Male) Maintenance Meal Plan - MID-MORNING SNACK (4 oz. deli turkey, 6 whole-wheat crackers, 1 cup tomato soup, 1 oz. walnuts)
Sample (180 lb Male) Maintenance Meal Plan - LUNCH (4 oz. deli roast beef, 2 slices whole-wheat bread, 1 to 2 avocado, 2 cups green salad, 1 Tbsp. oil/vinegar dressing)
Sample (180 lb Male) Maintenance Meal Plan - PREWORKOUT SNACK (1 scoop whey protein, 1 whole-wheat, English muffin)
Sample (180 lb Male) Maintenance Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 1 slice white bread, 1 Tbsp. jelly)
Sample (180 lb Male) Maintenance Meal Plan - DINNER (8 oz. chicken breast, 1 to 2 cup quinoa, 1 cup Brussels sprouts)
Sample (180 lb Male) Maintenance Meal Plan - BEDTIME SNACK (1 cup low-fat (1 %) cottage cheese, 2 Tbsp. salsa)
Sample (180 lb Male) Lean Meal Plan - BREAKFAST (3 whole eggs, 3 egg whites, 1 cup oatmeal)
Sample (180 lb Male) Lean Meal Plan - LATE-MORNING SNACK (1 scoop whey protein)
Sample (180 lb Male) Lean Meal Plan - LUNCH (10 oz. fresh spinach, 1/4 cup oatmeal, 1 large hard-boiled egg, 6 oz. shrimp, 2 tbsp. olive oil/vinegar dressing)
Sample (180 lb Male) Lean Meal Plan - MID-DAY SNACK (1 cup low-fat cottage cheese, 2 tbsp. salsa)
Sample (180 lb Male) Lean Meal Plan - PREWORKOUT SNACK (1 scoop whey protein)
Sample (180 lb Male) Lean Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 12 oz. Gatorade)
Sample (180 lb Male) Lean Meal Plan - DINNER (9 oz. farmed Atlantic salmon, 2 cups mixed green salad, 1 tbsp. olive oil/vinegar dressing)
Sample (180 lb Male) Lean Meal Plan - NIGHTTIME SNACK (1 scoop whey protein)

Breakfast (Switch up Breakfast and Lunch every other day)

Breakfast

- 1 Cheese Omelette w/ bell pepper, onion, tomato
- 1 Turkey Sausage
- 1 Bowl of Oatmeal
- 1 Whole Banana
- 1 Diet Tea with 2 oranges

Breakfast

- 1 Wheat English Muffin with Tomato Slice
- 1 Egg with Cheese
- 1 Turkey Sausage

Snack

- 1 Bag of Sunchips
- 1 Bag of Skinny popcorn

Lunch

- Cottage Cheese with Fruit Cup
- 1/2 Bael with thumb size of cream cheese on top

Lunch

- 1 Wheat Pita Bread with Lettuce, shredded Cheese, tomato
- 1 Chicken Salad with Light Mayo
- 1 Bowl of Fruit

Dinner

- Protein
- Carb
- Vegetable (50% of Plate)