



TWO SAMPLE BULKING DIET MEAL PLANS

SCOTT ABEL

Bulking Diet Variation 1.

Meal 1.

6 whole eggs

2-4 Eggo waffles with syrup

Bowl of oatmeal with raisins

Meal 2.

250g lean ground beef

1 ½ cups of rice with peas

Meal 3.

2 grilled chicken sandwiches

2 baked potatoes

Meal 4.

250g lean ground beef

1 ½ cups rice with peas

Meal 5.

2 peanut butter and banana sandwiches

500ml skim milk

Meal 6.

300g chicken thigh

85g pasta, pre-cooked

Meal 7. (Before bed)

Any shake with 500ml skim milk

Bulking Diet Variation 2.

Meal 1.

6 whole eggs with ketchup
Bowl of oatmeal with raisins
2 Pop Tarts [or] 1 bagel

Meal 2.

500mls container yogurt
1 cup (250g) dried fruit / nut / seed / mix, any kind

Meal 3.

300g chicken breast
3 slices farmers rye bread
salad with non-diet dressing

Meal 4.

250g lean ground beef
1 can baked beans, any kind

Meal 5.

2 peanut butter and jam sandwiches
500ml skim milk

Meal 6.

300g New York Sirloin Steak
85g pasta with sauce

Meal 7. (Before bed)

Any shake with 500ml skim milk

OPTIONS

(Applicable to both variations)

- Can replace meal 7 with real food and use two scoops whey protein with any of three meals during the day
- Add ½ to 1 whole can kidney beans to your salad for extra pro and cal
- Add one to two handfuls of any dried fruit-nut mix, like trail mix to any meal if you are still hungry or between meals
- Substitute yogurt with granola for any oatmeal meal
- Add corn, or black beans to your ground beef, rice and peas if you wish, any kind of bean can also be subbed for rice, same amount
- A meal of cottage cheese and baked beans is also a good sub for any of the above meals
- Regular beans and sauce like baked beans can be subbed for rice/peas combo
- Any sandwiches made with rye bread can also be subbed for the peanut butter, and banana sandwiches, e.g. roast beef, pastrami etc
- Instead of whole eggs you can sub 8-12 egg whites with 2 or three cheeses, scrambled or omelet style
- Use applesauce and other crushed fruits for extra volume where needed
- Chicken thighs can also be subbed for chicken breast
- Deli chicken or turkey or roast beef can be used for sandwiches at meal 3 as well
- You can also add ice cream or frozen yogurt to final meal shake
- It's off season, so any junk food meal can be subbed for any of the above meals, but once per day.