Build lean muscle mass without packing on unwanted body fat. This article presents three sample lean bulk diet eating plan options that can help you reach your goals.

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Back in the 90s the goal of every wide-eyed future bodybuilder was to bulk up no matter what. Obviously from the looks of things back then no one was concerned with staying lean throughout this perpetual bulking period. What resulted was a lot of big, burly and somewhat fatty guys wearing oversized, baggy pants and shirts never to be seen poolside.

Boy, have times changed! The goal today is still to [build muscle and reshape our bodies](https://www.muscleandstrength.com/articles/get-big-not-fat-better-approach-build-muscle-bulk.html), but now we want to be lean, shredded, ripped and generally in good shape athletically as well. We want to be able to take our shirts off at the pool and beach, we want to possess a muscular body and most of all we want to be comfortable in our own skin.

Another trend regarding searching for a diet is the school of thought seems to be split into two camps. One is to [get completely shredded as possible](https://www.muscleandstrength.com/articles/freaky-abs-monster-guide-shredded-six-pack.html) while sacrificing some of that hard-earned muscle of yours and the other is to bulk up while putting on a little fat which tends to blur your efforts.

Well, it doesn’t have to be this way. You can build lean muscle without packing on the unwanted pounds. All it takes is a disciplined adherence to your training and diet plan and proper rest and recovery. All of these factors will work synergistically with each other to produce your ideal result – a leaner, more muscular physique.

Below are three options for lean bulking eating plans. All are designed to build lean muscle tissue without blurring your muscular lines. They contain just the right amount of proteins, carbs and healthy fats to keep the gains coming without any extra baggage. This is, of course, also presuming that you are already committed to [a sound body building-style training program](https://www.muscleandstrength.com/articles/super-8-3-day-bodybuilding-workout-plan), one that is intense and doesn’t include an extreme amount of endurance exercise.

A few points to consider:

* These are only examples and estimations of training day diet plans. Your personal calorie requirements may vary. The meal plans below are based on someone weighing 180 to 200 pounds.
* Try them out for at least four weeks before adjusting macronutrients.
* On non-training days you may need to reduce calories slightly. This may be accomplished by simply deleting the [post-workout meal](https://www.muscleandstrength.com/articles/post-workout-nutrition-window-of-opportunity.html).
* Adjust or change only one aspect of the diet at a time. If you adjust too many variables it is hard to tell which worked and which didn’t.
* Allow yourself a cheat meal around once per week. If you decide on two cheat meals avoid two days in a row. Either have both cheat meals on the same day or space them out on different nonadjacent days of the week.
* Be patient. It takes the body a few weeks to adjust and acclimate to its new nutritional environment.