

Bulking Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals	Units
Pesto	0	0	0	216	0	216	ounces
Penne Sauce	0	0	0	0	0	0	
Alfredo Sauce	0	0	0	0	0	0	
Tuscan Sauce	0	0	0	0	0	0	
Chicken	0	0	0	15	0	15	lbs
Ground Beef	0	0	0	4	0	4	lbs
Beef	0	0	0	0	0	0	
Penne Pasta	0	0	0	24	0	24	lbs
Rotini Pasta	0	0	0	8.6	0	8.6	lbs
Shell Pasta	0	0	0	12	0	12	lbs
Diced Onion	0	0	0	12	0	12	lbs
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	
	0	0	0	0	0	0	