

Bulking Season Meal Plan

Day 1:

Breakfast: Scrambled Eggs with Turkey Sausage and Whole Wheat Toast

Snack: Greek Yogurt with Granola and Mixed Berries

Lunch: Grilled Chicken Breast with Brown Rice and Steamed Broccoli

Snack: Protein Shake with Banana

Dinner: Baked Salmon with Quinoa and Roasted Sweet Potatoes

Day 2:

Breakfast: Oatmeal with Almond Butter, Sliced Banana, and Honey

Snack: Cottage Cheese with Pineapple Chunks

Lunch: Turkey and Avocado Wrap with Whole Wheat Tortilla

Snack: Protein Bar

Dinner: Beef Stir-Fry with Mixed Vegetables and Brown Rice

Day 3:

Breakfast: Greek Yogurt Parfait with Granola and Mixed Berries

Snack: Apple Slices with Peanut Butter

Lunch: Grilled Turkey Burger with Whole Wheat Bun and Sweet Potato Fries

Snack: Protein Shake with Spinach and Mango

Dinner: Baked Chicken Thighs with Quinoa and Steamed Green Beans

Day 4:

Breakfast: Protein Pancakes with Maple Syrup and Sliced Strawberries

Snack: Greek Yogurt with Almonds and Blueberries

Lunch: Grilled Steak with Baked Potato and Steamed Asparagus

Snack: Protein Bar

Dinner: Turkey Meatballs with Whole Wheat Pasta and Marinara Sauce

Day 5:

Breakfast: Scrambled Eggs with Spinach, Feta Cheese, and Whole Wheat Toast

Snack: Cottage Cheese with Peach Slices

Lunch: Chicken and Vegetable Stir-Fry with Brown Rice

Snack: Protein Shake with Banana and Peanut Butter

Dinner: Grilled Salmon with Quinoa and Roasted Brussels Sprouts

Day 6:

Breakfast: Whole Wheat Pancakes with Greek Yogurt and Berries

Snack: Cottage Cheese with Almonds and Mango

Lunch: Grilled Chicken Caesar Salad with Whole Wheat Croutons

Snack: Protein Bar

Dinner: Beef and Broccoli Stir-Fry with Brown Rice

Day 7:

Breakfast: Egg and Veggie Breakfast Burrito with Avocado

Snack: Greek Yogurt with Granola and Mixed Berries

Lunch: Turkey and Hummus Wrap with Whole Wheat Tortilla

Snack: Protein Shake with Spinach and Pineapple

Dinner: Baked Cod with Quinoa and Steamed Asparagus

Note: This meal plan provides a variety of protein sources, complex carbohydrates, and healthy fats to support muscle growth during bulking. Adjust portion sizes as needed and ensure to stay hydrated throughout the day.