

Pinoy Bulking Meal Plan (High-Protein, Low-Sodium) - 30 Days with Macros

Day 1

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 2

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 3

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 4

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 5

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 6

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 7

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 8

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 9

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 10

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 11

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 12

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 13

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 14

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 15

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 16

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 17

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 18

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 19

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 20

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 21

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 22

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 23

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 24

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 25

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 26

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 27

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g

Day 28

Breakfast: Tortang Talong + Garlic Brown Rice + Boiled Egg

Estimated Macros - Calories: 450 kcal | Protein: 30g | Carbs: 40g | Fat: 18g

Snack: Tuna-Kamote Patties

Estimated Macros - Calories: 300 kcal | Protein: 25g | Carbs: 25g | Fat: 10g

Lunch: Grilled Chicken Breast + Ginisang Pechay + Red Rice

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 50g | Fat: 20g

Snack: Whey Shake + Banana

Estimated Macros - Calories: 250 kcal | Protein: 25g | Carbs: 20g | Fat: 5g

Dinner: Steamed Tilapia + Upo Guisado + Brown Rice

Estimated Macros - Calories: 500 kcal | Protein: 40g | Carbs: 40g | Fat: 15g

Evening Snack: Cottage Cheese + Unsalted Crackers

Estimated Macros - Calories: 200 kcal | Protein: 15g | Carbs: 15g | Fat: 8g

Day 29

Breakfast: Champorado + Whey Protein + Banana

Estimated Macros - Calories: 500 kcal | Protein: 30g | Carbs: 50g | Fat: 10g

Snack: Boiled Eggs + Papaya

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 15g | Fat: 12g

Lunch: Chicken Adobo + Quinoa + Steamed Okra

Estimated Macros - Calories: 600 kcal | Protein: 45g | Carbs: 45g | Fat: 20g

Snack: Yogurt + Chia Seeds

Estimated Macros - Calories: 300 kcal | Protein: 20g | Carbs: 25g | Fat: 15g

Dinner: Bangus Belly + Kalabasa Sitaw + Red Rice

Estimated Macros - Calories: 550 kcal | Protein: 40g | Carbs: 45g | Fat: 18g

Evening Snack: Protein Bar + Almonds

Estimated Macros - Calories: 250 kcal | Protein: 20g | Carbs: 20g | Fat: 12g

Day 30

Breakfast: Arroz Caldo + Chicken Breast + Boiled Egg

Estimated Macros - Calories: 480 kcal | Protein: 35g | Carbs: 35g | Fat: 15g

Snack: Greek Yogurt + Mango

Estimated Macros - Calories: 270 kcal | Protein: 18g | Carbs: 22g | Fat: 10g

Lunch: Tofu Sisig + Red Rice + Veggies

Estimated Macros - Calories: 600 kcal | Protein: 35g | Carbs: 50g | Fat: 22g

Snack: Whey Shake + Oats

Estimated Macros - Calories: 280 kcal | Protein: 25g | Carbs: 30g | Fat: 5g

Dinner: Grilled Tilapia + Kangkong + Kamote

Estimated Macros - Calories: 520 kcal | Protein: 40g | Carbs: 35g | Fat: 18g

Evening Snack: Egg + Pandesal

Estimated Macros - Calories: 230 kcal | Protein: 15g | Carbs: 20g | Fat: 8g