



BUILD

October – December

Caloric surplus to build muscle and strength. Eat above maintenance with purpose, not recklessly.

MEAL 1: BREAKFAST

~30% OF DAILY TOTAL

- 4 whole eggs scrambled with cheese
- 1.5 cups oatmeal with peanut butter and banana
- 1 glass whole milk or orange juice
- Coffee with cream

YOUR CHOICE:

MEAL 2: LUNCH

~30% OF DAILY TOTAL

- 8 oz chicken thigh or ground beef (80/20)
- 1.5 cups white or brown rice
- Side of avocado or guacamole
- Whole wheat tortilla or bread

YOUR CHOICE:

MEAL 3: DINNER

~25% OF DAILY TOTAL

- 8 oz steak, salmon, or pork chop
- Large baked potato with butter and sour cream
- Roasted broccoli with olive oil

YOUR CHOICE:

SNACK

~15% OF DAILY TOTAL

- Protein shake blended with banana, oats, and peanut butter
- 2 tbsp nut butter on whole wheat toast
- Greek yogurt with granola and honey

YOUR CHOICE:

YOUR DAILY TARGETS

CALORIES: kcal
PROTEIN: g
CARBS: g
FAT: g

PHASE 4 TIPS

- Surplus should be moderate: 300–500 cal above maintenance
- Prioritize protein and carbs around training sessions
- Don't use "bulking" as an excuse to eat junk — quality matters
- Expect scale weight to go up — that's the point

• HYDRATION TARGET •

Half your bodyweight (lbs)
in ounces of water daily

More carbs = more water retention (normal)