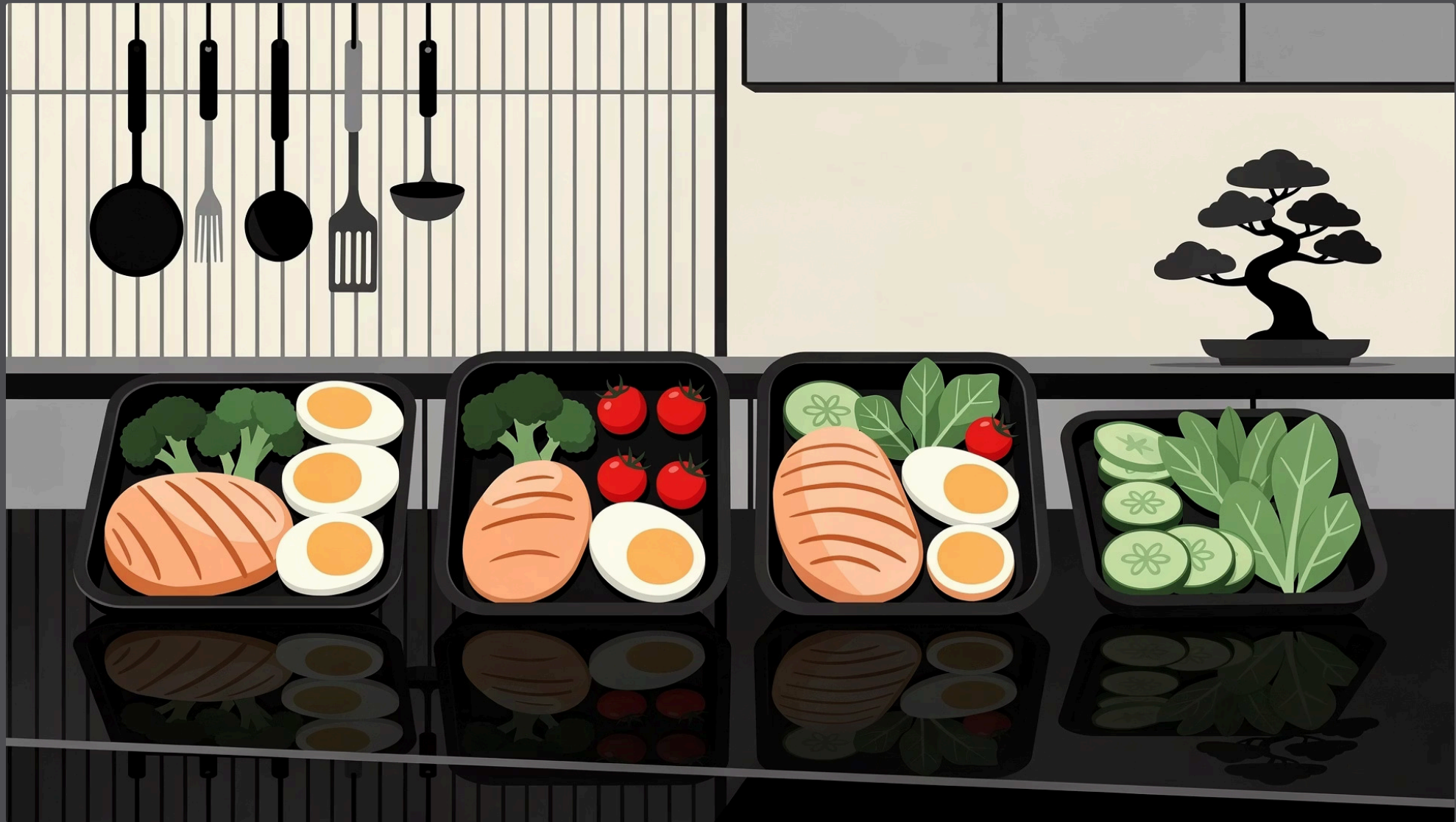


Animal-Forward Meals, Grab-and-Go Staples & Pre-Workout Fuel



How to Use This Guide



Section 1 — Bulking Foods Made Easy

Your **calorie-dense playbook** for building muscle or bumping intake on hard-training days. Includes high-calorie staples, 300–700 kcal snack ideas, a gainer-shake builder, plug-and-play meal templates, add-on boosters, sample day menus, and budget tips. Prioritize **protein first**, add carbs/fats to hit your surplus, and increase portions gradually to minimize fat gain.



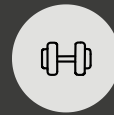
Section 2 — Any-Day Meal Options

Quick, busy-friendly ideas for breakfast, lunch, and dinner. Breakfasts/lunches are **lower-carb** and animal-forward; **dinners are fully low-carb**. Mix and match, season freely (salsa, hot sauce, mustard), and adjust portions to your coach-set macros.



Section 3 — Lean & Easy (Grab-and-Go)

Zero-prep staples and specific products to keep you on track when you're busy or traveling. Scan labels for **15–30 g protein/serving**. If you avoid certain foods (e.g., Greek yogurt or tuna), **swap** for similar protein options. If located internationally you might not have the same products but there should be similar ones.



Section 4 — Pre-Workout Fuel Guide

Exactly **when** and **how many carbs** to eat before training. Use this as your higher-carb window while keeping the rest of the day (especially dinner) lower-carb during a cut.

Bulking Foods Made Easy

Bulking Foods Made Easy is your cheat sheet for fast, calorie-dense eating. Mix and match these staples, snacks, shakes, and simple meals to hit a steady surplus without feeling stuffed.



Calorie-Dense Staples (easy to add anywhere)

- **Nut butters** (2 Tbsp ≈ 190 kcal, 7g protein, 16g fat)
- **Olive/avocado oil** (1 Tbsp ≈ 120 kcal) drizzle on rice, eggs, veggies
- **Avocado** (1 medium ≈ 240 kcal)
- **Nuts & trail mix** (¼ cup ≈ 170–220 kcal)
- **Granola** (½ cup ≈ 200–250 kcal)
- **Whole-milk dairy**: Greek yogurt, cottage cheese, cheese (½ cup/2 oz ≈ 120–220 kcal)
- **Oats** (½ cup dry ≈ 150 kcal) cook in milk
- **Rice, quinoa, pasta** (1 cup cooked ≈ 180–220 kcal)
- **Bagels & wraps** (1 bagel ≈ 250–300 kcal; large wrap ≈ 200–300 kcal)
- **Dark chocolate** (1 oz ≈ 160–170 kcal)
- **Dried fruit & honey** (¼ cup ≈ 100–130 kcal; 1 Tbsp honey ≈ 60 kcal)

High-Calorie Snack Ideas (300–700 kcal)

Greek yogurt parfait

whole-milk yogurt + granola + honey + berries
(450–600 kcal)

Peanut butter banana toast

(2 slices) (400–550 kcal)

Trail mix + string cheese

(400–500 kcal)

Hummus + pita + olive oil drizzle

(350–500 kcal)

Cottage cheese + pineapple + honey

(350–450 kcal)

Protein bar + milk

(350–500 kcal)

Avocado tuna mash on crackers

(400–600 kcal)

Bagel + cream cheese + smoked salmon

(500–650 kcal)

Shake & Smoothie Builder (easy calories, fast)



Base (choose 1)

whole milk (8 oz, 150 kcal) •
chocolate milk (190 kcal) • oat milk
(120 kcal)



Carb add-ins (1–2)

banana, oats ($\frac{1}{4}$ – $\frac{1}{2}$ cup), frozen
mango, honey, dates



Protein (1)

whey/plant scoop (20–30g), Greek
yogurt ($\frac{3}{4}$ –1 cup), silken tofu ($\frac{1}{2}$
block)



Fats (1–2)

peanut/almond butter (1–2 Tbsp), chia/flax (1–2 Tbsp),
avocado ($\frac{1}{2}$)



Flavor

cocoa, cinnamon, vanilla, espresso

Examples

PB Banana Gainer

milk, banana, ½ cup oats, 2 Tbsp
PB, whey (≈ **800–1,000 kcal**,
45–60g protein)

Chocolate Cherry Recovery

chocolate milk, frozen cherries,
cocoa, Greek yogurt, honey (≈
700–900 kcal)

Green Bulk

oat milk, mango, ½ avocado,
spinach, vanilla whey (≈ **600–
800 kcal**)

Simple Meal Templates (plug & play)

1

Rice Bowl

1.5–2 cups rice + 6–8 oz chicken/beef/tofu + 1 cup veggies + 1–2 Tbsp sauce + 1 Tbsp oil (*≈ 700–1,000 kcal*)

2

Pasta Power

3 cups cooked pasta + 6 oz ground turkey/tempeh + marinara + parmesan + olive oil (*≈ 800–1,100 kcal*)

3

Burrito/Wrap

large tortilla + 1 cup rice + ½ cup beans + 6 oz protein + cheese + avocado (*≈ 800–1,200 kcal*)

4

Egg & Potato Skillet

3–4 eggs + 1–2 cups potatoes + cheese + avocado + salsa (*≈ 700–1,100 kcal*)

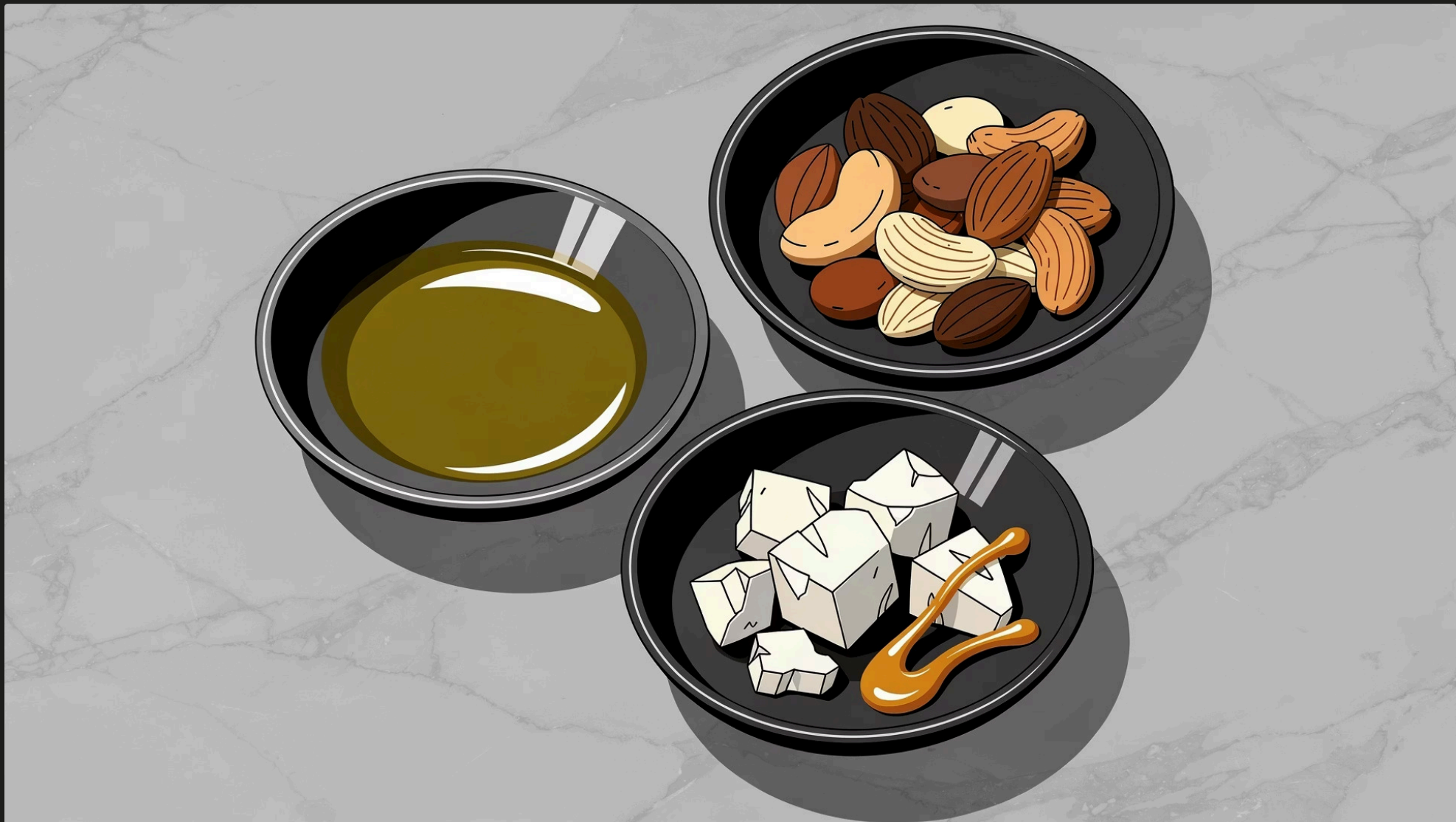
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Overnight Oats

1 cup oats + 1 cup whole milk + Greek yogurt + chia + PB + fruit (*≈ 600–900 kcal*)

Add-On Boosters (\approx 80–250 kcal each)

Olive oil tbsp • extra slice of cheese • extra scoop of rice/pasta • $\frac{1}{4}$ cup nuts • 2 Tbsp nut butter • 1 Tbsp butter • 1 Tbsp honey • $\frac{1}{2}$ avocado • extra tortilla • granola sprinkle



Sample Day Menus

~3,000 kcal

- Breakfast: Overnight oats with PB & banana (800)
- Snack: Trail mix + milk (450)
- Lunch: Rice bowl (850)
- Snack: Greek yogurt parfait (450)
- Dinner: Pasta power (900)

Add/subtract boosters as needed.

Higher Calorie Targets

~3,500 kcal

● Add a **gainer shake** (700–900) or increase portions at lunch/dinner.

~4,000 kcal

● 3 meals (800–1,000 each) + 2 shakes/snacks (600–900 each) + boosters.

Budget Tips



Buy in bulk

Buy rice/oats/beans in bulk, frozen fruit/veg, family-pack meats or tofu.



Batch cook

Make **one big pot** (chili, pasta bake, curry) and add oil/cheese/nuts to raise calories.



Cheap staples

PB sandwiches, eggs & potatoes, bean burritos = cheap, calorie-dense staples.

Quick Grocery List (tick off)

Proteins

chicken, beef, eggs, yogurt,
cottage cheese, tofu/tempeh,
whey/plant powder

Carbs

rice, pasta, oats, bread/bagels,
tortillas, potatoes, granola

Fats & extras

olive oil, nut butters, avocado,
nuts, seeds, cheese, dark
chocolate

Produce

bananas, berries, mango, spinach,
frozen veg, tomatoes, onions

Flavor

marinara, salsa, pesto, hummus,
honey, cocoa, spices

Keep Scrolling

Any-Day Meal Options

(High protein, Low Carb)

Made without: Greek yogurt, cottage cheese, quinoa, couscous, or canned tuna.

Breakfast Options

- Egg & cheese scramble + salsa (no tortilla)
- Whey protein smoothie (milk/water, whey, frozen berries, spinach) no oats/banana
- Turkey sausage links + eggs
- Turkey bacon & eggs
- Hard-boiled eggs + string cheese
- Avocado + scrambled eggs
- Omelet with rotisserie chicken + peppers/onions
- Smoked salmon & eggs (scramble or omelet) + cucumber
- Egg bites (store-bought or baked) + a few berries
- Steak & eggs (3–4 oz steak) + sautéed spinach
- Ham & egg roll-ups (deli ham wrapped around scrambled egg/cheese)
- Breakfast burrito bowl (eggs, peppers, salsa; no potatoes)

Lunch Options

- Rotisserie chicken salad (mixed greens, cucumber, tomato, olive oil + lemon)
- Chicken Caesar salad (light dressing, no croutons)
- Turkey & cheese roll-ups (no bread) + raw veggies
- Egg salad lettuce wraps (eggs + light mayo + Dijon)
- Canned salmon salad over greens (celery, pickles, mustard or light mayo)
- Shrimp & avocado salad (thawed frozen shrimp, mixed greens)
- Beef taco salad (lean ground beef, lettuce, pico, salsa, a little cheese)
- Chicken stir-fry over steamed veggies (no rice)
- Leftover bunless burger bowl (beef/turkey over shredded lettuce with pickles)
- Deli roast beef + cheese snack box (roll-ups) + side salad
- Bone broth soup with pulled rotisserie chicken + frozen mixed veg
- Grilled chicken & veggie plate (microwave steamer veggies + chicken; drizzle olive oil) (Lower-Carb Top 12)

Dinner Options (Low-Carb)

Air-fryer chicken thighs + roasted broccoli & zucchini

Turkey burger lettuce wraps + side salad

Salmon (frozen fillet) + cauliflower rice + asparagus

Beef & veggie skillet (93% lean beef, mushrooms, peppers, spinach)

Chicken stir-fry over cauliflower rice (frozen veg + soy/garlic)

Zucchini noodles ("zoodles") + turkey meat sauce (jarred marinara)

Taco salad bowl (ground turkey/beef, lettuce, pico, salsa, cheese)

Bunless burger bowl (beef/turkey over shredded lettuce with tomato & pickles)

"Egg Roll in a Bowl" (ground turkey, coleslaw mix, soy/ginger)

Garlic shrimp + sautéed spinach & cherry tomatoes

Chicken Caesar salad (light dressing, no croutons)

Pork chops or tenderloin + sautéed mushrooms & green beans

Lean & Easy: Low-Prep Meals/Snacks for Busy Dieters

Let's be real—sometimes you just don't feel like cooking. Whether you're busy, tired, or just over the idea of meal prep, this guide's got your back.

Non specific ready to go Items:

- Eggs
- Egg whites
- Sliced Turkey/Ham
- Rotisserie chicken
- Microwaveable rice cups (e.g. jasmine, brown, quinoa blends)
- Rice cakes
- Nut butter packs (peanut, almond, cashew)
- Avocados
- Canned Tuna

Specific Brands/Products:



1. Real Good Chicken Tenders

130 cals, 23g protein, 4g carbs, 2g fat

a. Prep time: Throw in oven for 18-21 mins 400 fahrenheit



2. Oikos protein yogurt

90 cals, 15g protein, 7g carb

a. Prep time: 0



3. Pure protein bar

180 calories, 21g protein, 17g carbs, 7g fats

a. Prep time: 0



4. Power FlapJacks

14g protein, 28g carbs, 2.5g fat

a. Prep time: toaster/oven for a 3-4 minutes

5. Healthy Choice:



Grilled Chicken Marsala

180 calories, 17g protein, 21g carbs, 3g fat



Grilled Chicken and Broccoli Alfredo

190 cals, 28g protein, 8g carbs, 5g fat



Healthy Choice Power Bowls – Adobo Chicken

360 cals, 26g protein, 31g carbs, 15g fats

g. They have many many more meals. Check your local grocery store for options.

6. Lean Cuisine



Steak Portabella

190 cals, 14g protein,
13g carbs, 9g fat



Comfort Herb Roasted Chicken

180 cals, 18g protein,
16g carbs, 4.5g fat



Simple Favorites Alfredo Pasta with Chicken & Broccoli

280 cals, 20g
protein, 39g carbs,
5g fat

g. They have many many more meals.

Pre-Workout Fuel Guide

High-Performance Carbs & Meal Ideas for Every Training Session

Why Pre-Workout Carbs Matter

Carbohydrates are your body's preferred fuel during exercise. Eating the right amount at the right time tops up muscle glycogen, stabilizes blood sugar, and helps you train harder for longer.

Timing & Portions

| Time Before Training | Carb Target* | Goal |
|----------------------|----------------------|---|
| 3–4 hours | 1–2 g/kg body-weight | Full glycogen top-up & balanced digestion |
| 1–2 hours | 0.5–1 g/kg | Lighter fuel, low-moderate fiber/fat |
| 30–60 min | 20–30 g quick carbs | Rapid energy, minimal fat & fiber |

Carb Power List (per typical serving)

Complex / Slow-Release

- Rolled oats 27 g / ½ cup dry
- Cooked brown rice 45 g / cup
- Sweet potato 26 g / medium (150 g)
- Whole-grain bread 12 g / slice

Fast / Easy-Digesting

- Banana 27 g / medium
- Medjool dates 18 g / date
- Honey 17 g / tablespoon
- Rice cakes 7 g / cake
- Pretzels or graham sticks 22 g / ounce

Meal & Snack Ideas

3–4 Hours Out (50–80 g carbs)

1. **Chicken Burrito Bowl** 1 cup brown rice, 4 oz grilled chicken, salsa, veg (≈ 60 g C)
2. **Turkey & Hummus Wrap** (whole-grain) + 1 cup fruit salad (≈ 55 g C)
3. **Teriyaki Chicken Rice Bowl (≈70 g carbs):** 1 cup cooked jasmine rice (≈45 g C) + 4 oz grilled/rotisserie chicken + 1 cup frozen stir-fry veg + 1 Tbsp teriyaki (≈10 g C) + 1 medium orange on the side (≈15 g C).

1–2 Hours Out (30–50 g carbs)

1. **Power Oatmeal** ½ cup oats cooked in milk, 1 sliced banana, cinnamon (≈ 45 g C)
2. **Fruit Smoothie** 1 banana, ½ cup yogurt, ½ cup berries, 1 tbsp honey, 2 tbsp oats (≈ 40 g C)
3. **Rice Cakes & PB&J** 3 rice cakes + 2 tbsp peanut butter & 1 tbsp jam (≈ 38 g C)

*Adjust up/down for session length & intensity.

30–60 Minutes Out (20–30 g quick carbs)

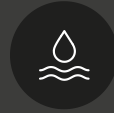
1. **Banana + Honey** 1 medium banana drizzled with 1 tbsp honey (≈ 35 g C)
2. **Stuffed Dates** 3 Medjool dates with 1 tsp almond butter each (≈ 25 g C)
3. **Low-Fiber Cereal** 1 cup Rice Krispies + ½ cup skim milk (≈ 26 g C)
4. **Sports Drink + Rice-Crispy Bar** 12 oz drink + 1 small bar (≈ 30 g C)
5. **Orange Slices** 1 medium orange, segmented (≈ 25 g C)
6. **Grape Snack Pack** 1 cup seedless grapes (≈ 28 g C)
7. **Applesauce Pouch** 4 oz unsweetened applesauce (≈ 24 g C)
8. **Watermelon Cubes** 2 cups diced watermelon (≈ 22 g C)

Quick Tips for Success



Keep fat & fiber low

as training nears to prevent stomach upset.



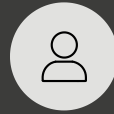
Hydrate

with 8–12 oz water alongside each meal/snack.



Test new foods

on light training days before big races or heavy sessions.



Personalize portions

based on body-weight and workout demands.