



MENS BULK NUTRITION PLAN WKS 1-4

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	TREAT	APPROX. CALORIES
MONDAY	<ul style="list-style-type: none"> - 80g Rolled Oats - 1 cup mixed berries - Small tub Natural Yoghurt - Tea/Coffee (optional) 	<ul style="list-style-type: none"> 40 Almonds 1 Apple 	<ul style="list-style-type: none"> - 250g Lean Mince - 1 Serve Pasta Sauce - 1-2 cups Broccoli - 1 cup Cooked Pasta 	<ul style="list-style-type: none"> - Bulk Shake with milk - 1 piece of Fruit 	<ul style="list-style-type: none"> - 250g Lean Steak - Steamed Veges - 1 cup Rice 	<ul style="list-style-type: none"> - Night time Protein 	2987
TUESDAY	<ul style="list-style-type: none"> Omelette or Scrambled - 1 whole egg + 5 egg whites - 2 pieces toast - 1 Cup Chopped Fresh Veges - Tea/Coffee (optional) 	<ul style="list-style-type: none"> - 1 1/2 Maxines Bar 	<ul style="list-style-type: none"> - Large(185g) tin Tuna in Springwater - Large Salad - 200g Sweet Potato 	<ul style="list-style-type: none"> - 1/2 serve Bulk Shake 	<ul style="list-style-type: none"> - 250g Lean Meat Pattie (your choice) - Roasted Vege Stack including 150g Sweet Potato 	<ul style="list-style-type: none"> - 180g Chobani Plain Yoghurt (0.5%) - 1/2 Cup(80g) Mixed Berries 	2166
WEDNESDAY	<ul style="list-style-type: none"> - 80g Rolled Oats - 1 cup(80g) mixed berries - Small tub Natural Yoghurt - Tea/Coffee (optional) 	<ul style="list-style-type: none"> - 4 Rice Cakes topped with low fat Cottage Cheese and Sliced Tomato 	<ul style="list-style-type: none"> - 2 wraps - 200g Grilled Chicken - Large Salad 	<ul style="list-style-type: none"> - Bulk Shake - 1 Piece Fruit 	<ul style="list-style-type: none"> - 250g Lean Meat (your choice) & Vege Stir Fry - 1/2 cup Rice 	<ul style="list-style-type: none"> - Night Time Protein 	2876
THURSDAY	<ul style="list-style-type: none"> Omelette or Scrambled - 1 whole egg + 5 egg whites - 2 pieces toast - 1 Cup Mushrooms & Spinach - Tea/Coffee (optional) 	<ul style="list-style-type: none"> - 1 1/2 Maxines Bar 	<ul style="list-style-type: none"> - 200g Lean Meat (your Choice) & Vege Stir Fry - 1 Cup Cooked Rice 	<ul style="list-style-type: none"> - 1/2 serve Bulk Shake 	<ul style="list-style-type: none"> - 125g Grilled Salmon - 1 serve Fried Rice 	<ul style="list-style-type: none"> - Night Time Protein 	2155
FRIDAY	<ul style="list-style-type: none"> - 180g Chobani Plain Yoghurt (0.5%) - 1/2 cup(80g) Mixed Berries - Tea/Coffee (optional) - 30g Rolled Oats 	<ul style="list-style-type: none"> - 40 Almonds - 1 Apple 	<ul style="list-style-type: none"> - 250g Grilled Chicken - 2 serves Fried Rice 	<ul style="list-style-type: none"> - Bulk Shake in milk 	<ul style="list-style-type: none"> - 200g Grilled Lean Steak - Steamed Veges - 1/2 cup Rice 	<ul style="list-style-type: none"> - Night Time Protein 	2682
SATURDAY	<ul style="list-style-type: none"> - 1 serve Arnolds Farms Protein Clusters (Freedom Foods) + 1/2 cup milk 1 whole Egg + 4 Egg Whites, Scrambled - Tea/Coffee (optional) 	<ul style="list-style-type: none"> - 1 1/2 Maxines Bar 	<ul style="list-style-type: none"> - 200g Grilled Lean Steak - Steamed Veges - 1 Cup Rice 	<ul style="list-style-type: none"> - Bulk Shake in Milk 	<ul style="list-style-type: none"> - 250g Grilled Chicken - Steamed Veges - 150g Sweet Potato 	<ul style="list-style-type: none"> - 1 Small tub Plain Yoghurt - 1 Cup Mixed Berries 	3041
SUNDAY	<ul style="list-style-type: none"> - 1 Whole Egg & 5 Egg Whites scrambled - 1/2 Medium Avacado - Tea/Coffee (optional) 	<ul style="list-style-type: none"> - 1 1/2 Maxines Bar 	<ul style="list-style-type: none"> - 200g Grilled Chicken and Salad Sandwich using 4 Pieces Wholemeal or Low-Carb Bread 	<ul style="list-style-type: none"> - 1/2 serve Bulk Shake 	<ul style="list-style-type: none"> - 200g Lean Mince - Steamed Veges - 1 Serve Pasta Sauce 	<ul style="list-style-type: none"> - Night Time Protein 	2034