HIGH PROTEIN MUSCLE BUILD MEAL PLAN

MONDAY

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
11am- 1 Can TUNA and 2/3 cup oats  
2pm- 4 egg whites and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats, 1 banana  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 7oz chicken  
9:30pm- 1 cup cottage cheese

TUESDAY

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
11am- 1 Can TUNA and 2/3 cup oats, 1 scoop of natural pb, and 1 pickle  
2pm- 4 whole eggs and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats, 1 banana  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 6oz Fish and 1 banana  
9:30pm- 1 cup cottage cheese with granola

WEDNESDAY

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
11am- 6oz Fish and 2/3 cup oats, 1 scoop of natural pb  
2pm- 6oz Chicken and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats, 1 scoop of natural pb  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 6oz chicken and 1 banana  
9:30pm- 1 cup cottage cheese with small scoop of PB

THURSDAY

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats, 1 cup spinach  
11am- 6oz Fish and 2/3 cup oats  
2pm- 6oz Ground Beef and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats  
5:30pm- Strength Session  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 6oz Steak and 1 banana  
9:30pm- 4 whole eggs

FRIDAY

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
11am- 6oz Fish and 2/3 cup oats, 1 scoop of natural pb  
2pm- 6oz Fish and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats  
5:30pm- PM Workout Session  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 6oz Steak, 1 cup rice and guacamole  
9:30pm- 1 cup cottage cheese

SATURDAY

7am- 20-30 Grams of Protein Shake  
8:45am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
10am- Bike/Swim  
1pm- 6oz Ground Beef and 2/3 cup oats  
3pm- 6oz Fish and 1 cup rice  
6:30pm- 1 can tuna fish and 1 cup oats  
7pm- 6oz Steak and 1 cup strawberries  
9:15pm- 5 whole eggs

SUNDAY -REST

7am- 20-30 Grams of Protein Shake  
8am- 2 whole eggs, 5 egg whites, 2/3 cup oats  
11am- 6oz Fish and 2/3 cup oats, 1 scoop of natural pb  
2pm- 6oz Fish and 2/3 cup oats  
4:30pm- 6oz Fish and 2/3 cup oats, 1 scoop of natural pb  
6:30pm- 40g Nutri Whey Protein and 40g Dextrose  
8pm- 6oz chicken and 1 banana  
9:30pm- 1 cup cottage cheese with small scoop of PB ) SO GOOD!

8pm- 6oz Steak and 1 banana  
9:30pm- 4 whole eggs