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Do you want to lose weight, maintain weight, or gain weight? It can be challenging to know how many calories you, make sure you're getting your money's worth. Prioritize foods that are high in protein and packed with nutrients. It can be
more difficult for some people to gain weight and muscle because of certain factors I'll discuss today. But if you're consistent, it's doable. Many people only think of losing fat when it comes to fitness goals. However, there are those of you looking to gain weight to improve your health, become stronger, and heal from eating disorders. I have been a
nutritionist for a few years now, and have helped many people add mass to their frames. I can tell you that who was successful really came down to who was consistently providing their body with the nutrients it needed to grow. Keep reading to find out what you should optimally eat on a 3000 calorie bulking meal plan! Related: Find Your Perfect
Balance With Our 1400 Calorie Meal Plan A 3000 calories meal plan allows the average person to gain weight because they are in a caloric surplus. If gaining muscle is the primary goal, ensuring enough calories are consumed from protein is ideal. You also want to be sure that you consume 3k calories a day worth of nutritious food that your body
will benefit from. Your health will prosper much more from a clean bulk than a dirty bulk. Related: 1000 Calorie meal plan, here are a few different factors that may affect your daily calorie needs. Genetics tends to be a significant factor in how quickly your body processes
calories. If you have a higher metabolism because of your genetics, you will need to eat more than the average person to gain weight. This is because the average man is larger and carries more muscle mass. In general, the more muscle mass someone has on their frame, the
more they need to eat to maintain it and grow further. As you age, your metabolism will slow down. So essentially, the older you are, the easier it is for you to gain weight, but if you are trying to gain weight, it shouldn't be too tricky! Going
along with how men have to eat more calories than women to gain weight due to average size, a taller person burns through more calories to gain weight. How you exercise is a huge determinant of how many calories you need to gain weight. Different types of
exercise have you burning various amounts of calories, which contributes to what number will put you in a surplus. For example, if you only do yoga and walking, these are more gentle activities that won't have you burning an insane amount of calories. On the other hand, exercise forms like weightlifting and HIIT will require you to eat more to gain
weight. Because your diet goal is to gain weight, you want to be in a caloric surplus. On the other hand, if you want to gain muscle, you need to be in a caloric surplus. For many people, this means following a 3000 calorie diet. A healthy goal
would be to gain one pound a week. While part of this pound will end up being fat, you can worry about losing that when you cut later on. There are 3,500 calories more than your daily maintenance calories. Your maintenance calories are what you consume to stay at your current weight. Related: Female
Body Toning Meal Plan With PDF In general, hitting a protein goal should be prioritized over both carbohydrates and fats in your 3000 calorie diet. Protein is an excellent macronutrient because of the following: The body burns more calories to digest protein than it does carbs or fats. It is the most satiating macro, so you will be full for longer after
consuming it. It is fuel for your muscles. Gaining muscle mass isn't possible without a steady and sufficient source of protein for every pound that you weigh. For example, if you weigh 200 pounds, you would have 200 grams of protein daily. This amounts to 800 calories. Figure
this number out before paying attention to the number of grams of carbs and fats you will have. Of course, it is very dependent on your weight, but people typically get between 25% and 35% of the calories from protein. Carbohydrates provide fuel for the body and are responsible for making your workout sessions effective and intense. While many
people view carbs as bad, this really isn't the case. It is just very easy for people to snack on unhealthy carbs like chips and whole grains, you benefit your body by providing it with various nutrients in a low-calorie meal or snack. What
percentage of your 3000 calorie diet comes from carbs is ultimately determined by how your specific body is. Some people feel better when they eat more fats, and others thrive on a high-carb diet. So which one are you? Either way, you will likely fall between 35% and 55%. We have determined that carbohydrates are not actually bad, but are fats? It
really depends on the source. Of course, you want to avoid the obvious, such as fried foods, but there are plenty of sources of healthy fats that greatly benefit your beart, brain, and hormone levels. As mentioned before, how many grams of fat you consume depends on whether you thrive more with carbs or fats. The typical range
for fats is lower, between 20% and 30%. Related: 25 Healthy High Calorie, Low Carb Foods If you want to gain muscle but not go through a "dirty bulk," you need to include nutritious and high-protein foods in your 3000 calorie a day meal plan. Because it is a whole process to gain muscle, your body needs all the clean energy it can get through lean
meats, fruits, veggies, whole grains, nut butters, nuts and seeds, and more. If you are worried that you still won't be getting all the vitamins you need just from food daily, try taking a multivitamin as a backup. Related: 11 Foods That Go Straight To Your Bum While it may be hard for some people to naturally consume 3000 calories a day, this doesn't
mean you should fill up on high-calorie junk foods. It would undoubtedly make hitting your calorie goal more manageable, but it would be very difficult to get enough protein and nutrients. Here are a few foods that it is best that you keep to a minimum or avoid altogether: Pastries Candy Fried foods Ice cream Sugary drinks Soda Alcohol Fast food
Related: Muscle Gain Workout Plan With PDF The following example meal plan is for someone who needs to eat 225 grams of protein a day, and the percentages of fat and carbs vary. Having a 3000 calorie meal prep planned out will make following a food plan to gain weight more realistic and achievable. Breakfast: Protein Oatmeal With Berries
Ingredients: 53 g quick oats 1 cup almond milk 1.5 scoops protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein powder 2 thsp peanut butter 1 cup blueberries Calories: 705 Protein: 705 Pr
a Banana Ingredients: 2 cans drained tuna 3 tbsp mayonnaise 2 slices sourdough bread 1 banana Calories: 695 Protein: 49 g Carbs: 54 g Fat: 32 g Time: 12:30 pm Snacks: Greek Yogurt 1/4 c granola 70 g strawberries Calories: 354 Protein: 24 g Carbs: 33 g Fat: 13 g Time: 3:30 pm Dinner: Chicken, Veggies,
and Rice Ingredients: 8 oz chicken 1 ½ c rice 44 g broccoli ½ bell pepper 1 oz cashew pieces 2 tbsp Teriyaki sauce Calories: 738 Protein: 4 g Carbs: 42 g Fat: 8 g Time: 9:30 pm Breakfast: Blueberry Protein Pancakes Ingredients: 1 cup protein pancake mix 1
cup blueberries 1 tbsp peanut butter 2 tbsp maple syrup Calories: 700 Protein: 33 g Carbs: 120 g Fat: 14 g Time: 6:30 am Snacks: Protein Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 9 cups Asian chopped salad mix 
560 Protein: 44 g Carbs: 30 g Fat: 29 g Time: 12:30 pm Snacks: String Cheese and Fruit Ingredients: 2 pieces string cheese 1 apple Calories: 255 Protein: 14 g Carbs: 27 g Fat: 10 g Time: 3:30 pm Dinner: Ground Turkey Chili Ingredients: 12 oz ground turkey ½ cup pinto beans ½ cup red kidney beans 3 fl oz marinara sauce 1 cup
bone broth Calories: 868 Protein: 93 g Carbs: 66 g Fat: 27 g Time: 6:30 pm Snacks: HaloTop Ingredients: Calories: 701 Protein: 43 g
Carbs: 36 g Fat: 44 g Time: 6:30 am Snacks: Protein Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Sandwich and Protein Bar Ingredients: 2 slices protein bread 1 tbsp mayonnaise 5 slices smoked turkey breast 2 slices Colby Jack cheese ½ cup spinach 1 protein
bar Calories: 783 Protein: 59 g Carbs: 51 g Fat: 40 g Time: 12:30 pm Snacks: Greek Yogurt 1/4 c granola 70 g strawberries Calories: 354 Protein: 24 g Carbs: 33 g Fat: 13 g Time: 3:30 pm Dinner: High-Protein Pizza Ingredients: 1 high-protein tortilla 1/4 cup pizza sauce 1 cup spinach 1/2 cup shredded
mozzarella cheese 8 oz ground turkey Calories: 651 Protein: 71 g Carbs: 26 g Fat: 32 g Time: 6:30 pm Snacks Snacks: Protein: 4 g Carbs: 42 g Fat: 8 g Time: 6:30 pm Snacks Snacks: Protein: 4 g Carbs: 42 g Fat: 8 g Time: 6:30 pm Snacks Snacks: Protein: 4 g Carbs: 74 g Fat
8 g Time: 6:30 am Snacks: Protein Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Sushi and Protein Bar Ingredients: 2 rolls of sushi 1 protein bar Calories: 998 Protein: 49 g Carbs: 140 g Fat: 26 g Time: 12:30 pm Snacks: String Cheese and Fruit Ingredients: 2
pieces string cheese 1 apple Calories: 255 Protein: 14 g Carbs: 27 g Fat: 10 g Time: 3:30 pm Dinner: Tofu and Rice Ingredients: 1 cup rice 255 g cubed extra firm tofu 1 tbsp tahini ½ c sliced cucumbers Calories: 300 Protein: 18 g Carbs: 63 g Fat: 6 g Time
9:30 pm Breakfast: Breakfast Tacos Ingredients: 3 tortillas 4 eggs ¼ bell pepper ½ cup spinach Calories: 627 Protein: 34 g Carbs: 61 g Fat: 25 g Time: 6:30 am Snacks: Protein Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Chicken and Veggie Wrap Ingredients: 2
 high-protein tortillas 8 oz chicken ¼ cup shredded cheddar cheese ½ cup shredded lettuce ½ cup black beans Calories: 670 Protein: 77 g Carbs: 55 g Fat: 20 g Time: 12:30 pm Snacks: Greek Yogurt ¼ c granola 70 g strawberries Calories: 354 Protein: 24 g Carbs: 33 g Fat: 13 g Time: 3:30 pm Dinner:
peanut butter 1 cup blueberries Calories: 705 Protein: 52 g Carbs: 71 g Fat: 27 g Time: 6:30 am Snacks: Protein Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Asian Salad Ingredients: 8 oz salmon 2 cups Asian chopped salad mix Calories: 560 Protein: 44 g Carbs
30 g Fat: 29 g Time: 12:30 pm Snacks: String Cheese and Fruit Ingredients: 2 pieces string cheese 1 apple Calories: 255 Protein: 14 g Carbs: 27 g Fat: 10 g Time: 3:30 pm Dinner: High-Protein Pizza Ingredients: 2 pieces string cheese 1 apple Calories: 895 Protein: 90 g
Carbs: 50 g Fat: 42 g Time: 6:30 pm Snacks: HaloTop Ingredients: 120 g Fat: 6 g Time: 9:30 pm Breakfast: Blueberry Protein Pancakes Ingredients: 120 g Fat: 14 g Time: 6:30 am Snacks: Protein
Shake Ingredients: 2 scoops protein powder 1 cup almond milk Calories: 270 Protein: 55 g Carbs: 5 g Fat: 4 g Time: 9:30 am Lunch: Sandwich and Protein bar Calories: 783 Protein: 59 g Carbs: 51 g Fat: 40 g
Time: 12:30 pm Snacks: Greek Yogurt Parfait Ingredients: 1 cup plain greek yogurt 1 scoop vanilla protein powder ¼ c granola 70 g strawberries Calories: 504 Protein: 48 g Carbs: 39 g Fat: 16 g Time: 3:30 pm Dinner: Tofu and Rice Ingredients: 1 cup rice 255 g cubed extra firm tofu 1 tbsp tahini ½ c sliced cucumbers Calories: 504 Protein: 29 g
Carbs: 54 g Fat: 20 g Time: 6:30 pm Snacks: Popcorn Ingredients: Calories is a lot and will likely put you in a caloric surplus. Figure out how many meals you would like to eat per day, and then divide your total
calories evenly between those meals to make following a healthy 3000 calorie diet more doable. How much weight, age, activity levels, and more. If your maintenance calories are currently 2,500, then you would gain one pound a week by
eating 3,000 calories daily. How many meals make up your 3000 calorie meal plan to gain muscle is up to you. 3000 calorie meal plan to gain muscle from eating 3000 calories a day as long as that number puts
you in a surplus and you are getting enough protein regularly. We hope you found our guide to following a 3000 calorie meal plan to gain weight helpful! If this is the right amount of calories for you, and you are consistent with the plan, then you should start seeing steady progress in no time. Gaining weight isn't the easiest thing to do for some
people, but a 3000 calorie bulking meal prep is typically what the average person needs to make it happen. Comment below to share how your journey with gaining weight has been going so far, and don't forget to share this article are
affiliate links, which means we earn from qualifying purchases. Learn more. On FeastGood.com, we have several free meal plans for those looking to gain muscle. This one is the 4000-calorie bulking meal plan (click to download PDF). While it's tempting to add calories by eating junk food, it's still important to eat high-quality foods to fuel your
workouts and help you build as much lean muscle mass as possible. Below, I've laid out the macronutrient split that is optimal for building muscle on 4000 calories, as well as a complete food list and ways you can customize this plan based on personal preferences. Once you've downloaded the meal plan, please read everything below so you have all
the tools necessary to achieve success on this meal plan. Want to learn more about meal planning? Check out our complete guide on Beginner's Guide To Bodybuilding Meal Prep. A common macro split for most
of our muscle-building plans, those eating 4000 calories should prioritize a slightly higher carbohydrate intake from protein • 55% of intake from carbohydrates • 20-25% of intake from grace should prioritize a slightly higher carbohydrate intake from protein • 55% of intake from carbohydrates • 20-25% of intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate intake from grace should prioritize a slightly higher carbohydrate should be s
To Calculate (The Proper Way) The 4000-calorie bodybuilding meal plan is a high-calorie diet. It is unlikely that it would be suitable for women unless they were very tall and with a very high-activity job on top of an intense training regimen dedicated to athletic performance. This plan is better suited to extremely active men with high muscle mass
looking to gain or maintain their weight for physical performance and/or bodybuilding aesthetic goals. This plan is therefore suitable only for a small segment of the general population: Men weighing 300lbs or more, looking to maintain
weight Using our online calculator can help you come up with your calorie needs based on your age, gender, height, weight, and activity level. This calculator will provide an estimate for a starting point. You can then use an app like MacroFactor to track your intake. Use this link and enter the code FEASTGOOD when signing up to get an extra week
on your free trial (2 weeks total). There are lots of ways to track progress: Measurements (such as neck, shoulders, chest, waist, hips, thighs, biceps, and calves) using a soft cloth measuring tape Photos
Take photos of yourself in the same poses, wearing the same clothes using the self-timer on your phone Body fat measurements: Use a smart scale to get an estimate of your benchmark lifts such as squat, deadlift, and bench press and/or monitor running
workouts for pace/time Quality of life indicators: Keep records of your sleep, mood, and energy levels If you are losing weight when you want to maintain or gain it) or down (if you are gaining weight too quickly). Related: Eating 4000
Calories A Day And Not Gaining Weight (5 Reasons) Generally, men can realistically expect to gain between 0.4 to 2.5 lbs of muscle per month (0.1 to 0.6lb per week) with those having more strength training experience being on the lower end. The specific results that you
can expect from a 4000-calorie intake will depend on how many calories you need to maintain your weight, head over to our TDEE (Total Daily Energy Expenditure Calculator) to find out how many calories you burn per day
and therefore how much you need to eat to maintain weight. If you maintain your weight by eating 3000 calories per day then eating 4000 calories per day would allow you to gain closer to 1lb per week.
However, this simply describes your ability to gain weight (aka fat & muscle). Unfortunately, a higher intake doesn't necessarily mean that you'll gain muscle as muscle growth seems to have diminishing returns beyond a certain point. Therefore, eating more than you need to will likely just increase the amount of fat you gain. Since 4000 calories is a
large amount of food, it's important to focus on calorie-dense options that provide more calories for a relatively small volume to avoid feeling uncomfortably full. It's also still important to include minimally-processed whole foods to get the micronutrients (vitamins and minerals) from those foods that are optimal for overall health. Protein provides the
building blocks (amino acids) for building new muscle tissue. Muscle growth happens when protein is a very important macronutrient for those looking to gain size. In a 4000 calorie diet, I recommend getting 20-25% of daily calories from protein. This means eating
200-250g of protein each day. To assist with a calorie surplus (if your goal is to bulk), and to provide additional food volume, it's a great idea to pick fattier sources of protein whenever possible, such as chicken thighs, salmon, or ground beef, and not lean sources like tuna. This can help to provide more calories for the same
serving size and prevent you from feeling uncomfortably full. Feeling too full can be one of the most challenging aspects of a successful bulk. My recommendations for protein sources that are higher in fat include: Chicken thighs with skin Eggs Greek yogurt (full-fat) Ground beef Marbled steak Salmon Whole milk One caution is that because fats are
slower to digest, fat intake should be minimal pre-workout. This will allow you to digest your pre-workout meal or snack in time to provide energy for the workout and avoid feeling sluggish. Choose lean protein sources for pre-workout, such as tuna, tilapia, or protein powder. My recommendations for protein sources that are lower in fat include
Chicken breast (skinless) Cottage cheese (low-fat) Egg whites Fish & seafood (shrimp, tilapia, tuna) Greek yogurt (low-fat) Turkey breast, skinless The body prefers to get its energy from carbohydrates. No matter the original source of carbohydrates, the digestion process breaks them down into simple sugars that are easily absorbed into the
bloodstream to provide energy. Carbohydrates are also important to assist with recovery from intense training. Heavy and/or high-intensity exercise is stressful for the body and causes the release of the stress hormone cortisol. Cortisol is catabolic, meaning it breaks down muscle tissue. Carbohydrate consumption lowers cortisol, helping to preserve
lean muscle mass. Carbohydrates also help the body to replace glycogen (carbohydrate stored in the muscles) by stimulating the release of the hormone insulin. Insulin also means that the amino acids from protein will be taken up to build new muscle tissue. For a 4000-calorie diet, I recommend 55% of intake comes from carbs, which is 550g. Sugain
is a great source of energy when bulking or maintaining your weight with a high caloric intake because it can provide a lot of calories in a small volume of food. Sugar isn't very filling and it does not take much effort to digest. These factors are perfect for managing a high-calorie diet. These are also great reasons to include "quick" carbs after a
workout. My recommendations for faster-digesting carbohydrates to consume pre-workout and post-workout: Dried fruit Fresh fruit Honey Jam Juice Maple syrup At meals or snacks away from the training window, I recommend slower-digesting sources of complex carbohydrates, such as: Oats Quinoa Potatoes Rice Whole grain bread Whole wheat
pasta Yams Fat plays a key role in regulating hormones and absorbing nutrients such as the fat-soluble vitamins A, E, and K, as well as for other bodily functions needed for optimal health. My recommendation for the 4000-calorie diet is 25% of calories from fat, meaning 111g per day. Fat takes longer to digest, meaning it can contribute to feelings of
fullness. This is one of the reasons that the recommended fat intake of 25% when eating 4000 calories is lower than the general guideline of 30%. The good news is that fat provides more than double the number of calories per gram of carbs or protein (9 calories instead of 4), making it more calorie-dense. Adding butter or olive oil to vegetables
and grains is a great way to add calories with minimal added food volume. My recommendations for fat sources include: Avocado Nuts and nut butter such as peanut butter Olive oil Seeds such as chia seeds With 4000 calories, the goal is to get as many of these calories as possible from nutritious whole foods, without feeling over-full from too much
fiber. This may involve including some processed foods such as cereal that are "off-limits" (unless you have an allergy or intolerance), but some foods to be mindful of include. Vegetables are an excellent whole-food source of a range of source of calories but lower in nutrients, as well as liquid sources of calories such as juice. There are no foods that are "off-limits" (unless you have an allergy or intolerance), but some foods to be mindful of include. Vegetables are an excellent whole-food source of a range of source of a r
micronutrients including vitamins, minerals, and phytonutrients (plant-based compounds). However, vegetables provide very few calories for the volume of food consumed and can leave you feeling very full and struggling to eat enough. I recommend
no more than 5 total servings of fruits and vegetables each day while on a high-calorie diet to avoid excess fiber. Focus on high-sugar tropical fruits like bananas, mangos, and pineapples over high-fiber blueberries or strawberries, and starchy root vegetables like carrots and parsnips over leafy greens or broccoli. This meal plan has two options for
each meal or snack. I recommend four main meals and three snacks. Each of the meal options has the same calories and macronutrients, so you can mix and match meals or snacks. I discuss how to customize this meal plan in the next section. Total daily nutrition: Calories - 4000
Protein - 200g Carbohydrates - 550g Fat - 111g Per meal: 700 calories, 35g protein, 100g carbs, 18g fat Per snack: 400 calories per day. You can mix and how to combine them, you have a great starting point for other ways to eat 4000 calories per day. You can mix and
match your favorite foods into this basic template. Just make sure that the foods you substitute have a similar macronutrient split and calorie count. Your pre-workout meal should be approximately one to one and a half hours before your workout. As mentioned, keep fat intake low pre-workout so that you don't slow down the intake of carbs and
protein to give you energy for your workout. If you need to make a meal or snack lower in fat, move the fat source(s) from that meal or snack, away from the training window. The sources of fat in these meals are oil, butter, mayo, cheese, avocado, nuts, or nut butters. Within one hour after a workout, eat a meal that is high
in protein and carbohydrates to repair and build muscle and replenish stored glycogen. All of the meals and snacks in the meal plan above are low enough in fat to be a good choice post-workout. You may want to adjust your meal plan above are low enough in fat to be a good choice post-workout. You may want to adjust your meal plan above are low enough in fat to be a good choice post-workout. You may want to adjust your meal plan above are low enough in fat to be a good choice post-workout.
your calorie and macronutrient intake stay the same, there is no harm in adjusting the size and frequency of your meals. If you find yourself struggling to eat enough food to meet your calorie shake won't fill you up so they are a great
option for those who feel uncomfortably full while eating 4000 calories per day. I recommend making your own weight gain shakes that are made with whole foods so that you still get the nutrients that whole foods provide but without filling you up
more than you already are. Foods that are high in calories but low in volume can be extremely helpful in increasing your calorie and fat intake. These foods tend to be those that are high in fats, like oil, nuts, and cheese because they are the highest calorie macronutrient. If you're struggling to hit the 4000 calorie mark, then make sure that every
meal and snack you have has an extra fat source. 4000 calories per day may be too much for women who are bulking and men who are bulking and bulking a
including "treats" because most treats are high in carbs and fats which are useful when you're trying to bulk. However, I recommend that you eat doesn't necessarily matter as long as you're able to hit your calorie and macronutrient targets without
feeling uncomfortably full. It may be easier to achieve these goals if you're distributing your intake evenly throughout the day but it is not required. I recommend keeping your calorie intake the same on rest days and workout days to ensure that you're consuming enough calories throughout the week to gain muscle. Additionally, if you're training
hard to build muscle then your body will need more calories on rest days to support recovery and growth. The National Academies of Sciences, Engineering, and Medicine suggest that men should drink 3.7 liters of water per day; however, you may need more if you are sweating more heavily during training to replenish lost fluids and electrolytes. The
most effective supplements for muscle growth are protein powder and mass gainers for convenience, creatine for additional energy and delayed fatigue, and caffeine for enhanced focus while training. Check out all our meal plans or view similar calorie specific meal plans. 3000 Calorie Meal Plan 5000 Calorie Meal Plan ARNY A. FERRANDO and
others, Inactivity Amplifies the Catabolic Response of Skeletal Muscle to Cortisol, The Journal of Clinical Endocrinology & Metabolism, Volume 84, Issue 10, 1 October 1999, Pages 3515-3521, Matthew S. Tryon and others, Excessive Sugar Consumption May Be a Difficult Habit to Break: A View From the Brain and Body, The Journal of Clinical
Endocrinology & Metabolism, Volume 100, Issue 6, 1 June 2015, Pages 2239-2247, Lauren Graham is a Precision Nutrition coach. She focuses on helping busy professionals balance healthy eating and purposeful movement. Lauren has a background in competitive swimming and is currently competing as a
CrossFit athlete. She has a passion for training, and writing, and writing, and writing, and writing, and product testing/reviews. At a bare minimum
all authors must be certified nutrition coaches by either the National Academy of Sports Medicine, International Sport Sciences Association, or Precision Nutrition. Learn more about our team here. If you have any questions or feedback about what you've read, you can reach out to us at info@feastgood.com. We respond to every email within 1
business day. 100%(1)100% found this document useful (1 vote)3K viewsThis document provides a 4,000 calorie per day clean bulking meal plan for 5 days, including a grocery list of items needed, cooking instructions, and daily meal breakdowns. The plan aims to...AI-enhanced title and descriptionSaveSave MealPlan4000.pdf For Later100%100%
found this document useful, undefined 100%(1)100% found this document useful (1 vote) 3K views This document provides a 4,000 calorie per day clean bulking meal breakdowns. The plan aims to... AI-enhanced title and description On Feast Good.com, we
have several free meal plans for those looking to gain muscle. This one is the 3000-calorie bulking meal plan (click to download PDF). Not everyone will need acctly who would benefit from this 3000-calorie meal plan. I've also laid out
the macronutrient split that is optimal for building lean muscle on 3000 calories, as well as a complete food list and ways you can customize this plan based on personal preferences. So once you've downloaded the meal plan, read everything below so you have all the tools necessary to achieve success on this meal plan. Want to learn more about
meal planning? Check out our complete guide on How To Create A Bodybuilding Diet. In general, a 3000-calorie meal plan is optimal for the following individuals: Women who are 335+ pounds or men who are 375+ pounds with the
body composition goal of weight maintenance Women who are around 250 pounds or men who are around 195 pounds with the body composition goal of mild weight gain Since 3000 calories is a relatively large amount of food, a meal plan like this will typically be reserved for large male athletes (such as a bodybuilder or powerlifter) who already
have a large amount of lean muscle mass and burn a large number of calories as a result. It would be much rarer for a woman is much lower in comparison to males, even if they have a large amount of muscle mass. For example, if we evaluate the
professional female bodybuilder Iris Kyle, who weighs around 175-180 pounds in her off-season, even she would likely not need 3000 calories per day. If you are wondering whether or not you are someone who needs a 3000-calorie diet, you can start by determining your daily calorie needs by using our online calculator. It is important to note that
while this calculator is very helpful for determining a starting point for your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories and adjusting the results that you desired that you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed. If you have been adhering to your calories as needed.
(whether it be weight loss, maintenance, or gain), then it might be worthwhile to re-evaluate your calories and adjust. For example, if you have been following a 3000-calorie diet plan with the goal of building muscle, and you're not seeing results, you may need to increase your calories by 200-300, as you might not be in a large enough surplus. The
results that you can expect on this 3000-calorie meal plan will depend on what your maintenance calories are and how consistent you are in following the meal plan would be 0.5 to 2lbs per week (2 to 8lbs per month). Those who will be able to gain 0.5 to 2lbs per week as recommended are those
who are able to maintain their weight eating anywhere from 2000 to 2750 calories per day. That said, not all the weight you gain will be attributed to muscle gain, some will be fat gain. Men can expect to gain 0.2 to 1lb per month. To make the bulking phase worth it, I recommend
following this meal plan for at least 4 weeks. Lastly, your results will depend on being consistent with your 3000-calorie intake. I recommend using a tracking app (I use MacroFactor) to monitor your targets. When it comes to building muscle, you will often hear an emphasis on the importance of adequate protein intake in your diet. In general, it is
best to aim for around 30% of your total daily calories to come from protein if your goal is optimal muscle growth. Getting in the right amount of protein will also aid in the muscle recovery process. In the case of a 3000-calorie diet, this would mean that you would mean that you would mean that you are
not overconsuming fat while trying to hit your protein target, it is best to opt for leaner sources of protein most of the time. The best lean sources of protein for bodybuilders include the following foods: Chicken breast White fish such as tilapia, cod, tuna, haddock, and mahi-mahi Low-fat Greek yogurt Low-fat cottage cheese Whey protein powder Lean
cuts of steak and pork Extra-lean ground meats While foods such as beans and legumes also have a good amount of protein, they typically contain a higher ratio of carbohydrates per serving. For this reason, it is better that you use these types of foods as carb sources rather than protein sources. Carbs are a critical part of a muscle gain diet since
they are the macronutrient that provides the main source of energy during a workout. While carbohydrate intake may vary depending on individual preference, a good amount to about 300 grams of carbohydrates on a 3000-calorie diet. It is especially important to make sure that
you are consuming enough carbohydrates during the hours before and after your workout. If you aren't eating enough carbs prior to training, you run the risk of depleted energy stores, which will result in your training session suffering. Throughout most of the day, you want to make sure you are prioritizing slower-digesting carbs that come from
whole food sources. This will help to ensure you have longer-lasting energy and less dramatic spikes and falls in your blood sugar during the day. The best sources of slow-digesting carbs include: Whole grain bread Whole wheat pasta Oats Quinoa Rice (brown) Sweet potatoes While slower-digesting carbs are the best option most of the time
there is a time and a place to consume faster-digesting carbs, mostly coming from whole foods. In particular, consuming faster-digesting carbs prior to working out will help to ensure you are provided with quick energy without the added burden of a long digestion time. The best sources of fast-digesting carbs include: Fruit (bananas, berries, apples, apple
melons, etc.) Honey Maple syrup Jam (preferably without added sugars) Fat is important to include in your diet, regardless if you are looking to build muscle, due to the fact that it plays a critical role in your health. In particular, dietary fat is essential for the absorption of certain fat-soluble vitamins, the protection of organs, maintaining cell
membranes, and hormone health. The recommended dietary fat intake for adults is around 20-35% of total daily calories coming from fat. This would mean that if you are eating a 3000-calorie diet, you will need to consume about 100 grams of fat per day. When you are
choosing what types of fat-containing foods to consume, it is important to ensure you are choosing fats from healthy, whole food sources. More specifically, you should try to get the majority of your fat from unsaturated fats, a more limited amount from saturated fats, a more limited amount from trans fats. The best sources of unsaturated fats to
include in your diet are: Nuts and nut butter (e.g., almonds, almond butter) Seeds and seed butter (e.g., chia seeds, flaxseeds, tahini) Avocado and avocado oil Olive oil You will most likely consume the majority of your saturated fats through animal protein sources. Examples of this would include saturated fats coming from meat, eggs, and dairy
 products. Coconut products and coconut oil are also a source of saturated fat to include in your diet since products like coconut oil nave actually been found to reduce "bad" cholesterol levels within the body. When you
are eating 3000 calories a day, you will want to avoid certain foods. In particular, you will want to ensure you are not eating too many calories from highly processed foods. Eating too many calories from highly processed foods. Eating too many calories from highly processed foods can have a negative effect on your body's overall health since you are likely not consuming the proper amount of vitamins,
minerals, and fiber that are optimal for your body to function properly. Not only this, but highly processed foods that are low in fiber and high in additives like sugar and salt are very easy to overconsume, which could negatively affect your progress if you are looking to hit a particular calorie and macro goal. A good rule to follow when it comes to
balancing your whole food and processed food intake is the 80/20 rule. This is where you aim to eat 80% of your total calories from whole foods while having 20% of your total calories from whole foods that are low in calories but high
in volume. 3000 calories is a lot of food to consume, and if you are filling the majority of your stomach with low-volume foods, you might find it tough to reach your daily calorie meal plan consists of breakfast, lunch, dinner, and 2 snacks, with 2
different food options for each meal. In order to allow for flexibility, each option contains the same number of calories and macros, allowing you to easily switch out certain meals based on what you might feel like eating that day. The total daily nutrition of this meal plan is: Calories - 3003 Protein - 233 grams Carbohydrates - 313 grams Fat - 91
grams If you are looking to optimize your diet and training sessions even further, there are additional adjustments that you can make to your pre- and post-workout nutrition can have a positive outcome on factors such as your energy levels and your body's ability to utilize glycogen. Your pre-workout
meal should consist of high protein and carbs with a low amount of fat. This is also a good rule to follow for your post-workout meal. While you can adjust virtually every meal example above to fit your pre- and post-workout meal. While you can adjust virtually every meal example above to fit your pre- and post-workout meal.
2. These meal options contain a high amount of fast-digesting carbs and protein with a minimal amount of fat. Related Article: Should You Eat Fat After A Workout? After a few weeks of following the meal plan, you may decide that you prefer a different ratio of carbs and fats than the recommended 30% fat and 40% carbs and want to adjust your
intake. As long as your daily calories equate to 3000 calories per day, then you can adjust your carbs and fats however you like. For example, if I prefer a higher fat intake and a lower carb intake then I could have 45% fat and 25% carbs which would equal out to 150 grams of fat and
188 grams of carbs with ideally 225 grams of protein and 3000 calories in total. You can have a cheat meal on this 3000 calorie meal plan; in fact, it could even help you to bulk more quickly because in order to bulk you need to consume a higher amount of
water to drink per day while following this meal plan is approximately 2.7 litres for women and 3.7 litres for men as is suggested by the National Academies of Sciences, Engineering, and Medicine. It is best to limit your protein shake consumption to 20% of your total daily protein intake; therefore, with a 225 gram daily target you should only be
consuming 45 grams of protein from protein shakes. This equals out to approximately 1.5-2 scoops of protein powder per day depending on the brand you use. You can replace a meal with a mass gainer shake if you are short on time or struggling to eat enough because you're too full; however, I don't recommend doing this more than once per day
because it is best to consume most of your calories from whole foods. If you are losing weight or continuing to maintain your weight for two consecutive weeks, then you should increase your intake beyond 3000 calories if you've been maintaining your weight or 1000 calories if you've been losing
weight. The amount of weight you will gain by eating 3000 calories will depend on how many calories then you to maintain your weight. If you can maintain your weight by eating 2000 to 2750 calories then you would likely gain between 0.5 to 2lbs per week. Check out all our meal plans or view similar calorie specific meal plans. 2500 Calories
Meal Plan 4000 Calorie Meal Plan Aragon AA, Schoenfeld BJ. Nutrient timing revisited: is there a post-exercise anabolic window? J Int Soc Sports Nutr. 2013 Jan 29;10(1):5. doi: 10.1186/1550-2783-10-5. PMID: 23360586; PMCID: PMC3577439. Colby Roy is a holistic health and nutrition coach. She is certified through Precision
Nutrition and has a passion for all things nutrition, and healing the body. More specifically, Colby likes to work with clients who want to optimize their gut health and energy levels. On Staff at FeastGood.com, we have Registered Dietitians, coaches with PhDs in Human Nutrition, and internationally ranked athletes who contribute to our editorial
process. This includes research, writing, editing, fact-checking, and product testing/reviews. At a bare minimum, all authors must be certified nutrition coaches by either the National Academy of Sports Medicine, International Sport Sciences Association, or Precision Nutrition. Learn more about our team here. If you have any questions or feedback
about what you've read, you can reach out to us at info@feastgood.com. We respond to every email within 1 business day. On FeastGood.com, we have several free meal plans for those looking to gain muscle. This one is the 3000-calorie bulking meal plan (click to download PDF). Not everyone will need 3000 calories to build muscle though. Some
will need more calories, some will need less. Below, I've explained exactly who would benefit from this 3000-calorie meal plan. I've also laid out the macronutrient split that is optimal for building lean muscle on 3000 calories, as well as a complete food list and ways you can customize this plan based on personal preferences. So once you've
downloaded the meal plan, read everything below so you have all the tools necessary to achieve success on this meal plan is optimal for the following individuals: Women who are 335+ pounds or men
who are 275+ pounds with the body composition goal of weight loss . Women who are around 250 pounds or men who are around 250 pounds or men who are around 250 pounds with the body composition goal of weight gain Since 3000 calories is a
relatively large amount of food, a meal plan like this will typically be reserved for large male athletes (such as a bodybuilder or powerlifter) who already have a large amount of lean muscle mass and burn a large number of calories as a result. It would be much rarer for a woman to ever need to utilize a 3000-calorie meal plan since the average
healthy weight for a woman is much lower in comparison to males, even if they have a large amount of muscle mass. For example, if we evaluate the professional female bodybuilder Iris Kyle, who weighs around 175-180 pounds in her off-season, even she would likely not need 3000 calories per day. If you are wondering whether or not you are
someone who needs a 3000-calorie diet, you can start by determining your daily calorie needs by using our online calculator. It is important to note that while this calculator is very helpful for determining a starting point for your calorie and adjusting the
calories as needed. If you have been adhering to your calories for an extended period of 3 weeks or more, and you are not seeing the results that you desire (whether it be weight loss, maintenance, or gain), then it might be worthwhile to re-evaluate your calories and adjust. For example, if you have been following a 3000-calorie diet plan with the
goal of building muscle, and you're not seeing results, you may need to increase your calories by 200-300, as you might not be in a large enough surplus. The results that you can expect on this 3000-calorie meal plan will depend on what your maintenance calories are and how consistent you are in following the meal plan. However, an ideal rate of
gain following this meal plan would be 0.5 to 2lbs per week (2 to 8lbs per month). Those who will be able to gain, some will be fat gain. Men
can expect to gain 0.4 to 2.5lbs of muscle per month and women can expect to gain 0.2 to 1lb per month. To make the bulking phase worth it, I recommend following this meal plan for at least 4 weeks. Lastly, your results will depend on being consistent with your 3000-calorie intake. I recommend using a tracking app (I use MacroFactor) to monitor
your targets. When it comes to building muscle, you will often hear an emphasis on the importance of adequate protein intake in your goal is optimal muscle growth. Getting in the right amount of protein will also aid in the muscle recovery process.
In the case of a 3000-calorie diet, this would mean that you would need to consume around 225 grams of protein for bodybuilders include the following
foods: Chicken breast White fish such as tilapia, cod, tuna, haddock, and mahi-mahi Low-fat Greek vogurt Low-fat cottage cheese Whey protein powder Lean cuts of steak and pork Extra-lean ground meats While foods such as beans and legumes also have a good amount of protein, they typically contain a higher ratio of carbohydrates per serving.
For this reason, it is better that you use these types of foods as carb sources rather than protein sources rather than protein source of energy during a workout. While carbohydrate intake may vary depending on individual preference, a good amount to aim for is
around 40% of your total calorie intake. This would amount to about 300 grams of carbohydrates on a 3000-calorie diet. It is especially important to make sure that you are consuming enough carbs prior to training, you run the risk of depleted energy stores,
which will result in your training session suffering. Throughout most of the day, you want to make sure you have longer-lasting carbs that come from whole food sources. This will help to ensure you have longer-lasting carbs
include: Whole grain bread Whole wheat pasta Oats Quinoa Rice (brown) Sweet potatoes Potatoes While slower-digesting carbs, mostly coming from whole foods. In particular, consuming faster-digesting carbs prior to working out will help to ensure you
are provided with quick energy without the added burden of a long digestion time. The best sources of fast-digesting carbs include: Fruit (bananas, berries, apples, melons, etc.) Honey Maple syrup Jam (preferably without added sugars) Fat is important to include in your diet, regardless if you are looking to build muscle, due to the fact that it plays a
critical role in your health. In particular, dietary fat is essential for the absorption of certain fat-soluble vitamins, the protection of organs, maintaining cell membranes, and hormone health. The recommended dietary fat intake for adults is around 30% of
calories coming from fat. This would mean that if you are eating a 3000-calorie diet, you will need to consume, it is important to ensure you are choosing fats from healthy, whole food sources. More specifically, you should try to get the majority of
your fat from unsaturated fats, a more limited amount from saturated fats, and a very small amount from trans fats. The best sources of unsaturated fats to include in your diet are: Nuts and nut butter (e.g., almonds, almond butter) Seeds and seed butter (e.g., almonds, almond butter)
the majority of your saturated fats through animal protein sources. Examples of this would include saturated fat to include in your diet since
products like coconut oil have actually been found to reduce "bad" cholesterol levels while increasing "good" cholesterol levels within the body. When you are eating 3000 calories a day, you will want to avoid certain foods. In particular, you will want to ensure you are not eating too many calories from highly processed foods. Eating too many calories
from highly processed foods can have a negative effect on your body's overall health since you are likely not consuming the proper amount of vitamins, minerals, and fiber that are optimal for your body to function properly. Not only this, but highly processed foods that are low in fiber and high in additives like sugar and salt are very easy to
overconsume, which could negatively affect your progress if you are looking to hit a particular calories from whole food and processed food intake is the 80/20 rule. This is where you aim to eat 80% of your total calories from whole foods while having 20% of your calories come from
foods that may be more processed. As well, when you are eating a 3000-calorie diet, you should also avoid eating too many foods that are low in calories but high in volume. 3000 calories is a lot of food to consume, and if you are filling the majority of your stomach with low-volume foods, you might find it tough to reach your daily calorie goal. These
are foods like kale, cabbage, cauliflower, zucchini, and popcorn. The following 3000-calorie meal plan consists of breakfast, lunch, dinner, and 2 snacks, with 2 different food options for each meal. In order to allow for flexibility, each option contains the same number of calories and macros, allowing you to easily switch out certain meals based on
what you might feel like eating that day. The total daily nutrition of this meal plan is: Calories - 3003 Protein - 233 grams Fat - 91 grams If you are looking to optimize your diet and training sessions even further, there are additional adjustments that you can make to your 3000-calorie diet. In particular, focusing on your
pre- and post-workout nutrition can have a positive outcome on factors such as your energy levels and your body's ability to utilize glycogen. Your pre-workout meal. While you can adjust virtually every meal example above to
fit your pre- and post-workout needs by reducing the amount of fat, the best meal options contain a high amount of fat. Related Article: Should You Eat Fat After A Workout? After a few weeks of
following the meal plan, you may decide that you prefer a different ratio of carbs and fats than the recommended 30% fat and 40% carbs and fats however your daily calories per day, then you can adjust your protein intake. As long as your daily calories per day and your protein intake stays around 225 grams of protein per day, then you can adjust your protein intake.
like. For example, if I prefer a higher fat intake and a lower carb intake then I could have 45% fat and 25% carbs which would equal out to 150 grams of protein and 3000 calories in total. You can have a cheat meal on this 3000 calorie meal plan; in fact, it could even help you to bulk more quickly
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because in order to bulk you need to consume a higher amount of calories and typically a "cheat meal" is extremely high in calories. The recommended amount of water to drink per day while following this meal plan is approximately 2.7 litres for men as is suggested by the National Academies of Sciences, Engineering, and

Medicine. It is best to limit your protein shake consumption to 20% of your total daily protein intake; therefore, with a 225 gram daily target you should only be consuming 45 grams of protein shakes. This equals out to approximately 1.5-2 scoops of protein powder per day depending on the brand you use. You can replace a meal with a mass gainer shake if you are short on time or struggling to eat enough because you're too full; however, I don't recommend doing this more than once per day because it is best to consume most of your calories from whole foods. If you are losing weight or continuing to maintain your weight for two consecutive weeks, then you should increase your intake beyond 3000 calories per day. I would recommend adding 500 calories if you've been maintain your weight or 1000 calories if you've been maintain your weight by eating 2000 to 2750 calories then you would likely gain between 0.5 to 2lbs per week. Check out all our meal plans or view similar calorie meal plans or view similar calorie meal plans. 2500 Calorie Meal Plan Aragon AA, Schoenfeld BJ. Nutrient timing revisited: is there a post-exercise anabolic window? J Int Soc Sports Nutr. 2013 Jan 29;10(1):5. doi: 10.1186/1550-2783-10-5. PMID: 23360586; PMCID: PMC3577439. Colby Roy Colby Roy is a holistic health and nutrition coach. She is certified through Precision Nutrition and has a passion for all things nutrition and healing the body. More specifically, Colby likes to work with clients who want to optimize their gut health and energy levels. On Staff at FeastGood.com, we have Registered Dietitians, coaches with PhDs in Human Nutrition, and internationally ranked athletes who contribute to our editorial process. This includes research, writing, editing, fact-checking, and product testing/reviews. At a bare minimum, all authors must be certified nutrition coaches by either the National Academy of Sports Medicine, International Sport Sciences Association, or Precision Nutrition. Learn more about our team here. If you have any questions or feedback about what you've read, you can reach out to us at info@feastgood.com. We respond to every email within 1 business day. Back in 2013 the "Bulking Diet" craze reached fever pitch. Everyone I talked to was touting bulking diets as the best meal plans for building muscle mass, fast. The idea is simple: Eat a load of food every day that surpasses your basic daily calorie requirements. In other words, stuff your face with a surplus of calories and watch the scales climb, without concerning yourself with putting on body fat. Sure, this tactic worked. Men and women in gyms were "getting big" and gaining muscle with this diet plan. In fact, it was - and still is - a common way for professional bodybuilders to build muscle. A lot of bodybuilders to build muscle and fat), followed by a "cutting" phase where the excess body fat is burned off later. It's a popular practice, but not a practical one for the average guy or girl looking to add muscle and get in shape. The thing is, pro bodybuilders don't really care how they look on competition week. Even if that means waddling around like marshmallow man for 10 months out of the year. But you want a body that looks great year-round. You want to gain weight, but you don't want to get fat, right? Today, people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular. It's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and muscular it's encouraging to see more and more people want to look lean, shredded, ripped, athletic, and the look lean, shredded, ripped, athletic, athletic, athletic, athletic, at nutrition. Those bulking diet plans sure moved the needle, but caused people to get fat as hell in the process. They're a far cry from the best lean bulking meal plans for gaining muscle while staying in great shape. If anyone ever told you, "Eat big to get big," they were right - and very wrong. Indiscriminately stuffing one's face day after day can cause even the hardest of hardgainers to put on mass. I mean, anyone can gain 20 pounds of bloated fatty mass, but who wants that? It takes an intelligent nutrition strategy and optimized meal plans to gain dense lean muscle mass to your frame without gaining too much fat, then you're going to have to get the right meal plans in place. Gaining strictly lean muscle tissue, without an accumulation of adipose fat is a challenge, since putting on muscle mass requires a larger than normal calorie intake, which if not controlled properly can lead to more gains of fat than muscle. The thing is, when it comes to muscle building nutrition, more doesn't equal more. What I mean is, there is a limit to how much muscle than your body can maximally synthesis. However, when it comes to fat deposition, more definitely equals more. Consuming a ton of excess calories will lead to a ton of stored fat. Unlike muscle growth that has a limit and stops, fat storage doesn't - that's why you need to be critical about your current body fat levels. If you consider yourself as overweight, chubby, or have body fat over 16% then you'll need to lean down a bit before starting any bodybuilding diet. Because if you're currently fat, then a diet plan that creates a calorie surplus is likely to make you fatter. Plus, you'll look like crap from start to finish. If you're skinny, slim, lean, or around 10% body fat or less then you're good to get started. You want to start this diet program off when you're reasonably lean, and finish reasonably lean, with an increase in lead muscle mass. Now that's out of the way, let's look at how you'll go about creating these meals for building muscle – with minimal fat – by crunching some crucial numbers. Let's get started creating your lean muscle building meal plans, shall we? The first step is to calculate your daily calorie requirements for building muscle. You can do this by taking your current lean body weight, not your entire body weight (lbs) and multiplying it by 17. Remember, you're around 15% body fat. 185 x 0.15 = 27lbs This calculation tells you that you're carrying around 27 pounds of fatty mass. Next, subtract the weight of the fat from your total body weight. 185 - 27 = 158lbsIn this example, you're around 158lbs of lean body mass, and this in the number we'll be working with. Simply multiplying 158 by 17 (158 x 17 = 2,686) gives you a number of calories to consume each day. This should be a big enough surplus of energy to help build muscle, while small enough to keep fat storage to a minimum. Of course, this isn't perfect (no such calculation exists), but it should work well for most people. The idea is not to be too aggressive with the surplus, but provide enough for recovery and growth, while staying lean. Now, I don't know what number you've got, so we'll stick with this example. Let's say that you should be eating 2,686 calories per day to build muscle. Those calories are going to come from macronutrients - protein, carbohydrates, and fats, in the following ratios (give or take 5% either way). 35% Proteins 5% Carbohydrates 20% FatsHere's how to calculate your calories into grams per day. Protein: 35% of 2686 = 940 calories ÷ 4 = 235g per day Carbs: 45% of 2686 = 1208 calories ÷ 4 = 302g per day Fat: 20% of 2686 = 537 calories ÷ 9 = 59g per day Fat: 20% of 2686 = 537 calories ÷ 4 = 302g per day Fat: 20% of 2686 = 537 calories ÷ 9 = 59g per day Fat: 20% of 2686 = 537 calories ÷ 4 = 302g of a meal. You can eat anywhere from 3 large meals, to 7 smaller meals each day. It's really up to you, the important thing is hitting your numbers by the end of the day. With that said, to maximize protein synthesis and anabolism over the course of a day, consume a minimum of 3 meals spaced no more than 4 hours apart. It's my recommendation that you eat 4 - 6 meals per day, as this is most optimal for growth.Ok, let's meet in the middle and use 5 meals = 47g per portion Carbs: 315g ÷ 5 meals = 60g per portion Fat: 62g ÷ 5 meals = 12g per portion know what some of you might be thinking right now... "Barry, exactly 47g of protein per meal, and exactly 60g of carbs, and exactly 60g of carbs, and exactly 60g of carbs, and exactly 12g of fats, that's going to be really difficult to pull off" If that's what you're thinking, I've got good news for you. You do not need to be 100% accurate with this, it would be impossible to hit these numbers exactly, dead on, with each meal. And it's not even necessary, you just need a rough guide to work with. Out of your 5 daily meals, some might have 60g or 70g of fat. What matters most with this, is that you're in a slight calorie surplus each day, and that you're hitting as close to your daily macronutrient targets as possible. But you do not need to obsess over every calorie and every gram of protein, carbs, and fat. Simply consume foods within the region of your daily targets. What follows in this guide is a list of the best foods you can use to build a great muscle building diet plan, and just after that you'll find some ready-made example meal plans ranging from 2,000 - 4,500 calories. 2000 - 4500 Calorie Muscle Building Meal Plans PDFThe example meals plans are just that - "examples". You do not need to follow these generic meal plans exactly as they are set out. The purpose of the plans is to show you how to eat, structure, and layout your diet. They are there to guide you in constructing your own daily meal plans. We all have different likes and dislikes. Not everyone is going to like Funa, not everyone is going to like peanut butter. The meal plans are flexible. Everyone is going to like Funa, not everyone is going to like Tuna, not everyone is going to like Funa, not not going to make a difference to your results if you swap foods from the same food group, that has a very similar nutritional profile. For example, you could swap chicken for turkey, or oats for bread, or olive oil for coconut oil. If you're changing foods, just make sure that your calories and macro totals remain pretty much unchanged. If you're changing one lean protein food that provides 30g of protein, then make sure that your replacement food protein. More details about food provides an equal amount of protein is that for every pound of body weight you should have a gram of protein (this may also equate to 35% of your daily calorie limit). With this said, the body can only use so much protein at one time, meaning that it is important to spread it out over the day - most importantly, before and after working out. Be sure to stick with lean proteins such as egg whites, fish, white chicken and turkey mean, and whey or soy isolate supplements. These are high in protein and low in fat. But this does not mean that fat and carbs should be neglected altogether - in fact it's the opposite; these are just needed in different amounts at different times, such as breakfast and post workout. Whole Large free range Egg (68g) Calories: 103Protein: 8.5gCarbs: 0gFat: 7.6g