



PROGRAM (BULK)

Week 1-4 (BULK)

Meal:	Amount
Breakfast	
Whole eggs	3 whole eggs
Egg Whites	2
Salsa/cheese	1-2 tablespoons
Oatmeal	1/2 cup
Meal: 2	Amount
Ground Turkey	4 oz.
Sweet Potato	1 whole sweet potato
Any Vegetable	1 cup
Meal: 3 *Pre Workout meal	Amount
Ground beef	6 oz
White Rice	½ cup
Any vegetable	1 cup
Meal: 4 *Post Workout Meal	Amount
ISOJECT	2 scoop
White rice	1 cup
Any Vegetable	1 cup
Meal: 5	Amount
Ground Beef	6oz
White Rice	½ cup
Any vegetable	1 cup
Meal: 6	Amount
ISOJECT	1 scoop
Peanut butter	1 Tablespoon

Calories: 2520 calories

Carbs: 153 grams

Protein: 207 grams

Fats: 107g

*Feel free to leave skin on the meat for extra fats and cook with any oil of preference. I prefer extra virgin olive oil.

Week 4-8 (BULK)

Meal:	Amount
Breakfast	
Whole eggs	3 whole eggs
Egg Whites	2
Salsa/cheese	1-2 tablespoons
Oatmeal	½ cup
Berries	1 cup
Meal: 2	Amount
Ground Turkey	4 oz.
Sweet Potato	1 whole sweet potato
Any Vegetable	1 cup
Meal: 3 *Pre Workout meal	Amount
Ground beef	6 oz
White Rice	½ cup
Any vegetable	1 cup
Meal: 4 *Post Workout Meal	Amount
ISOJECT	1 scoop
White rice	1 cup
Any Vegetable	1 cup
Meal: 5	Amount
Ground Beef	6oz
White Rice	½ cup
Any vegetable	1 cup
Meal: 6	Amount
ISOJECT	1 scoop
Peanut butter	1 Tablespoon
Oatmeal	½ cup

Calories: 2750 calories

Carbs: 183 grams

Protein: 188 grams

Fats: 110g

*Feel free to leave skin on the meat for extra fats and cook with any oil of preference. I prefer extra virgin olive oil.

Week 8-12 (BULK)

Meal:	Amount
Breakfast	
Whole eggs	3 whole eggs
Egg Whites	2
Salsa/cheese	1-2 tablespoons
Oatmeal	1 cup
Berries	1 cup
Meal: 2	Amount
Ground Turkey	4 oz.
Sweet Potato	1 whole sweet potato
Any Vegetable	1 cup
Meal: 3 *Pre Workout meal	Amount
Ground beef	6 oz
White Rice	1 cup
Any vegetable	1 cup
Meal: 4 *Post Workout Meal	Amount
ISOJECT	1 scoop
White rice	1 cup
Any Vegetable	1 cup
Meal: 5	Amount
Ground Beef	6oz
White Rice	1 cup
Any vegetable	1 cup
Meal: 6	Amount
ISOJECT	1 scoop
Peanut butter	1 Tablespoon
Oatmeal	½ cup

Calories: 2942 calories

Carbs: 260 grams

Protein: 197 grams

Fats: 113g

*Feel free to leave skin on the meat for extra fats and cook with any oil of preference. I prefer extra virgin olive oil.

Other protein sources that can be used are: steak, lamb, bison, eggs any fish ect.

- Eat every 2- 3hours
- Add any spice/seasonings that you like. You can use calorie free sauce
- Drink lots of water (gallon a day). Stay away from fluids with high sugar content. Drink diet pops/drinks as much as you want.
- Measure all food cooked except for oatmeal
- From weeks 4-8 do post-workout cardio for 15min 3x/week
- From weeks 8-12 do post-workout cardio for 20min 3x/week
- For cardio go at a moderate pace (treadmill, elliptical, light jog, stationary bike)

