



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
3600 Calories Mass Builder - Day 01							
Breakfast							
16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
2	3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	6.00	33.00	2.40	180.00
<i>Totals for Breakfast</i>				36.40	106.20	6.00	633.00
Snack 1							
9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				46.20	109.40	11.40	722.00
Lunch							
7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				36.30	56.30	2.15	390.76
Snack 2							
9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				33.00	42.20	4.30	344.00
Dinner							
9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
19	8.0	ounce(s)	Flank - fat trimmed off, braised	63.44	0.00	29.36	536.00
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				71.94	71.20	31.51	870.76
Snack 3							
0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00
Totals For 3600 Calories Mass Builder - Day 01				265.04	458.70	64.76	3502.52

3600 Calories Mass Builder - Day 02

Breakfast

16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
<i>Totals for Breakfast</i>				43.60	129.00	9.60	750.00

Snack 1

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				41.20	73.40	9.40	542.00

Lunch

0	1.0	each	Hamburger - Wendy's double	44.00	26.00	30.00	560.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				44.00	27.00	30.00	560.00

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				28.00	6.20	2.30	164.00

Dinner

18	2.0	3 oz	Beef, ground, lean, baked, medium	40.68	0.00	31.18	455.60
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
17	2.0	cup	Spaghetti - whole wheat, cooked, Health Valley	18.00	80.00	2.00	340.00
21	0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	2.00	15.00	2.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				63.28	118.95	39.98	1048.36

Snack 3

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00

Totals For 3600 Calories Mass Builder - Day 02				261.28	427.95	100.68	3606.36
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3600 Calories Mass Builder - Day 03

Breakfast

16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
2	5.0	ounce(s)	Hash browns - frozen, pan cooked	4.50	39.85	16.25	310.00
<i>Totals for Breakfast</i>				38.10	111.15	26.75	833.00

Snack 1

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				41.20	73.40	9.40	542.00

Lunch

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				36.30	56.30	2.15	390.76

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
8	0.7	cup	Tuna Solid White -Water reg. can	39.60	2.64	2.64	184.80
<i>Totals for Snack 2</i>				44.60	46.64	6.64	414.80

Dinner

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	3.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	6.00	6.00	60.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	8.0	ounce(s)	Salmon - broiled	50.16	0.00	28.00	464.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				63.16	107.95	37.30	1017.26

Snack 3

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00

Totals For 3600 Calories Mass Builder - Day 03				264.56	468.84	91.64	3739.82
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3600 Calories Mass Builder - Day 04**Breakfast**

16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
2	3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	6.00	33.00	2.40	180.00
<i>Totals for Breakfast</i>				36.40	106.20	6.00	633.00

Snack 1

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				41.20	73.40	9.40	542.00

Lunch

10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	2.0	each	Taco - beef regular	20.00	22.00	22.00	366.00
0	1.0	each	Taco - beef Supreme	11.00	12.00	15.00	230.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				32.20	50.40	37.20	664.00

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				33.00	42.20	4.30	344.00

Dinner

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				65.00	105.95	10.50	781.26

Snack 3

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00

Totals For 3600 Calories Mass Builder - Day 04**249.00 451.55 76.80 3506.26**

3600 Calories Mass Builder - Day 05**Breakfast**

16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
2	3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	6.00	33.00	2.40	180.00
<i>Totals for Breakfast</i>				36.40	106.20	6.00	633.00

Snack 1

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				41.20	73.40	9.40	542.00

Lunch

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	8.0	ounce(s)	Potato - white medium	5.60	54.80	0.24	240.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				38.40	76.85	2.24	480.76

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				33.00	42.20	4.30	344.00

Dinner

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
19	8.0	ounce(s)	Flank - fat trimmed off, braised	63.44	0.00	29.36	536.00
9	8.0	ounce(s)	Potato - white medium	5.60	54.80	0.24	240.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				74.04	91.75	31.60	960.76

Snack 3

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00

Totals For 3600 Calories Mass Builder - Day 05				264.24	463.80	62.94	3502.52
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3600 Calories Mass Builder - Day 06**Breakfast**

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - 2%	8.10	11.70	4.70	121.00
16	1.0	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	13.30	86.99	3.29	414.80
21	4.0	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	26.00	0.00	100.00
<i>Totals for Breakfast</i>				22.80	149.19	8.19	733.80

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 1</i>				28.58	21.98	2.62	225.64

Lunch

0	1.0	each	Chicken breast fillet sandwich	22.20	52.10	22.50	445.00
0	1.0	small	French fries - McDonald's small order	3.00	26.00	12.00	220.00
0	8.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	0.67	0.00	0.00
<i>Totals for Lunch</i>				25.20	78.77	34.50	665.00

Snack 2

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 2</i>				41.20	73.40	9.40	542.00

Dinner

9	1.0	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
6	2.0	1 spear (about 5" long)	Broccoli, raw	1.75	4.12	0.23	21.08
1	8.0	ounce(s)	Cod - Pacific, broiled	52.00	0.00	1.84	240.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				63.25	83.82	6.52	658.34

Snack 3

16	1.0	each	Bagel - blueberry, Earth Grains	9.00	48.00	0.00	245.00
0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				50.20	121.40	9.40	787.00

Totals For 3600 Calories Mass Builder - Day 06				231.23	528.56	70.63	3611.78
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3600 Calories Mass Builder - Day 07

Breakfast

16	1.0	each	Bagel - Raisin, Lenders	8.00	44.00	3.00	240.00
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
2	4.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	8.00	44.00	3.20	240.00
<i>Totals for Breakfast</i>				41.00	104.85	13.80	723.50

Snack 1

0	3.0	scoop	Mass Fuel - drink mix, Twin Lab	37.50	75.00	0.00	450.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 1</i>				53.70	98.40	9.40	692.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	8.0	ounce(s)	Potato - white medium	5.60	54.80	0.24	240.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				38.10	55.75	2.24	399.76

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
8	0.7	cup	Tuna Solid White -Water reg. can	39.60	2.64	2.64	184.80
<i>Totals for Snack 2</i>				44.60	46.64	6.64	414.80

Dinner

22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
0	3.0	1 slice	Entrees, pizza with cheese, meat, and vegetables	39.03	63.87	16.09	552.21
20	3.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	6.00	6.00	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				42.53	95.37	23.39	740.71

Snack 3

0	2.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	50.00	0.00	300.00
5	2.0	cup	Milk - 2%	16.20	23.40	9.40	242.00
<i>Totals for Snack 3</i>				41.20	73.40	9.40	542.00

Totals For 3600 Calories Mass Builder - Day 07				261.13	474.41	64.87	3512.77
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