

Sample Meal Plan

**Mass Builder
3600 Calorie days**

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Meal Planner: 3600 Calories Mass Builder

Meal Planner report created exclusively for Your Goals

Day #1

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	33.00	6.00	2.40	180.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			110.20	36.40	6.00	648.00
Snack 1						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			109.40	46.20	11.40	722.00
Lunch						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Lunch			60.30	36.30	2.15	405.76
Snack 2						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			42.20	33.00	4.30	344.00
Dinner						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
8.0	ounce(s)	Flank - fat trimmed off, braised	0.00	63.44	29.36	536.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			75.20	71.94	31.51	885.76
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #1			470.70	265.04	64.76	3,547.52

Day #2

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
1.0	cup	Oatmeal - quick, measure uncooked	55.80	13.20	6.00	297.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			133.00	43.60	9.60	765.00
Snack 1						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
Lunch						
12.0	ounce(s)	Coca Cola - diet w/caffeine	0.40	0.00	0.00	0.00
1.0	each	Hamburger - Wendy's double	26.00	44.00	30.00	560.00
Totals for Lunch			26.40	44.00	30.00	560.00
Snack 2						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			6.20	28.00	2.30	164.00
Dinner						
2.0	3 oz	Beef, ground, lean, cooked, baked, medium	0.00	40.68	31.18	455.60
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
2.0	cup	Spaghetti - whole wheat, cooked, Health Valley	80.00	18.00	2.00	340.00
0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	15.00	2.00	2.00	110.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			122.95	63.28	39.98	1,063.36
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #2			435.35	261.28	100.68	3,636.36

Day #3

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
5.0	each	Egg Whites - scrambled/boiled	1.50	17.50	0.00	85.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
1.0	each	Grapefruit - pink or red 4" diam.	23.80	1.20	0.20	92.00
5.0	ounce(s)	Hash browns - frozen, pan cooked	39.85	4.50	16.25	310.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			115.15	38.10	26.75	848.00
Snack 1						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
Lunch						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Lunch			60.30	36.30	2.15	405.76
Snack 2						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	table spoon	Mayonnaise - low fat	8.00	0.00	2.00	50.00
0.7	cup	Tuna Solid White -Water reg. can	2.64	39.60	2.64	184.80
Totals for Snack 2			46.64	44.60	6.64	414.80
Dinner						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
3.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	6.00	0.00	6.00	60.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
8.0	ounce(s)	Salmon - broiled	0.00	50.16	28.00	464.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			111.95	63.16	37.30	1,032.26
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #3			480.84	264.56	91.64	3,784.82

Day #4

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	33.00	6.00	2.40	180.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			110.20	36.40	6.00	648.00
Snack 1						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
Lunch						
12.0	ounce(s)	Coca Cola - diet w/caffeine	0.40	0.00	0.00	0.00
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
2.0	each	Taco - beef regular	22.00	20.00	22.00	366.00
1.0	each	Taco - beef Supreme	12.00	11.00	15.00	230.00
Totals for Lunch			49.80	32.20	37.20	664.00
Snack 2						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			42.20	33.00	4.30	344.00
Dinner						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
8.0	ounce(s)	Chicken Breast / White Meat	0.00	52.00	3.20	248.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			109.95	65.00	10.50	796.26
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #4			458.95	249.00	76.80	3,536.26

Day #5

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	33.00	6.00	2.40	180.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			110.20	36.40	6.00	648.00
Snack 1						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
Lunch						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
8.0	ounce(s)	Potato - white medium	54.80	5.60	0.24	240.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Lunch			80.85	38.40	2.24	495.76
Snack 2						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			42.20	33.00	4.30	344.00
Dinner						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
8.0	ounce(s)	Flank - fat trimmed off, braised	0.00	63.44	29.36	536.00
8.0	ounce(s)	Potato - white medium	54.80	5.60	0.24	240.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			95.75	74.04	31.60	975.76
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #5			475.80	264.24	62.94	3,547.52

Day #6

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
1.0	each	Grapefruit - pink or red 4" diam.	23.80	1.20	0.20	92.00
1.0	cup	Milk - 2%	11.70	8.10	4.70	121.00
1.0	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	86.99	13.30	3.29	414.80
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
4.0	table spoon	Syrup - Aunt Jemima, ButterLite	26.00	0.00	0.00	100.00
Totals for Breakfast			153.19	22.80	8.19	748.80
Snack 1						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
1.0	1 cup	Grapes, american type (slip skin), raw	15.78	0.58	0.32	61.64
Totals for Snack 1			21.98	28.58	2.62	225.64
Lunch						
1.0	each	Chicken breast fillet sandwich	52.10	22.20	22.50	445.00
8.0	ounce(s)	Coca Cola - diet w/caffeine	0.27	0.00	0.00	0.00
1.0	small	French fries - McDonald's small order	26.00	3.00	12.00	220.00
Totals for Lunch			78.37	25.20	34.50	665.00
Snack 2						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 2			73.40	41.20	9.40	542.00
Dinner						
1.0	each	Bread - slice rye 7 grain	18.00	2.50	1.00	90.00
2.0	1 spear (about 5" long)	Broccoli, raw	4.12	1.75	0.23	21.08
8.0	ounce(s)	Cod - Pacific, broiled	0.00	52.00	1.84	240.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Dinner			87.82	63.25	6.52	673.34
Snack 3						
1.0	each	Bagel - blueberry, Earth Grains	48.00	9.00	0.00	245.00
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			121.40	50.20	9.40	787.00
Totals for Day #6			536.15	231.23	70.64	3,641.78

Day #7

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
5.0	each	Egg Whites - scrambled/boiled	1.50	17.50	0.00	85.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
4.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	44.00	8.00	3.20	240.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			108.85	41.00	13.80	738.50
Snack 1						
3.0	scoop	Mass Fuel - drink mix, Twin Lab	75.00	37.50	0.00	450.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			98.40	53.70	9.40	692.00
Lunch						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
8.0	ounce(s)	Potato - white medium	54.80	5.60	0.24	240.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.95	0.00	0.00	4.76
Totals for Lunch			59.75	38.10	2.24	414.76
Snack 2						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	table spoon	Mayonnaise - low fat	8.00	0.00	2.00	50.00
0.7	cup	Tuna Solid White -Water reg. can	2.64	39.60	2.64	184.80
Totals for Snack 2			46.64	44.60	6.64	414.80
Dinner						
12.0	ounce(s)	Coca Cola - diet w/caffeine	0.40	0.00	0.00	0.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
3.0	1 slice	Entrees, pizza with cheese, meat, and vegetables	63.87	39.03	16.09	552.21
3.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	6.00	0.00	6.00	60.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
Totals for Dinner			94.77	42.53	23.39	740.71
Snack 3						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			73.40	41.20	9.40	542.00
Totals for Day #7			481.81	261.13	64.87	3,542.77

Grocery List: 3600 Calories Mass Builder

Grocery List report created exclusively for Your Goals

Food	Quantity	Measure
Beverages		
Coca Cola - diet w/caffeine	44.00	ounce(s)
Coffee - w/caffeine	42.00	ounce(s)
Tea, instant, unsweetened, lemon-flavored, powder, prepared	10.00	1 cup (8 fl oz)
Breads and baked goods		
Bagel - blueberry, Earth Grains	1.00	each
Bagel - Raisin, Lenders	6.00	each
Pancakes, buckwheat, dry mix, incomplete	1.00	1 cup, poured from box
Carb. Snack Foods (Healthy)		
Banana - med 8"	4.50	each
Bread - slice rye 7 grain	21.00	each
Potato - white medium	44.00	ounce(s)
Rice - white cook steamed	2.00	cup
Dairy		
Milk - 2%	29.00	cup
Dressings		
Oil & vinegar - Wish-Bone, Lite Classic	11.00	table spoon
Fast Food		
Chicken breast fillet sandwich	1.00	each
Entrees, pizza with cheese, meat, and vegetables	3.00	1 slice
French fries - McDonald's small order	1.00	small
Hamburger - Wendy's double	1.00	each
Taco - beef regular	2.00	each
Taco - beef Supreme	1.00	each
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	5.00	large
Fruits & Fruit Juices		
Apple - medium with peel	3.00	each
Grapefruit - pink or red 4" diam.	2.00	each
Grapes, american type (slip skin), raw	1.00	1 cup
Jams/ Spreads/Sauces/ Syrups		
Mayonnaise - low fat	4.00	table spoon
Salsa - Chunky medium, Pace	5.00	table spoon
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
Syrup - Aunt Jemima, ButterLite	4.00	table spoon
Misc. Meats		
Flank - fat trimmed off, braised	16.00	ounce(s)
Noodles & Pastas		
Spaghetti - whole wheat, cooked, Health Valley	2.00	cup
Performance Carbohydrates		
Oatmeal - quick, measure uncooked	1.00	cup
Orange - medium	1.00	each
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	5.00	cup
Tuna Solid White -Water reg. can	1.32	cup
Proteins (Healthy)		
Chicken Breast / White Meat	28.00	ounce(s)
Cod - Pacific, broiled	8.00	ounce(s)
Egg Whites - scrambled/boiled	34.00	each
Egg whole w/ yolk	2.00	each
Salmon - broiled	8.00	ounce(s)
Red Meats - Standard		
Beef, ground, lean, cooked, baked, medium	2.00	3 oz

Food	Quantity	Measure
Starchy Carbohydrates (Healthy)		
Hash browns - frozen, pan cooked	5.00	ounce(s)
Pierogies, Mrs. T's Frozen Foods, potato & cheddar	13.00	each
Supplements/Vitamins		
Mass Fuel - drink mix, Twin Lab	29.00	scoop
Toppings		
Croutons -plain	1.00	cup
Sugar - white	17.00	tea spoon
Vegetables		
Broccoli, raw	2.00	1 spear (about 5" long)