

Meal Planner: 3000 Calories Lean Bodybuilder

Meal Planner report created exclusively for John Smith

Day #1

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
1.0	cup	Oatmeal - quick, measure uncooked	55.80	13.20	6.00	297.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
8.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	41.33	9.33	0.00	200.00
Totals for Breakfast			144.83	60.03	8.50	849.00
Snack 1						
1.0	cup	Oatmeal - quick, measure uncooked	55.80	13.20	6.00	297.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 1			77.80	50.20	8.00	547.00
Lunch						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
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			45.45	37.00	2.00	354.76
Snack 2						
0.5	cup	Pepper - sweet bell, all colors, chopped,	4.60	0.60	0.10	19.00
0.5	cup	Pinto bean - boiled	21.80	7.00	0.40	116.00
8.0	each	Tortilla - corn, soft, 7" diam.	72.00	8.00	8.00	360.00
Totals for Snack 2			98.40	15.60	8.50	495.00
Dinner						
1.0	cup	Black Eyed Peas -boiled	35.80	13.40	1.00	200.00
1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	5.60	1.86	0.32	27.30
6.0	ounce(s)	Chicken Breast / White Meat	0.00	39.00	2.40	186.00
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			46.35	54.26	3.72	433.06
Snack 3						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 3			22.00	37.00	2.00	250.00
Totals for Day #1			434.84	254.09	32.72	2,928.82

Day #2

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
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
1.0	0.5 cup pieces	Mushrooms, cooked, boiled, drained, without salt	4.13	1.69	0.37	21.84
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
1.0	small	Tomato - sm. w/peel, 2.5" diam.	5.70	1.00	0.40	26.00
Totals for Breakfast			72.13	37.09	6.77	467.84
Snack 1						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
4.0	biscuit	Shredded Wheat, Nabisco	76.00	8.00	4.00	320.00
4.0	ounce(s)	Strawberry - fresh, 1 medium	8.00	0.80	0.40	36.00
Totals for Snack 1			95.90	17.20	4.80	442.00
Lunch						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
6.0	ounce(s)	Potato - white medium	41.10	4.20	0.18	180.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals for Lunch			63.10	73.70	4.18	593.00
Snack 2						
2.0	each	Bread /Rye 7 grain	72.00	10.00	4.00	180.00
2.0	table spoon	Mayonnaise - KRAFT Free, fat free	6.00	0.00	0.00	16.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
0.5	cup	Tuna Solid White in water	0.00	30.00	2.00	140.00
Totals for Snack 2			100.00	77.00	8.00	586.00
Dinner						
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
6.0	ounce(s)	Potato - white medium	41.10	4.20	0.18	180.00
1.0	medium	Salad - med. garden w/tomato, onion	14.25	1.95	0.60	74.00
6.0	ounce(s)	Salmon - broiled	0.00	37.62	21.00	348.00
4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
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			64.30	43.77	25.78	669.76
Snack 3						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 3			22.00	37.00	2.00	250.00
Totals for Day #2			417.43	285.76	51.53	3,008.60

Day #3

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	cup	Cheerios Oat & Wheat, Gen. Mills	19.60	4.30	1.80	111.00
8.0	ounce(s)	Coffee - w/caffeine	0.93	0.27	0.00	8.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
		Totals for Breakfast	39.53	40.67	9.50	422.00
Snack 1						
0.5	cup	Oatmeal - quick, measure uncooked	27.90	6.60	3.00	148.50
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
2.0	ounce(s)	Strawberry - fresh, 1 medium	4.00	0.40	0.20	18.00
4.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	20.67	4.67	0.00	100.00
		Totals for Snack 1	74.57	48.67	5.20	516.50
Lunch						
1.0	1 cup	Croutons, plain	22.05	3.57	1.98	122.10
4.0	ounce(s)	Green beans - string, boiled & drained	8.90	2.10	0.30	40.00
1.0	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	1.90	0.10	0.90	16.00
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
8.0	ounce(s)	Turkey Breast / White Meat	0.00	68.00	1.60	304.00
1.0	cup	Yam -baked or boiled	37.60	2.00	0.20	158.00
		Totals for Lunch	94.40	78.37	5.78	757.86
Snack 2						
3.0	slice	Bread,spelt grain braed	60.00	12.00	6.00	330.00
2.0	table spoon	Peanut Butter	7.00	8.00	16.30	190.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
		Totals for Snack 2	89.00	57.00	24.30	770.00
Dinner						
8.0	ounce(s)	Chicken Breast / White Meat	0.00	52.00	3.20	248.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
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	39.20	55.50	3.35	421.76
		Totals for Day #3	336.70	280.20	48.13	2,888.12

Day #4

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	cup	Oatmeal - quick, measure uncooked	55.80	13.20	6.00	297.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	31.00	7.00	0.00	150.00
Totals for Breakfast			113.50	57.40	8.00	718.00
Snack 1						
2.0	each	Bread /Rye 7 grain	72.00	10.00	4.00	180.00
2.0	table spoon	Mayonnaise - KRAFT Free, fat free	6.00	0.00	0.00	16.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
0.5	cup	Tuna Solid White in water	0.00	30.00	2.00	140.00
Totals for Snack 1			100.00	77.00	8.00	586.00
Lunch						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
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			45.45	37.00	2.00	354.76
Snack 2						
0.5	cup	Pepper - sweet bell, all colors, chopped,	4.60	0.60	0.10	19.00
0.5	cup	Pinto bean - boiled	21.80	7.00	0.40	116.00
8.0	each	Tortilla - corn, soft, 7" diam.	72.00	8.00	8.00	360.00
Totals for Snack 2			98.40	15.60	8.50	495.00
Dinner						
1.0	cup	Black Eyed Peas -boiled	35.80	13.40	1.00	200.00
1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	5.60	1.86	0.32	27.30
6.0	ounce(s)	Salmon - broiled	0.00	37.62	21.00	348.00
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			46.35	52.88	22.32	595.06
Snack 3						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 3			22.00	37.00	2.00	250.00
Totals for Day #4			425.70	276.88	50.82	2,998.82

Day #5

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	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
0.5	cup	Oatmeal - quick, measure uncooked	27.90	6.60	3.00	148.50
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
0.5	1 cup, halves	Strawberries, raw	5.84	0.51	0.23	24.32
1.0	tea spoon	Sugar - white	4.00	0.00	0.00	15.00
Totals for Breakfast			66.64	72.31	7.53	607.82
Snack 1						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
3.0	biscuit	Shredded Wheat, Nabisco	57.00	6.00	3.00	240.00
Totals for Snack 1			95.60	15.60	4.00	431.00
Lunch						
1.0	each	Bun - hamburger	21.60	3.70	2.20	123.00
2.0	table spoon	Catsup - tomato	8.20	0.40	0.20	32.00
1.0	each	Cheese - KRAFT Free slice	3.00	5.00	0.00	30.00
6.0	ounce(s)	Chicken Breast / White Meat	0.00	39.00	2.40	186.00
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
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			53.15	49.30	5.00	452.76
Snack 2						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
2.0	slice	Wheat - Pepperidge Farm	26.00	4.00	2.00	140.00
Totals for Snack 2			48.00	41.00	4.00	390.00
Dinner						
3.0	1 spear (about 5" long)	Broccoli, cooked, boiled, drained, without salt	7.97	2.64	0.46	38.85
1.0	1 cup	Grapes, american type (slip skin), raw	15.78	0.58	0.32	61.64
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
1.0	medium	Salad - med. garden w/tomato, onion	14.25	1.95	0.60	74.00
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
1.0	cup	Yam -baked or boiled	37.60	2.00	0.20	158.00
Totals for Dinner			84.55	57.33	33.58	856.25
Snack 3						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 3			22.00	37.00	2.00	250.00
Totals for Day #5			369.94	272.54	56.11	2,987.83

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
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
1.0	0.5 cup pieces	Mushrooms, cooked, boiled, drained, without salt	4.13	1.69	0.37	21.84
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
1.0	small	Tomato - sm. w/peel, 2.5" diam.	5.70	1.00	0.40	26.00
Totals for Breakfast			72.13	37.09	6.77	467.84
Snack 1						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
4.0	biscuit	Shredded Wheat, Nabisco	76.00	8.00	4.00	320.00
4.0	ounce(s)	Strawberry - fresh, 1 medium	8.00	0.80	0.40	36.00
Totals for Snack 1			95.90	17.20	4.80	442.00
Lunch						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
6.0	ounce(s)	Potato - white medium	41.10	4.20	0.18	180.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
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			68.05	73.70	4.18	612.76
Snack 2						
5.0	each	Egg - boiled white only	1.50	17.50	0.00	85.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
3.0	each	Tortilla - corn, soft, 7" diam.	27.00	3.00	3.00	135.00
Totals for Snack 2			50.50	57.50	5.00	470.00
Dinner						
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
4.0	ounce(s)	Potato - white medium	27.40	2.80	0.12	120.00
8.0	ounce(s)	Rib Eye - fat trimmed off, chioce	0.00	63.44	26.40	512.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
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			43.85	67.54	28.92	728.76
Snack 3						
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 3			22.00	37.00	2.00	250.00
Totals for Day #6			352.43	290.03	51.67	2,971.36

Day #7

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	cup	Cheerios Oat & Wheat, Gen. Mills	19.60	4.30	1.80	111.00
8.0	ounce(s)	Coffee - w/caffeine	0.93	0.27	0.00	8.00
6.0	each	Egg Whites - scrambled/boiled	1.80	21.00	0.00	102.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
Totals for Breakfast			35.53	40.67	9.50	407.00
Snack 1						
0.8	cup	Oatmeal - quick, measure uncooked	41.85	9.90	4.50	222.75
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
2.0	ounce(s)	Strawberry - fresh, 1 medium	4.00	0.40	0.20	18.00
4.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	20.67	4.67	0.00	100.00
Totals for Snack 1			88.52	51.97	6.70	590.75
Lunch						
1.0	1 cup	Croutons, plain	22.05	3.57	1.98	122.10
4.0	ounce(s)	Green beans - string, boiled & drained	8.90	2.10	0.30	40.00
1.0	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	1.90	0.10	0.90	16.00
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
8.0	ounce(s)	Turkey Breast / White Meat	0.00	68.00	1.60	304.00
1.0	cup	Yam -baked or boiled	37.60	2.00	0.20	158.00
Totals for Lunch			94.40	78.37	5.78	757.86
Snack 2						
3.0	slice	Bread,spelt grain braed	60.00	12.00	6.00	330.00
2.0	table spoon	Peanut Butter	7.00	8.00	16.30	190.00
1.0	pack	Protein Drink, Generic (add 16oz. water)	22.00	37.00	2.00	250.00
Totals for Snack 2			89.00	57.00	24.30	770.00
Dinner						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
8.0	ounce(s)	Chicken Breast / White Meat	0.00	52.00	3.20	248.00
1.0	ounce(s)	Potato - white medium	6.85	0.70	0.03	30.00
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			32.80	53.00	3.73	382.76
Totals for Day #7			340.25	281.00	50.01	2,908.37