

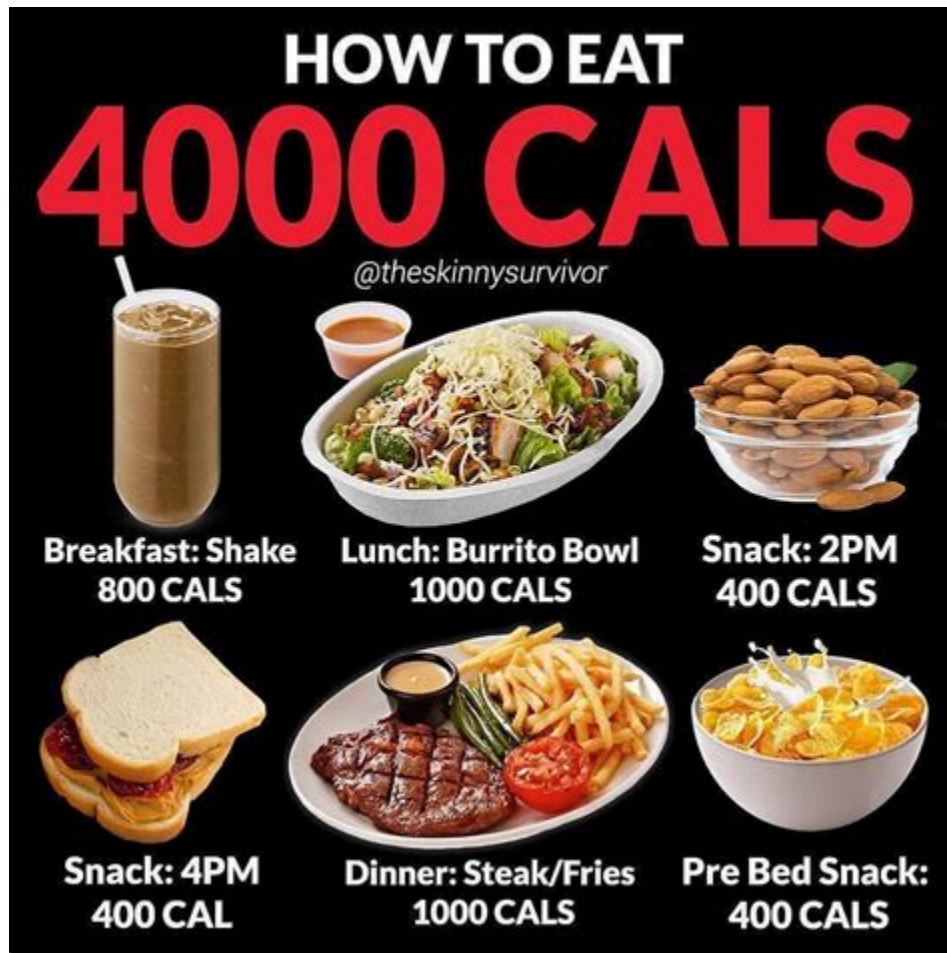


1 cup cooked wheat or high-fiber angel hair noodles. 1 cup steamed broccoli. Micronutrients: 455 calories, 37 grams protein, 38 grams carbohydrates, and 16 grams fat. Daily Totals: 1,620 calories, 136 grams protein, 156 grams carbohydrates, and 51 grams fat. Note that beverages are not included in this meal plan.



💊💊💊 CHECK OUT OUR STORE 💊💊💊

## 4000 Calorie Meal Plan | 7 Day Beast Diet - Diets Meal Plan



4,000 calorie meal plan - After a couple years of bulking without dairy I finally made a 4k meal plan with a 50-30-20 macro ratio. I cut dairy a while back as it inflamed gyno and acne. Bulking without it lead me to peanut butter, but that brought back acne, so I recently got rid of peanut butter as well :( .

## 15+ Low-Calorie Three-Step Mediterranean Diet Dinner Recipes - EatingWell



137 BigFatNo • 2 yr. ago There is of course a difference in metabolism from person to person. I pretty much lose weight if I eat 2500 calories per day, despite my diet being properly balanced. It could be that OP has a very fast one and does a lot of cardio, but he got the number from an online calculator so that's a doubt. 15 the\_real\_barracuda

## Matt Does Fitness Shares His 4000 Calorie Bulking Diet - Men's Health

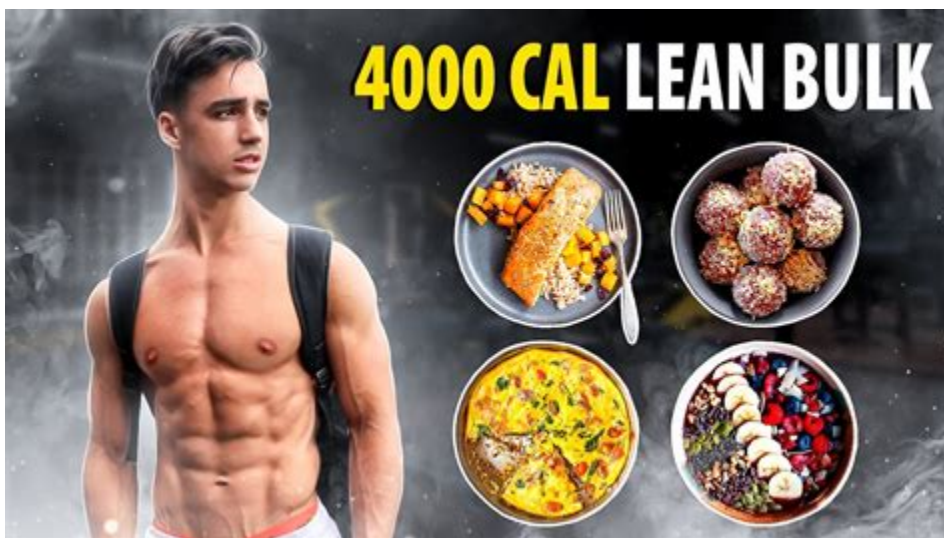
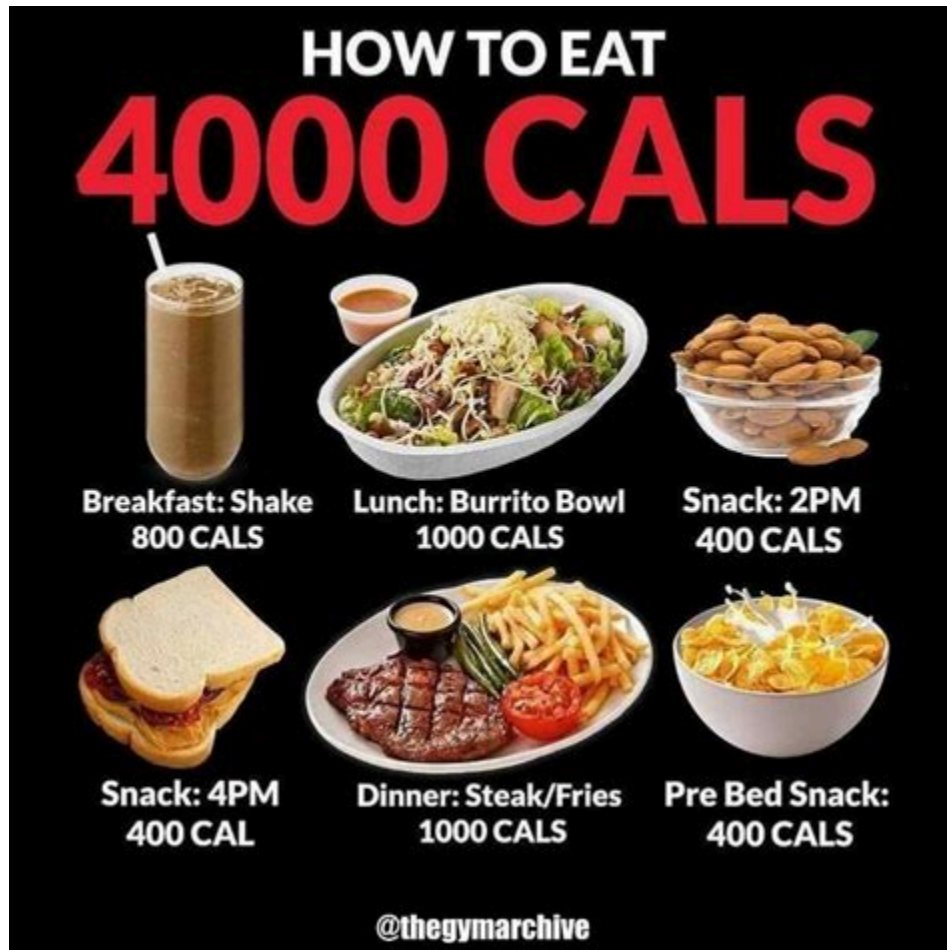


Table 1: Sample Performance Diet Plan for Growing, Active Youth (approximately 161-170 lbs. ) & Adults Performance Menu - 4000 Calories Meal 1 - Morning Snack Eat this meal as soon as you wake



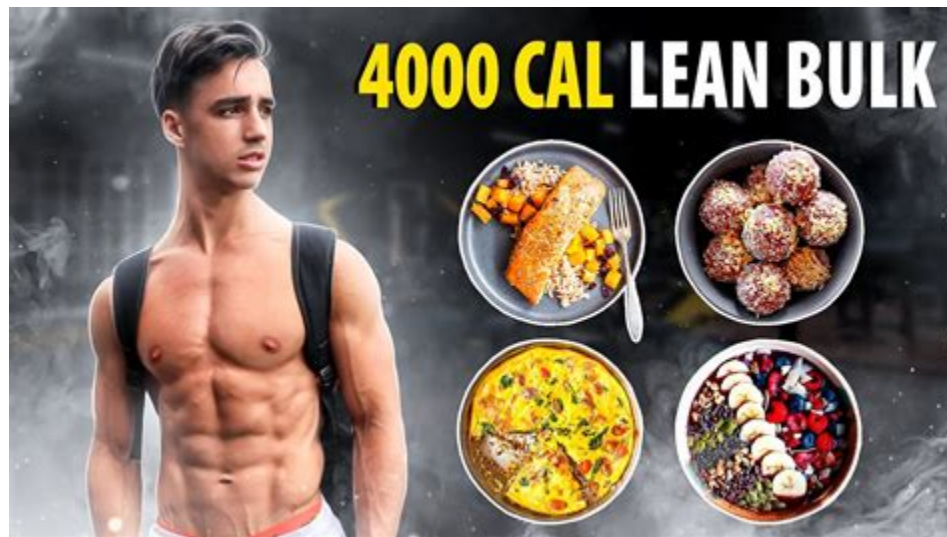
up. Pro (g) Carb (g) Fat (g) Calories 3 Eggs (scrambled) 19 2 16 233

## 4000 Calories A Day: Getting Through The Bulking Phase Like A Boss



This one-week meal plan was designed for a person who needs about 1,200 calories per day and has no dietary restrictions. This amount is typically consumed by someone attempting to lose weight under the guidance of a dietitian or healthcare provider. Your daily calorie goal may vary.

## My 4000 Calorie Clean-ish Bulking Diet - YouTube



Recommended Intake For You: 4000 Calories Daily Based on the information you submitted, this is your recommended caloric starting point for gaining lean muscle at an optimal rate while keeping body fat gains to a minimum.

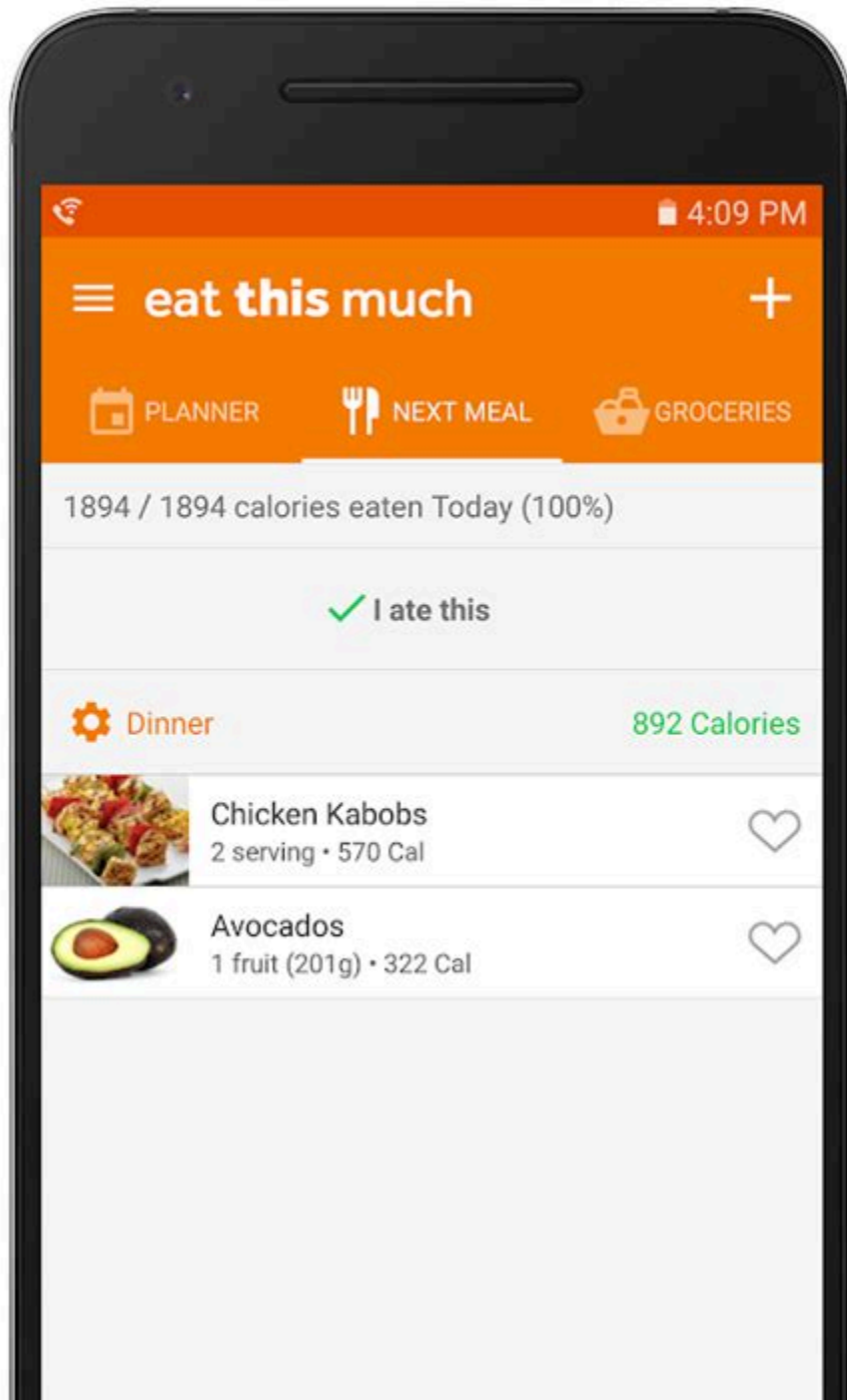
## 1-Week 3,000-Calorie Meal Plan Ideas: Recipes & Prep - Verywell Fit



Below is a 4,000 calorie muscle building meal plan ideal if you weigh between 180-200 pounds. I have experienced that as soon as you start consuming 4,000-6,000 calories, no matter how skinny you are, fat gain becomes inevitable. This means that you must include a cardio routine to keep your body fat in check.

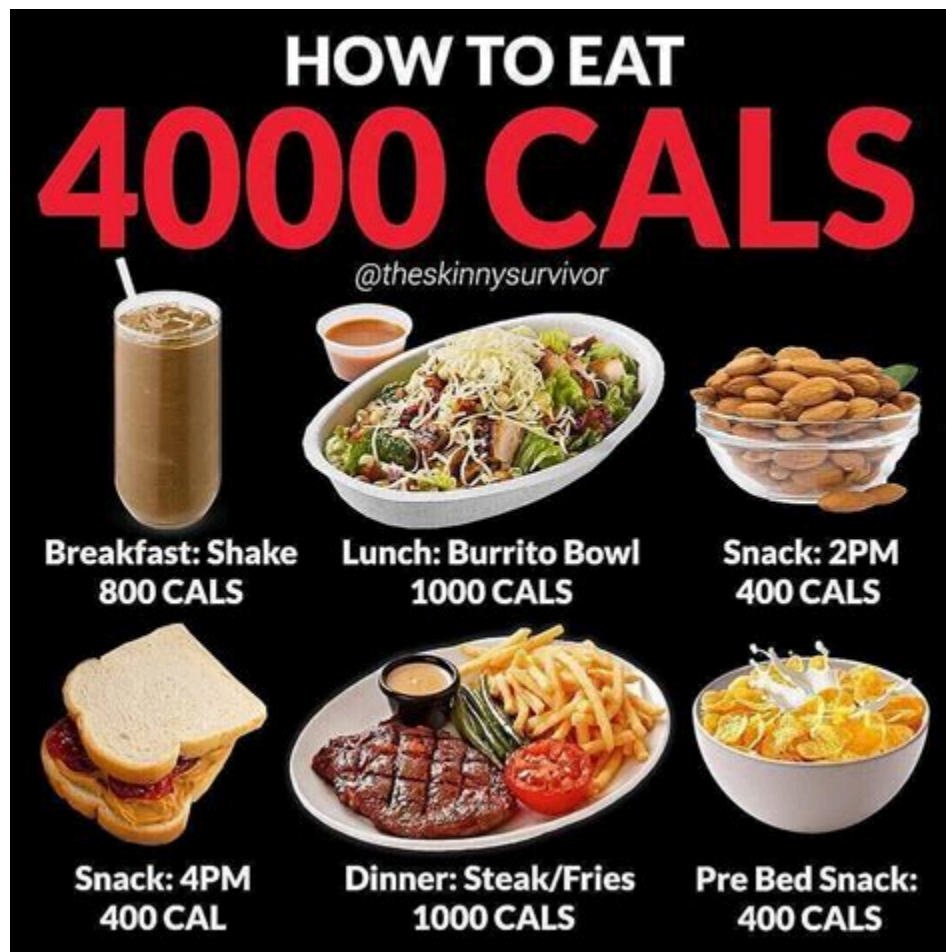
# The Automatic Meal Planner - Eat This Much

Didn't follow the plan? Easily keep track of what you did eat



How to Eat 4,000 Calories a Day It can be quite easy to reach 4,000 calories a day if you fill up on unhealthy fast foods as they are loaded with calories and fats.

### 4000 Calorie Meal Plan | livestrong



Is 4,000 Calories a Day Healthy? A well-planned 4,000 calorie diet, incorporating a diverse range of foods, can promote healthy eating habits. Of course, this amount of calories should only be followed by individuals with a high level of activity.



## PDF Recommended Intake For You: 4000 Calories Daily

**BULKING MEAL PLAN FOR  
4,000 CALORIES**  
@KRUCKIFITNESS

Meal	Calories
BREAKFAST: OMELETTE & OATS	700 CALORIES
SNACK: BAGEL W/PB	450 CALORIES
LUNCH: PASTA W/ SAUCE & OLIVE OIL	750 CALORIES
SNACK: GAINER SHAKE	1000 CALORIES
DINNER: STEAK & POTATOES	600 CALORIES
SNACK: HALO TOP & MIXED NUTS	500 CALORIES

Put your diet on autopilot. Eat This Much creates personalized meal plans based on your food preferences, budget, and schedule. Reach your diet and nutritional goals with our calorie calculator, weekly meal plans, grocery lists and more. Create your meal plan right here in seconds. Ready to give it a shot? Let us know your diet. Anything. Paleo.



## 4,000 Calorie Meal Plan (FREE) | Hit My Macros

CHAMP CITY

# BALANCED 4,000 CAL MEAL PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							

- 7-DAY MEAL PLAN
- SHOPPING LIST
- RECIPES
- TIPS & TRICKS

Head to [squarespace/joefazer](https://squarespace.com/joefazer) to save 10% off your first purchase of a website or domain using code "JOEFAZER" Shop at MyProtein (Use Code "JOE" f.

4,000 calorie meal plan - After a couple years of bulking . - Reddit

# BULKING MEAL PLAN FOR 4,000 CALORIES

@KRUCKIFITNESS

**BREAKFAST: OMELETTE & OATS**  
700 CALORIES

**SNACK: BAGEL W/PB**  
450 CALORIES

**LUNCH: PASTA W/ SAUCE & OLIVE OIL**  
750 CALORIES

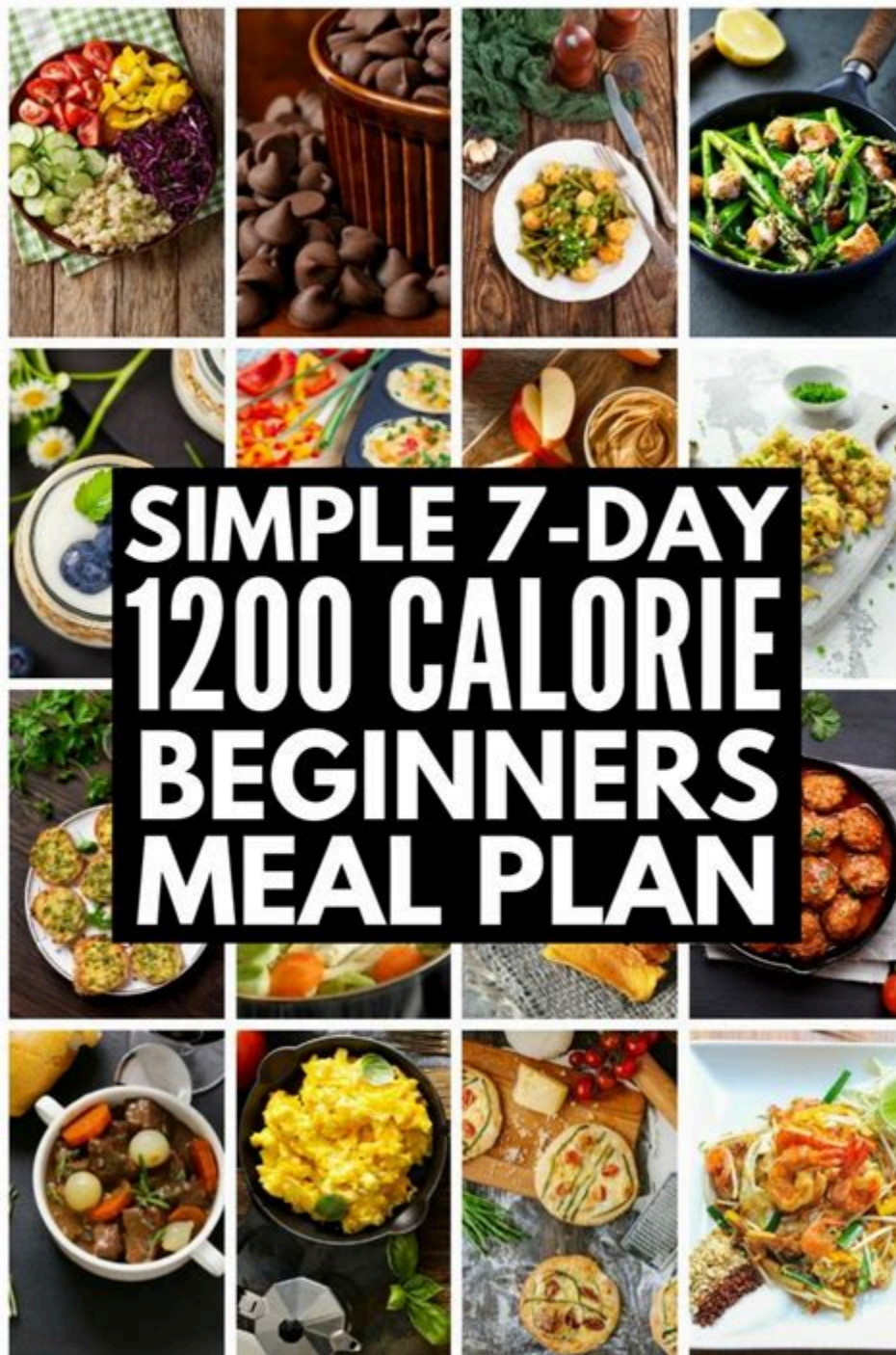
**SNACK: GAINER SHAKE**  
1000 CALORIES

**DINNER: STEAK & POTATOES**  
600 CALORIES

**SNACK: HALO TOP & MIXED NUTS**  
500 CALORIES

2 cups plain popcorn. Macronutrients: 88 calories, 1 gram protein, 9 grams carbohydrates, 5 grams fat. Daily Totals: 1,595 calories, 100 grams protein, 138 grams carbohydrates, 75 grams fat. Note that beverages are not included in this meal plan.

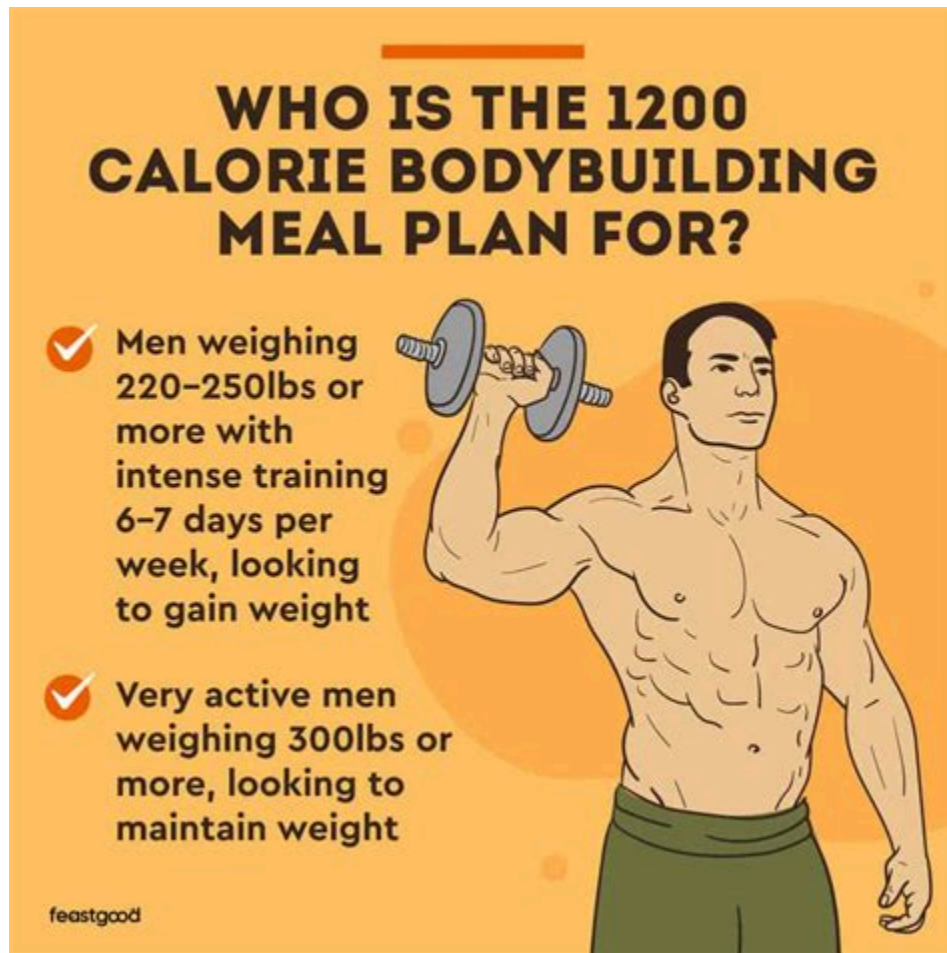
## 7-Day 1,200 Calorie Meal Plan Ideas: Recipes and Prep - Verywell Fit



40199 How much do you really need to eat to grow? It's a common question among newer lifters, and even seasoned vets still argue about the particulars. Here is everything on the 4000 calorie Diet.



## 4000 Calorie Bodybuilding Meal Plan & Diet (Printable)



**WHO IS THE 1200 CALORIE BODYBUILDING MEAL PLAN FOR?**

- ✓ Men weighing 220-250lbs or more with intense training 6-7 days per week, looking to gain weight
- ✓ Very active men weighing 300lbs or more, looking to maintain weight

feastgood

The infographic features a central illustration of a muscular man in a green tank top and shorts, holding a blue dumbbell in his right hand. The background is a solid orange color with a subtle circular gradient behind the man. The text is in a bold, black, sans-serif font.

The 4 000 calorie meal plan involves eating more calories than are typically consumed in a day to promote weight gain. The average person needs 2,000 - 2,500 calories per day to maintain weight, depending on age, sex, and activity level. People trying to gain weight should consume 3,500 or more additional calories per week.

# 1-Week 1,400-Calorie Meal Plan - Verywell Fit

1400 Calories

7 Days of Menus - Dukan Cruise Diet

REMOVE  
my  
WEIGHT

**Time Suggestions**

8am	Breakfast
10am	Snack
12pm	Lunch
2pm	Snack
4pm	Water
6pm	Dinner
8pm	Snack



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Drink lots  
of water

E-mail  
[support@removeyourweight.com](mailto:support@removeyourweight.com)

Meal	Foods	Est. Calories	Meal	Food	Est. Calories
<b>Day 1</b> 1355			<b>Day 4</b> 1420		
Morning	Ham, 3 slices (2 oz)	69	Morning	Turkey, 3 slices, 97% fat-free	81
Morning	2 Eggs, cooked, Hard Boiled	144	Morning	2 Eggs, cooked, fried in olive oil	180
Lunch	Beef, steaks, chopped (6oz)	526	Snack	Carrots, baby (16)	70
Lunch	Cheese, cream, fat free (1 tbsp)	19	Lunch	Beef, tenderloin 6oz & Broccoli 2cups	336
Lunch	Turkey, 3 slices, 97% fat-free	81	Lunch	Peppers, sweet, red (1 cup)	46
Dinner	Bacon, cooked (2 slices)	108	Lunch	Spinach, cooked, boiled (1 cup)	41
Lunch	Yogurt, Greek, non fat (6oz)	100	Lunch	Bacon, cooked (2 slices)	108
Dinner	Pork, loin, trimmed (4 oz)	195	Snack	Yogurt, Greek, non fat (6oz)	106
Dinner	Sour cream, fat free (1 tbsp)	9	Lunch	Peppers, sweet, yellow (1 cup)	50
Snack	Cheese, cottage, nonfat (1 cup)	104	Dinner	Fish, salmon (4 oz)	161
<b>Day 2</b> 1443			Dinner	Asparagus (2 cups) & Shrimp (3oz)	148
Morning	Bacon, cooked (2 slices)	108	Dinner	Squash, zucchini (1 cup)	66
Morning	2 Eggs, cooked, fried in olive oil	180	Snack	Cauliflower, raw (1 cup)	27
Snack	Carrots, baby (16)	70	<b>Day 5 &amp; 7</b> 1331		
Lunch	Fish, salmon (4 oz)	161	Morning	Bacon, cooked (2 slices)	108
Lunch	Broccoli (2 cups) & Shrimp (6oz)	146	Morning	2 Eggs, cooked, Hard Boiled	144
Lunch	Shrimp, cooked (3oz)	84	Morning	Yogurt, Greek, non fat (6oz)	106
Snack	Yogurt, Greek, non fat (6oz)	106	Lunch	Beef, steaks, chopped (6oz)	526
Lunch	Spinach, cooked, boiled (1 cup)	41	Dinner	Beef, tenderloin (6 oz)	274
Dinner	Beef, tenderloin (6 oz)	274	Dinner	Ham, 3 slices (2 oz)	69
Dinner	1 cup red pepper & Asparagus 2cups	110	Snack	Cheese, cottage, nonfat (1 cup)	104
Dinner	Squash, zucchini (1 cup)	66	<b>Day 6</b> 1412		
Dinner	Turkey, 3 slices, 97% fat-free	81	Morning	Bacon, cooked (2 slices)	108
Snack	Celery (3-5" sticks)	16	Morning	2 Eggs, cooked, fried in olive oil	180
<b>Day 3</b> 1361			Snack	Cheese, cottage, nonfat (1 cup)	104
Morning	Bacon, cooked (2 slices)	108	Lunch	Broccoli (2 cups) & Salmon 4oz	223
Morning	2 Eggs, cooked, Hard Boiled	144	Lunch	Spinach, cooked, boiled (1 cup)	41
Snack	Yogurt, Greek, non fat (6oz)	106	Lunch	Turkey, 3 slices, 97% fat-free	81
Lunch	Pork, loin, trimmed (4 oz)	195	Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Cheese, cottage, nonfat (1 cup)	104	Dinner	Pork, loin, trimmed (4 oz)	195
Lunch	Turkey, 3 slices, 97% fat-free	81	Dinner	Cauliflower (2 cups) & Shrimp (6oz)	222
Dinner	Beef, steaks, chopped (6oz)	526	Dinner	Sour cream, fat free (1 tbsp)	9
Dinner	Sour cream, fat free (1 tbsp)	9	Dinner	Bacon, cooked (2 slices)	108
Dinner	Ham, 3 slices (2 oz)	69	Snack	Celery (3-5" sticks) & cream cheese	35
Snack	Cheese, cream, fat free (1 tbsp)	19			

**Shopping List**

Bacon (sugar free)	14 slices	Cheese, cream, fat free	3 tbsp	Spinach, Frozen	3 cups
Eggs	14 large	Sour cream, fat free	3 tablesp	Squash, zucchini	2 cups
Ham, sliced, 96% fat free	10 oz	Shrimp, cooked	12 oz	Peppers, sweet, red	2 pepper
Turkey, sliced, 97% fat-free	15 slices	Yogurt, Greek, non fat	42 oz	Peppers, sweet, yellow	1 pepper
Beef, tenderloin	4 lbs	Celery, raw	3 sticks		
Beef, steak	24 oz	Carrots, baby	1 bag		
Fish, salmon	12 oz	Asparagus	4 cups		
Pork, loin,	12 oz	Broccoli	6 cups		
Cheese, cottage, nonfat	5 cup	Cauliflower, raw	2 cups		

**Helping you, get to a Healthy Weight!**

Please consult your health care provider before making any dietary or fitness changes. See <http://www.removeyourweight.com> for more Menus different Days & Calorie Counts.

254. 4 g Fat 150. 5 g Carbs 417. 8 g Breakfast Calories 766 Protein 31. 3 g Fat 17. 9 g Carbs 126. 6 g Bagel 1 Bagel Details + Strawberry Banana Smoothie 625 ml Details +

## 4-Day Meal Plan: Quick & Healthy Meals - Verywell Fit

### 5:2 DIET MEAL PLAN

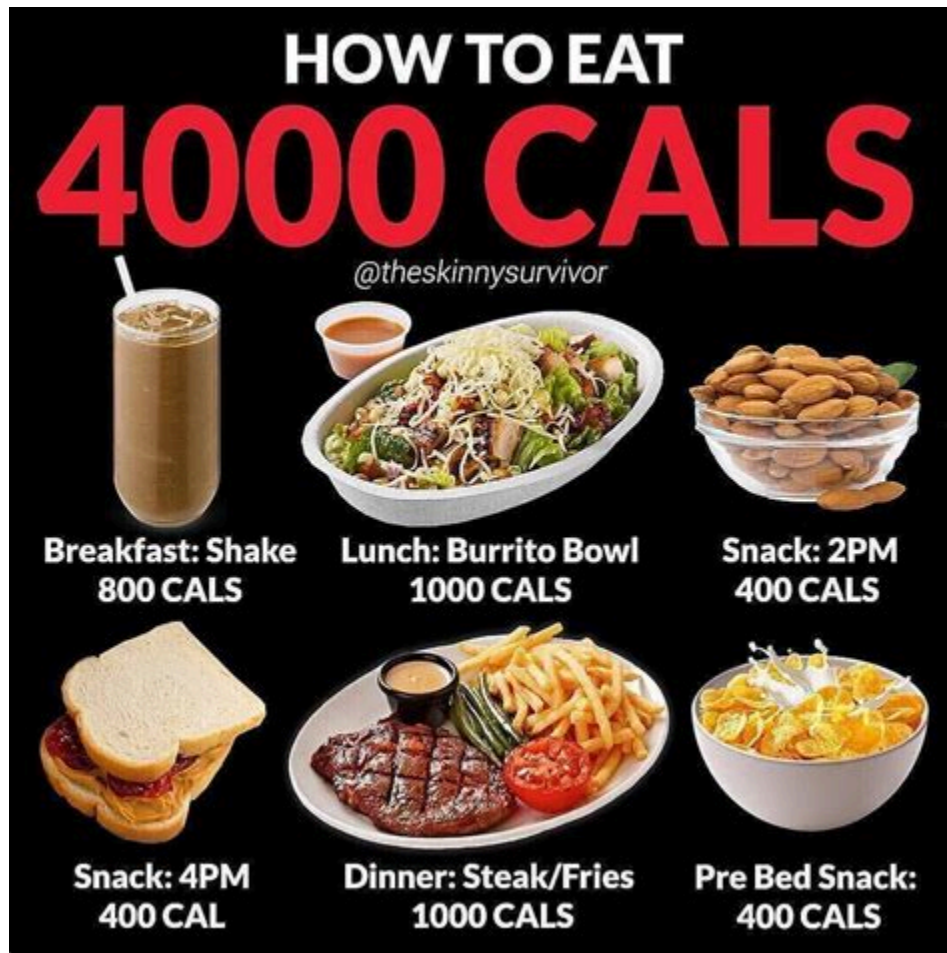
WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>MONDAY</b>	Baked Eggs with Ham and Gruyere (393 cal, 3 carbs)	Almond Truffles (136 cal, 5 carbs)	Hearty Italian Stew (525 cal, 8 carbs)	Guacamole Deviled Eggs (145 cal, 0 carbs)	Chicken-Fried Steak with Pan Gravy (979 cal, 12 carbs)
<b>TUESDAY</b>	Buttery Vanilla Latte (379 cal, 0 carbs)	Coconut Almond Bites (268 cal, 9 carbs)	Tuna Casserole (481 cal, 7 carbs)	Cottage Cheese (1/2 cup) (111 cal, 4 carbs)	Low-Carb Ramen (1078 cal, 11 carbs)
<b>WEDNESDAY</b>	Steak with Cheddar Eggs (435 cal, 2 carbs)	Mango Coconut Pudding (299 cal, 9 carbs)	Caesar Salad (266 cal, 2 carbs)	Jalapeno Poppers (176 cal, 1 carb)	Crab with Drawn Butter (950 cal, 0 carbs)
<b>THURSDAY</b>	Mushroom and Swiss Frittata (472 cal, 4 carbs)	Chocolate Peanut Butter Cups (240 cal, 10 carbs)	Shrimp and Avocado Salad (460 cal, 4 carbs)	Kale Chips with Bacon (150 cal, 4 carbs)	Bacon Brie Burger (701 cal, 5 carbs)
<b>FRIDAY</b>	Buttery Vanilla Latte (379 cal, 0 carbs)	Muple Walnut and Macadamia Fudge (245 cal, 3 carbs)	Gumbo (436 cal, 9 carbs)	Buttered Radishes (72 cal, 0 carbs)	Chicken Alfredo with Broccolini (834 cal, 10 carbs)
<b>SATURDAY</b>	Smoked Salmon Scrambled Eggs with Dill (534 cal, 1 carb)	Pumpkin Custard Cups (268 cal, 9 carbs)	Meatballs with Creme Fraiche (263 cal, 2 carbs)	Dilly Dip (199 cal, 3 carbs)	Pork Bolognese (626 cal, 2 carbs)
<b>SUNDAY</b>	Steack with Cheddar Eggs (319 cal, 0 carbs)	Almond Truffles (136 cal, 5 carbs)	Cheesy Chiken Broccoli Casserole (392 cal, 5 carbs)	Pepperoni and Black Olive Pizza Bites (192 cal, 2 carbs)	Coconut Shrimp Curry (765 cal, 15 carbs)

**Better Me.**

A typical dinner on a 4,000-calorie meal plan could be 2 cups of cooked brown rice, 5 ounces of grilled or broiled salmon and 2 cups of steamed green vegetables like brussels sprouts. This meal would supply around 1,260 calories. You can still enjoy favorites like tacos or pizza, but make sure they're as healthy as possible.

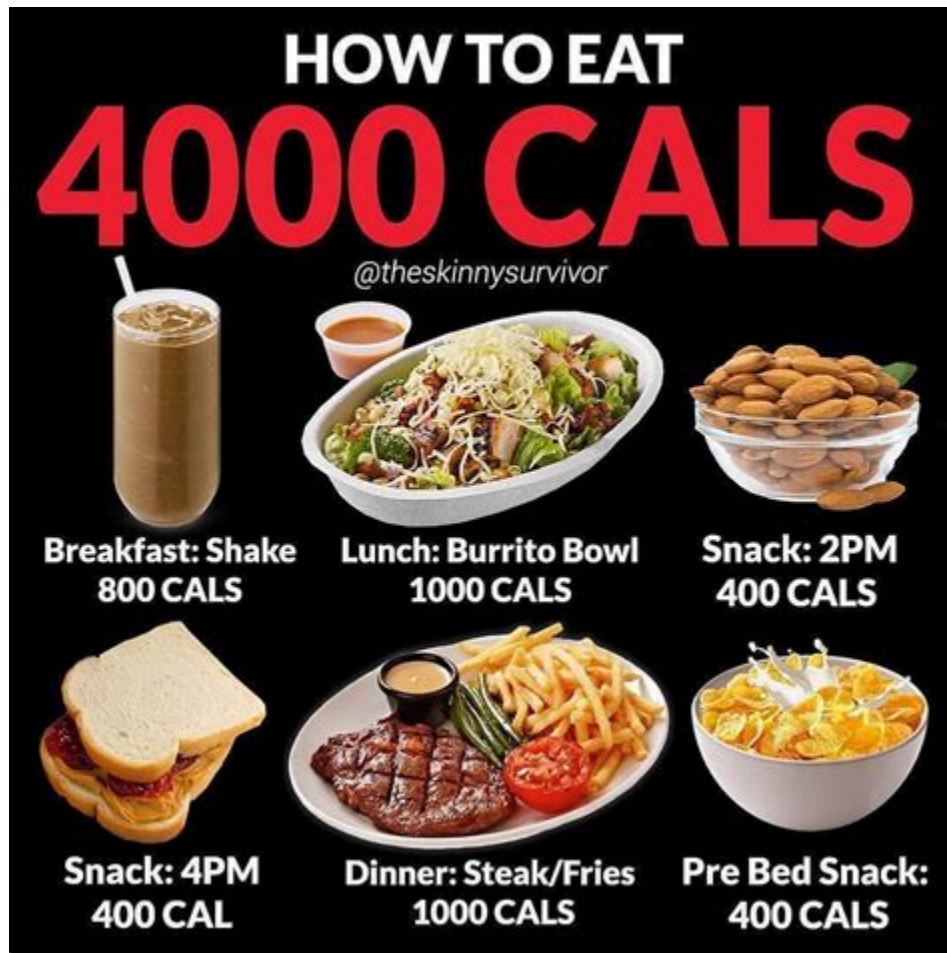


## 4000 Calorie Meal Plan - Prospre



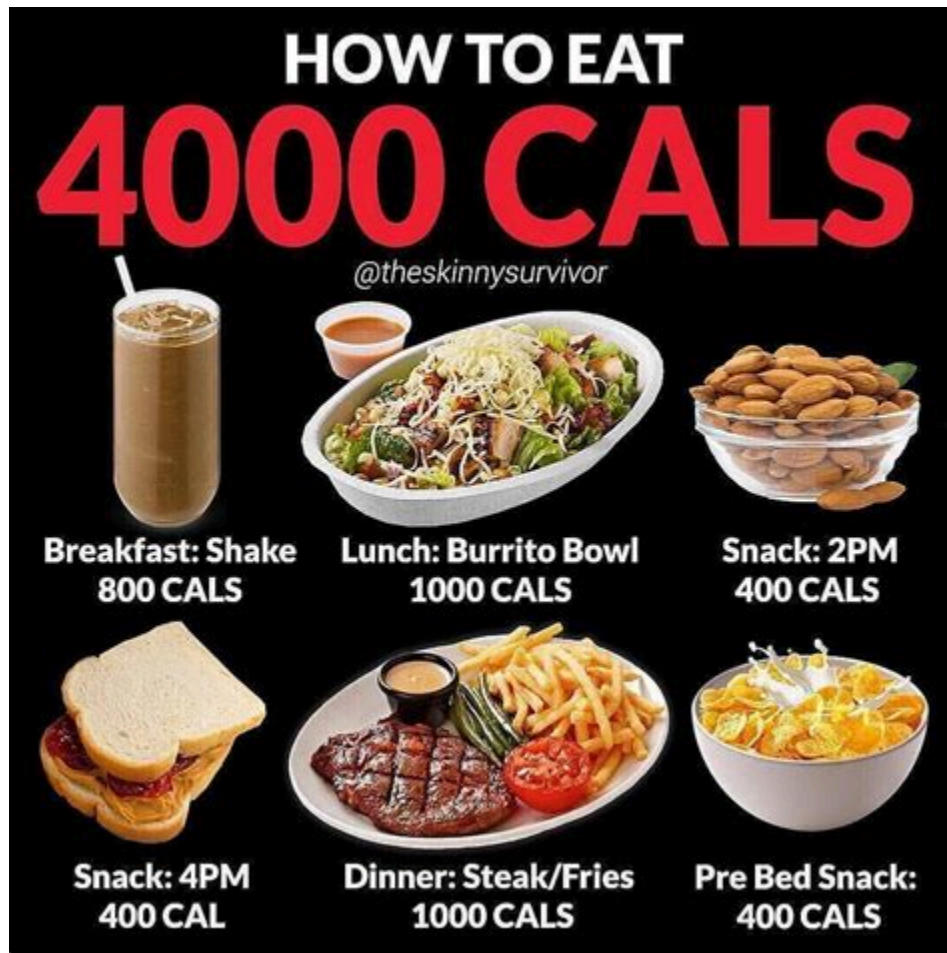
But YouTuber Matt Does Fitness, aka Matt Morsia, is here to lend a helping hand. Sharing his whopping 4000 cals daily diet to his YouTube channel, Morsia said, 'A lot of people make the mistake .

## How to Eat 4000 Calories a Day | livestrong



Why Nutrition is Important for a 1,400 Calorie Diet. A 1,400-calorie meal plan may be appropriate for you if you are wanting to lose weight. The rate of healthy, sustainable weight loss is about 1 to 2 pounds per week. This meal plan may help you achieve that through a combination of protein, fiber, healthy fats, and complex carbohydrates while .

## 4000 Calorie Meal Plan & DIET - {Guide To Gain Weight Fast}



We Recommend Weight Management Can You Lose Weight If You Eat Under 2,000 Calories a Day? Nutrition The Recommended Caloric Intake for Women at Age 35 Nutrition How Many Calories Do I Need to Eat If I Am 190 Pounds? According to the U. S. National Library of Medicine, there are many health risks associated with an inactive lifestyle.

### 4,000 Calorie Muscle Building Meal Plans | Vince DelMonte's Muscle .

Bake 15 to 20 minutes. Pair one serving of granola (1/4 to 1/2 cup) with 1/2 cup of Greek yogurt and 1 cup of berries. Save the extra granola in an airtight container for later in the week. Dinner: Grill 4 to 6 ounces of salmon and serve with 1 cup of cooked pasta mixed with diced tomatoes and herbs.



## 7-Day 1,600 Calorie Meal Plan Ideas: Recipes & Prep - Verywell Fit

### 1600 Calorie Meal Plan

*Sample*

Meal	Food/Beverage
Breakfast	1 ½ oz. oatmeal (from half-cup dry) w/ 1 cup 1% milk 1 small banana
Snack (1)	1 serving Made-From-Scratch Applesauce
Lunch	2 slices whole-wheat bread 2 tbsp. reduced-fat peanut butter 1 ½ cups tossed salad w/ 1 tbsp. low-cal Italian dressing 1 cup 1% milk
Snack(2)	3 cups light microwave popcorn
Dinner	3 oz. broiled swordfish 1 cup cooked broccoli florets 1 cup rice pilaf
Snack(3)	1 cup fat-free lemon yogurt
<b>Daily Totals</b>	<b>1,675 calories, 83 g protein, 243 g carbs, 41 g fat 28 fiber</b>

1. 1) Breakfast 1. 2) Snack 1. 3) Lunch 1. 4) Snack 1. 5) Dinner 1. 6) Snack 2) Who Can Eat 4000 Calories a Day? 3) A 4000 Calorie Meal Plan For One Week Could Consist of the Following Meals: 3. 1) Monday 3. 2) Tuesday 3. 3) Wednesday 3. 4) Thursday 3. 5) Friday 3. 6) Saturday 3. 7) Sunday 4) Do You Need to Consume 4000 Calories a Day?

## Healthy Aging: Your 7-Day Meal Plan - Verywell Fit

### Eat Smart 7-Day Meal Plan

Mix and match meals or follow it exactly as listed below, it's up to you. Spend time on Sunday preparing some of these meals for the week and freeze them. It makes all the difference on busy weeknights. Pair your healthy eating with 30-minutes of activity ([check out this calendar](#)).

	Breakfast	Lunch	Snacks	Dinner	Treat	Calories
Day 1	Green Power Detox Smoothie 1 Hard-boiled egg	Chicken & White Bean Soup 1 Whole Wheat baguette 1 apple, medium	2 Coconut, Chocolate Energy Ball 15 Carrots and 1 Tbsp. hummus	Slow Cooker, Chicken Curry 1 cup brown rice, cooked	1 oz. dark chocolate 1/2 cup Non-Fat Greek Yogurt	1,505 Cal.
Day 2	Vanilla French Toast Bake 1 cup fresh berries	Slow Cooker Chicken Curry 1 medium orange	1 cup Nonfat Greek Yogurt 23 Almonds 1 Medium Apple	Superfood Quinoa Bowl 1 cup steamed asparagus	1 Healthy Dessert Shooter	1,511 Cal.
Day 3	Overnight Oatmeal	Sunshine Salad w/ Orange Marmalade, Vinaigrette 15 Carrots & 1 Tbsp. hummus	1 Medium Banana & 1 Tbsp. Peanut Butter 1 Coconut, Chocolate Energy Ball	Southwestern Quinoa Stuffed Peppers 1 Cup Roasted Parmesan Green Beans	1 Coconut Chocolate Energy Ball 1/2 cup vanilla Greek yogurt	1,445 Cal.
Day 4	Pumpkin Yogurt Parfait	Leftover Southwestern Quinoa Stuffed Peppers 1 medium apple	1 Hard boiled egg 1/2 cup granola 1 cup low-fat milk	Healthy Chicken Pot-Pie 1 cup steamed broccoli	1 Healthy Dessert Shooter	1,594 Cal.
Day 5	3-Ingredient Banana Pancakes 1 Tbsp. Peanut Butter	Power Pumpkin and Berry Smoothie 1 Low-Fat Cheese Stick	1 Cup Low-Fat Cottage Cheese 1 Hard Boiled Egg	Penne alla Primavera	1 oz. dark chocolate	1,601 Cal.
Day 6	Southwest Breakfast Hash 1 fried egg	Leftover Penne alla Primavera	Turkey and Pepper Roll-Up 1 medium apple & 1 Tbsp. Peanut Butter	Healthier Mac n Cheese 1 cup Cantelope	Skinny Mini Cheesecake Cups w/ Fresh Fruit	1,416 Cal.
Day 7	1 cup Nonfat Greek Yogurt 1/2 cup fresh berries 1/2 cup granola	Healthier Mac n Cheese 23 Almonds	Green Power Detox Smoothie 1 Medium Apple	Grilled Tuna w/ Olive Relish Roasted Asparagus Salad	Skinny Mini Cheesecake Cups w/ Fresh Fruit	1,485 Cal.

note: where no number is indicated, eat 1 serving of the recipe.

19 Low-Calorie Mediterranean Diet Dinners in Three Steps or Less. From creamy skillet meals to simple sheet pan meals, these delicious and easy dinners are packed with staple ingredients of the Mediterranean diet, like omega-3 fatty acids, veggies, lean proteins and whole grains. Containing 575 calories or less per serving, these dinner recipes will .

## 4000 Calorie Meal Plan | Noah's Nutrition



This 4000 calorie meal plan includes five meals with the ingredients listed in grams and volume measurements. In addition, each recipe includes simple instructions and the calories, macronutrients, and fiber. See the plan below. Meal one: Egg scramble and oatmeal Meal two: Bagel sandwich Meal three: Grilled chicken sweet potato and broccoli

## 4000 Calorie Diet - How to Really Get It Done | Gym Junkies



This one-week meal plan was designed for a person who needs about 3,000 calories per day and has no dietary restrictions. Your daily calorie goal may vary. Learn what it is below, then make tweaks to the plan to fit your specific needs.



# PDF Optimal dotFIT™ Performance Meal Plan for Athletes

					
LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE					
	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> <li>1 banana</li> <li>1 C cooked oatmeal</li> <li>2 Tbsp Raisins</li> <li>½ Cup chopped walnuts</li> <li>1 C low-fat milk</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>4 Slices(4 oz) Turkey breast</li> <li>2 Slices whole-grain bread</li> <li>1 slice low fat American cheese</li> <li>1 Tbsp mustard</li> <li>1 Apple</li> <li>½ cup baby carrots</li> <li>1 oz pretzels</li> </ul>	<ul style="list-style-type: none"> <li>4 oz Chicken Breast</li> <li>1 Baked Sweet Potato</li> <li>1 Tbsp butter</li> <li>1 Cup Steamed Zucchini</li> <li>1 Cup Low Fat Milk</li> <li>1 Peach</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>Cereal bar</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>2 graham cracker with 1 Tbsp Peanut Butter</li> </ul>
Tues	<ul style="list-style-type: none"> <li>2 C whole wheat cereal</li> <li>1 C low fat milk</li> <li>½ C blueberries</li> </ul>	<ul style="list-style-type: none"> <li>1 whole wheat English Muffin with ½ cup cottage cheese</li> <li>1 tsp honey</li> <li>¼ cup walnuts</li> <li>1 cup snap peas</li> <li>1 cup melon</li> <li>1 oz pretzels/crackers</li> </ul>	<ul style="list-style-type: none"> <li>4 oz Lean Steak</li> <li>½ Cup Mango Salsa</li> <li>½ C Red Potatoes</li> <li>8 Asparagus Spears cooked in 1 tsp Olive Oil</li> <li>½ C low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>1 low fat frozen waffle</li> <li>½ Cup applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>6oz low fat yogurt with 1 Cup Cereal</li> </ul>
Weds	<ul style="list-style-type: none"> <li>2 eggs and 3 egg whites, scrambled with ½ cup pepper, onions, or tomato</li> <li>2 Slice whole-grain toast</li> <li>1 Tbsp jam</li> <li>1 C low-fat milk</li> </ul>	<b>Salad with Chicken:</b> <ul style="list-style-type: none"> <li>2 Cups Spinach</li> <li>4 oz cooked chicken</li> <li>½ C Cucumbers</li> <li>½ C carrots, shredded</li> <li>¼ cup low fat cheese</li> <li>1 Tbsp Balsamic Vinaigrette</li> <li>1 peach</li> <li>1 (1oz) whole wheat roll with 1 tsp butter</li> </ul>	<b>Quesadilla</b> <ul style="list-style-type: none"> <li>½ Cup Black beans</li> <li>2 whole wheat tortillas</li> <li>½ C low fat cheese</li> <li>2 Tbsp Salsa</li> <li>2 Cups Spinach and Cucumber Salad</li> <li>1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>2 oz pretzels</li> <li>2 Tbsp Hummus</li> <li>1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>1 banana</li> <li>½ Cup Almonds</li> </ul>
Thurs	<ul style="list-style-type: none"> <li>1 banana</li> <li>1 C cooked oatmeal</li> <li>½ Cup Raisins</li> <li>1 Tbsp Peanut Butter</li> <li>1 C low-fat milk</li> </ul>	<b>Turkey Wrap:</b> <ul style="list-style-type: none"> <li>1 (6in) Whole Wheat Wrap</li> <li>4 Oz Turkey Breast</li> <li>½ cup shredded lettuce, tomato</li> <li>1 Tbsp garlic hummus</li> <li>1 low fat cheese stick</li> <li>1cup strawberries</li> <li>½ cup Almonds</li> </ul>	<ul style="list-style-type: none"> <li>4 oz Salmon Filet</li> <li>½ Cup Brown Rice</li> <li>1 C Steamed Broccoli</li> <li>1 Cup Low Fat Milk</li> <li>4 Fresh pineapple rings</li> </ul>	<ul style="list-style-type: none"> <li>½ Cup Raisins</li> <li>1 banana</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>1 Power Bar</li> </ul>
Fri	<ul style="list-style-type: none"> <li>3C whole wheat cereal</li> <li>1 C low fat milk</li> <li>1 banana</li> </ul>	<b>Tuna salad sandwich:</b> <ul style="list-style-type: none"> <li>2 Slices whole-grain bread</li> <li>4 Oz canned tuna (in water)</li> <li>2 tsp mayonnaise, or Greek yogurt</li> <li>Chopped celery, lettuce leaves</li> <li>1 Pear</li> <li>1 Cup Nonfat Yogurt</li> </ul>	<b>Salad with Chicken and Strawberries:</b> <ul style="list-style-type: none"> <li>2 Cups Spinach</li> <li>4 oz cooked chicken</li> <li>½ C Cucumbers</li> <li>½ C carrots, shredded</li> <li>½ C strawberries</li> <li>1 Tbsp Balsamic Vinaigrette</li> <li>1 Tbsp Stead Almonds</li> <li>1 (1oz) whole wheat roll with 1 tsp butter</li> <li>1 Cup Low fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>½ Whole Wheat Bagel</li> <li>1 Tbsp Strawberry Jam</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>½ Cup Trail Mix with Pretzels</li> </ul>
Sat	<ul style="list-style-type: none"> <li>3 medium (5") pancakes</li> <li>1 Tbsp reduced calorie butter</li> <li>1 Cup Cantaloupe</li> <li>1 C low-fat milk</li> </ul>	<b>Salad with Salmon:</b> <ul style="list-style-type: none"> <li>2 Cups Mixed Greens</li> <li>4 oz cooked salmon</li> <li>½ C Cucumbers</li> <li>½ C green peppers</li> <li>½ cup low fat feta cheese</li> <li>1 Tbsp Balsamic Vinaigrette</li> <li>1 peach</li> <li>1 Tbsp chopped pecans</li> <li>1 (1oz) whole wheat roll with 1 tsp butter</li> </ul>	<ul style="list-style-type: none"> <li>4 oz pork loin</li> <li>½ Cup Applesauce</li> <li>1 large ear corn on the cob</li> <li>1 tsp butter</li> <li>1 cup steamed carrots</li> <li>1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>1 Cereal Bar</li> <li>1 ½ Cup Fresh Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>1 small tortilla with Nut Butter and jelly</li> </ul>
Sun	<ul style="list-style-type: none"> <li>2 egg and 3 egg whites, scrambled with ½ cup pepper, onions or tomato</li> <li>2 Slice whole-grain toast</li> <li>1 Tbsp jam</li> <li>1 C low-fat milk</li> </ul>	<b>Grilled Cheese Sandwich</b> <ul style="list-style-type: none"> <li>2 slices whole wheat bread</li> <li>2 Slices low fat Cheese</li> <li>1 slice tomatoes</li> <li>1 cup cucumber and tomato salad</li> <li>1 tsp lowfat salad dressing</li> <li>1 apple</li> <li>½ Cup Almonds</li> </ul>	<b>Turkey Burger:</b> <ul style="list-style-type: none"> <li>4 Oz lean ground turkey</li> <li>1 whole-wheat hamburger bun</li> <li>1 Tsp Ketchup</li> <li>1 Cup Watermelon</li> <li>1 Cup Snap Peas</li> <li>1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>1 banana muffin</li> <li>½ cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>Whey Protein</li> <li>6oz low fat yogurt with 1 Cup Cereal</li> </ul>

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.

- <https://groups.google.com/g/ripped-reckoners/c/d-4bFh6t8SI>
- <https://publiclab.org/notes/print/43447>
- <https://publiclab.org/notes/print/42162>