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MAKING BODYBUILDING SIMPLE

# Sample Meal Plan 1

1. Oatmeal with honey + cottage cheese + banana.
2. Bread + scrambled eggs + beans.
3. Rice + chicken breast + cauliflower.
4. Potatoes + beef burgers + salad.
5. Rice + chicken breast + cauliflower.
6. Pasta / Bread + tuna / cottage cheese + salad.

**Snacks:** fruits, peanuts, dark chocolate.

**Drinks:** water mostly, juices, tea.

**Spices / sauces:** anything you like.

**Healthy fats:** fry on or add healthy oils like olive / sunflower / rapeseed oil.