



HOW2GETBIG.COM
MAKING BODYBUILDING SIMPLE

Meal Plan 3 (selective menu)

1. Oats / Bread + cottage cheese / eggs (fried, boiled or scrambled) + fruits / vegetables.
2. Bread / Rice / Pasta + eggs / ham / turkey / chicken breast / tuna + salads / vegetables.
3. Bread / Rice / Pasta + eggs / ham / turkey / chicken breast / tuna + salads / vegetables.
4. Rice / Pasta / Potatoes + chicken / turkey / beef / fish + salads / vegetables.
5. Rice / Pasta / Potatoes + chicken / turkey / beef / fish + salads / vegetables.
6. Bread / Rice / Pasta + tuna / cottage cheese / chicken breast + salads / vegetables.

Snacks: any fruits, almonds / walnuts / peanuts, sunflower / pumpkin seeds.

Drinks: mostly water, occasionally juices or tea.

Spices / sauces: anything you like.

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