

EC's Workout and Bodybuilding Nutrition Plan

How to use this plan:

- The daily calories given are for a person of 165 – 175 lbs (75 – 80 kg).
- Don't sweat hitting the calories exactly - simply adjust up or down if you gain fat or unintentionally lose weight.
- The nutrient composition follows [what I explained here](#).
- The daily protein you get with this plan is the [maximum amount research found useful](#).
- The use of expensive whey protein powder is minimized to the only time where science shows it's beneficial – right after your workout.
- You don't have to follow the plan like a slave. The last page is blank and you can combine food from different days into your own. Just keep an eye on the calories and protein.
- What you shouldn't do is eat the same foods for the entire week. You need variety to get all necessary nutrients.
- There are regular sodas and juices with some of the meals, but the rest of your daily liquids have to come from water or diet soft drinks. Otherwise you overshoot on the calculated calories.
- The plan is for seven days, but if you work out only for five, you should eat the pre- and post-workout recommendations from the other two days as snacks.

More resources:

- [A home workout plan for beginners](#)
- [What protein is and how to use it when working out](#)
- [What carbohydrates are and why you need them](#)
- [Everything you need to know about fat](#)

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Monday

Breakfast

3 slices of whole wheat bread (30 g each) with 4 tablespoons (60 g) low-fat cottage cheese

Beverage: 1 glass low-fat milk (250 ml)

Lunch

2 hamburgers with condiments (single patty, ~115 g each), small french fries (85 g)

Beverage: 1 can regular soda (12 fl.oz., 330 ml)

Pre-Workout

1 banana (~100 g)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

3 chicken breasts (meat only, ~100 g each), 1/2 cup brown rice (90 g, raw), mixed frozen vegetables (150 g), two tablespoons low-fat soy sauce (30 g). Chocolate ice cream as dessert (1/2 cup, ~60 g)

Beverage: 1 glass low-fat milk (250 ml)

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	349	995	90	222	1029	2685
Protein	26 g	33 g	1 g	32 g	90 g	182 g
Carbs	51 g	114 g	23 g	16 g	120 g	324 g
Fat	5 g	24 g	0 g	3 g	21 g	53 g

Tuesday

Breakfast

Instant oatmeal (75 g, dry) prepared with 1/2 cup (125 ml) boiling water and 1/2 cup (125 ml) low-fat milk, adding 1 chopped banana (~100 g), honey (two tablespoons, 40 g) and non-sweetened mixed berries (1 cup, 130 g)

Beverage: 1 glass low-fat milk (250 ml)

Lunch

2 whole wheat sandwiches (4 slices of bread, ~30 g per slice) with lean turkey breast slices (~110 g) and low-calorie sandwich spread (4 tablespoons, 60 g)

Beverage: 1 glass (250 ml) non-sweetened apple juice

Pre-Workout

1 banana (~100 g)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

Trimmed sirloin steak (300 g) with low-fat sour cream (1/2 cup, ~120 g) and one large baked potato (~300 g)

Beverage: 1 can regular soda (10.6 fl.oz., 330 ml)

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	769	614	90	222	1000	2695
Protein	29 g	32 g	1 g	32 g	71 g	165 g
Carbs	145 g	88 g	23 g	16 g	103 g	375 g
Fat	19 g	16 g	0 g	3 g	33 g	71 g

Wednesday

Breakfast

2 cups Wheaties (70 g) or similar whole grain flakes in 1 cup (250 ml) low-fat milk

Beverage: 1 glass carrot juice (250 ml)

Lunch

3 slices cheese pizza (~110 g per slice from 14" pie)

Beverage: 1 can regular soda (10.6 fl.oz., 330 ml)

Pre-Workout

2 medium apples (~180 g each)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

2 pork loins (~130 g each) with potatoes (300 g, raw) and 1/2 cup gravy (~120 g).
Chocolate ice cream as dessert (1/2 cup, ~60 g)

Beverage: Water

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	499	1048	190	222	786	2745
Protein	20 g	39 g	0 g	32 g	80 g	171 g
Carbs	95 g	149 g	50 g	16 g	77 g	387 g
Fat	6 g	33 g	0 g	3 g	20 g	62 g

Thursday

Breakfast

2 slices whole wheat bread (30 g each) with 4 tablespoons peanut butter (60 g)

Beverage: 1 glass low-fat milk (250 ml)

Lunch

2 bean burritos (per piece 1 corn tortilla, 1/4 cup diced onions, 2 scrambled eggs, 1/4 cup black beans, 2 tablespoons pico de gallo)

Beverage: 1 can regular soda (10.6 fl.oz., 330 ml)

Pre-Workout

1 cup red or green grapes (150 g)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

1/2 pack spaghetti (100 g) with 2 cups ready-made tomato and basil sauce (250 g) mixed with 1 can tuna in water (~170 g drained)

Beverage: 1 glass low-fat milk (250 ml)

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	618	998	104	222	769	2711
Protein	30 g	45 g	1 g	32 g	64 g	172 g
Carbs	53 g	124 g	23 g	16 g	94 g	310 g
Fat	36 g	18 g	0 g	3 g	10 g	67 g

Friday

Breakfast

1 cup (~150 g) Greek yogurt with non-sweetened mixed berries (1 cup, ~130 g) and 2 tablespoons crushed hazelnuts or almonds (~30 g)

Beverage: 1 glass low-fat milk (250 ml)

Lunch

2 cups (500 ml) ready-made baked beans with franks

Beverage: 1 can regular soda (12 fl.oz., 330 ml)

Pre-Workout

1 banana (~100 g)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

2 salmon fillets (each ~170 g) with ready-made salmon glaze (100 g) and 1 cup (~240 g drained) canned chick peas. Chocolate ice cream as dessert (1/2 cup, ~60 g)

Beverage: Water

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	606	869	90	222	995	2782
Protein	21 g	35 g	1 g	32 g	96 g	185 g
Carbs	63 g	115 g	23 g	16 g	80 g	297 g
Fat	31 g	34 g	0 g	3 g	33 g	71 g

Saturday

Breakfast

Omelette (4 eggs) with feta cheese (50 g) and parsley

Beverage: 1 glass low-fat milk (250 ml)

Lunch

2 hamburgers with condiments (single patty, ~115 g each), small french fries (85 g)

Beverage: 1 can regular soda (12 fl.oz., 330 ml)

Pre-Workout

1 cup red or green grapes (150 g)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

2 chicken breasts (meat only, ~100 g each), 1/2 cup brown rice (90 g, raw), mixed frozen vegetables (150 g), 1/4 cup (~70 g) Kikkoman, Chef Saik's or similar low-fat curry sauce

Beverage: 1 can regular soda (12 fl.oz., 330 ml)

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	522	995	104	222	889	2732
Protein	40 g	33 g	1 g	32 g	68 g	174 g
Carbs	16 g	114 g	23 g	16 g	132 g	301 g
Fat	33 g	24 g	0 g	3 g	9 g	69 g

Sunday

Breakfast

1 cup (~100 g) muesli with 1/2 cup blueberries in 1 cup low-fat milk

Beverage: 1 glass carrot juice (250 ml)

Lunch

Chicken salad (200 g chicken breast stripes, 1/2 (~250 g) iceberg lettuce, 2 medium tomatoes, 1 medium onion, 1/2 cucumber, 2 tablespoons oil, 1 tablespoon vinegar, salt and pepper)

Beverage: Water

Pre-Workout

2 medium apples (~180 g each)

Post-Workout

1 scoop (30 g) whey protein powder, dissolved in 1 glass low-fat milk (250 ml)

Dinner

1 cup lentils (~192 g, raw) cooked in 3 cups of water (750 ml) and 3 teaspoons vegetable broth powder (15 g) with 1 cup (~130 g) chopped carrots. One Snickers bar as dessert

Beverage: Water

Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal	521	727	190	222	786	2742
Protein	18 g	71 g	0 g	32 g	62 g	183 g
Carbs	103 g	35 g	50 g	16 g	171 g	375 g
Fat	8 g	28 g	0 g	3 g	18 g	57 g

Make Your Own

Use this page to combine menu ideas from different days or recipes you came up with yourself into your own individual menu plan for the day.

Breakfast

Beverage:

Lunch

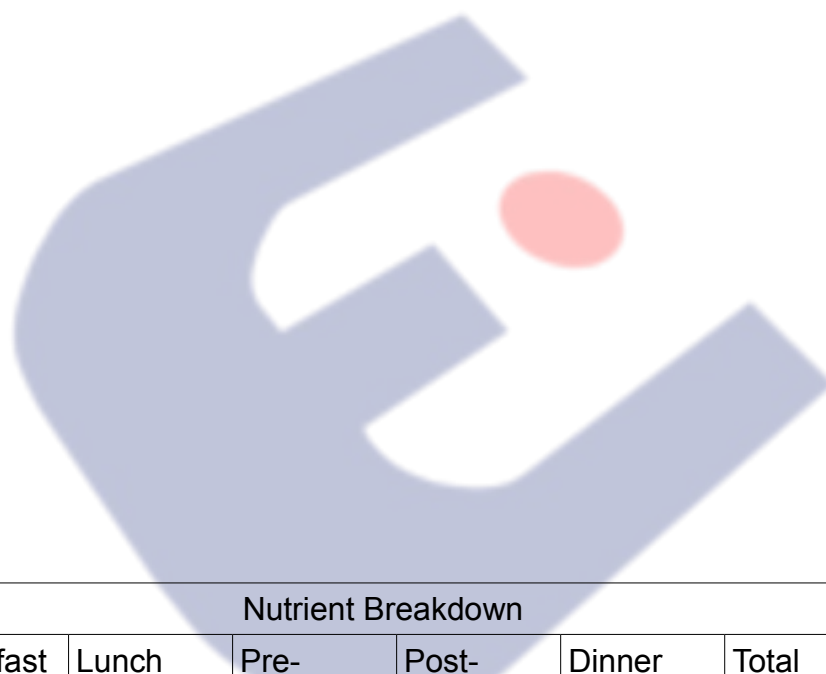
Beverage:

Pre-Workout

Post-Workout

Dinner

Beverage:



Nutrient Breakdown						
	Breakfast	Lunch	Pre-Workout	Post-Workout	Dinner	Total
Kcal						
Protein						
Carbs						
Fat						