

# Meal Planner: 3200 Calories Mass Builder



Meal Planner report created exclusively for John Doe

## Day # 1

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Bagel - Raisin, Lenders	22.00	4.00	1.50	120.00
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
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
2.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	22.00	4.00	1.60	120.00
Totals for Breakfast			59.85	29.80	3.40	400.50
<b>Snack 1</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			109.40	46.20	11.40	722.00
<b>Lunch</b>						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
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			56.30	36.30	2.15	390.76
<b>Snack 2</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			42.20	33.00	4.30	344.00
<b>Dinner</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
8.0	ounce(s)	Flank - fat trimmed off, braised	0.00	63.44	29.36	536.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
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			71.20	71.94	31.51	870.76
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			48.40	28.70	9.40	392.00
<b>Totals for Day # 1</b>			<b>387.35</b>	<b>245.94</b>	<b>62.16</b>	<b>3120.02</b>

## Day # 2

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Bagel - Raisin, Lenders	22.00	4.00	1.50	120.00
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	cup	Oatmeal - quick, measure uncooked	55.80	13.20	6.00	297.00
		Totals for Breakfast	80.30	38.40	7.50	525.00
<b>Snack 1</b>						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 1	73.40	41.20	9.40	542.00
<b>Lunch</b>						
1.0	each	Hamburger - Wendy's double	26.00	44.00	30.00	560.00
12.0	fluid ounce(s)	Tea - prepared w/tap water	1.00	0.00	0.00	0.00
		Totals for Lunch	27.00	44.00	30.00	560.00
<b>Snack 2</b>						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
		Totals for Snack 2	6.20	28.00	2.30	164.00
<b>Dinner</b>						
2.0	3 oz	Beef, ground, lean, cooked, baked, medium	0.00	40.68	31.18	455.60
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
2.0	cup	Spaghetti - whole wheat, cooked, Health Valley	80.00	18.00	2.00	340.00
0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	15.00	2.00	2.00	110.00
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	118.95	63.28	39.98	1048.36
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 3	48.40	28.70	9.40	392.00
		<b>Totals for Day # 2</b>	<b>354.25</b>	<b>243.58</b>	<b>98.58</b>	<b>3231.36</b>

### Day # 3

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Bagel - Raisin, Lenders	22.00	4.00	1.50	120.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
5.0	each	Egg Whites - scrambled/boiled	1.50	17.50	0.00	85.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
5.0	ounce(s)	Hash browns - frozen, pan cooked	39.85	4.50	16.25	310.00
Totals for Breakfast			65.35	32.90	25.05	621.00
<b>Snack 1</b>						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
<b>Lunch</b>						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
3.0	ounce(s)	Potato - white medium	20.55	2.10	0.09	90.00
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			42.60	34.90	2.09	330.76
<b>Snack 2</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	table spoon	Mayonnaise - low fat	8.00	0.00	2.00	50.00
0.7	cup	Tuna Solid White -Water reg. can	2.64	39.60	2.64	184.80
Totals for Snack 2			46.64	44.60	6.64	414.80
<b>Dinner</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
3.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	6.00	0.00	6.00	60.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
8.0	ounce(s)	Salmon - broiled	0.00	50.16	28.00	464.00
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			107.95	63.16	37.30	1017.26
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			48.40	28.70	9.40	392.00
<b>Totals for Day # 3</b>			<b>384.34</b>	<b>245.46</b>	<b>89.88</b>	<b>3317.82</b>

### Day # 4

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
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
2.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	22.00	4.00	1.60	120.00
Totals for Breakfast			81.85	33.80	4.90	520.50
<b>Snack 1</b>						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			73.40	41.20	9.40	542.00
<b>Lunch</b>						
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
2.0	each	Taco - beef regular	22.00	20.00	22.00	366.00
1.0	each	Taco - beef Supreme	12.00	11.00	15.00	230.00
12.0	fluid ounce(s)	Tea - prepared w/tap water	1.00	0.00	0.00	0.00
Totals for Lunch			50.40	32.20	37.20	664.00
<b>Snack 2</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 2			42.20	33.00	4.30	344.00
<b>Dinner</b>						
8.0	ounce(s)	Chicken Breast / White Meat	0.00	52.00	3.20	248.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
1.0	cup	Rice - white cook steamed	40.50	4.50	0.00	180.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
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			69.95	60.00	8.50	601.26
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			48.40	28.70	9.40	392.00
<b>Totals for Day # 4</b>			<b>366.20</b>	<b>228.90</b>	<b>73.70</b>	<b>3063.76</b>

## Day # 5

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Bagel - Raisin, Lenders	44.00	8.00	3.00	240.00
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
2.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	22.00	4.00	1.60	120.00
		Totals for Breakfast	68.50	33.20	4.60	468.00
<b>Snack 1</b>						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 1	73.40	41.20	9.40	542.00
<b>Lunch</b>						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
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	56.30	36.30	2.15	390.76
<b>Snack 2</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
		Totals for Snack 2	42.20	33.00	4.30	344.00
<b>Dinner</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
8.0	ounce(s)	Flank - fat trimmed off, braised	0.00	63.44	29.36	536.00
8.0	ounce(s)	Potato - white medium	54.80	5.60	0.24	240.00
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	91.75	74.04	31.60	960.76
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 3	48.40	28.70	9.40	392.00
		<b>Totals for Day # 5</b>	<b>380.55</b>	<b>246.44</b>	<b>61.45</b>	<b>3097.52</b>

## Day # 6

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
1.0	cup	Milk - 2%	11.70	8.10	4.70	121.00
1.0	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	86.99	13.30	3.29	414.80
4.0	table spoon	Syrup - Aunt Jemima, ButterLite	26.00	0.00	0.00	100.00
		Totals for Breakfast	125.39	21.60	7.99	641.80
<b>Snack 1</b>						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
		Totals for Snack 1	6.20	28.00	2.30	164.00
<b>Lunch</b>						
1.0	each	Chicken breast fillet sandwich	52.10	22.20	22.50	445.00
1.0	small	French fries - McDonald's small order	26.00	3.00	12.00	220.00
8.0	fluid ounce(s)	Tea - prepared w/tap water	0.67	0.00	0.00	0.00
		Totals for Lunch	78.77	25.20	34.50	665.00
<b>Snack 2</b>						
2.0	scoop	Mass Fuel - drink mix, Twin Lab	50.00	25.00	0.00	300.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 2	73.40	41.20	9.40	542.00
<b>Dinner</b>						
2.0	1 spear (about 5" long)	Broccoli, raw	4.12	1.75	0.23	21.08
8.0	ounce(s)	Cod - Pacific, broiled	0.00	52.00	1.84	240.00
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
5.0	ounce(s)	Potato - white medium	34.25	3.50	0.15	150.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
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	65.82	60.75	5.52	568.34
<b>Snack 3</b>						
1.0	each	Bagel - blueberry, Earth Grains	48.00	9.00	0.00	245.00
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
		Totals for Snack 3	96.40	37.70	9.40	637.00
		<b>Totals for Day # 6</b>	<b>445.97</b>	<b>214.45</b>	<b>69.11</b>	<b>3218.14</b>

## Day # 7

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Bagel - Raisin, Lenders	22.00	4.00	1.50	120.00
6.0	ounce(s)	Coffee - w/caffeine	0.70	0.20	0.00	6.00
5.0	each	Egg Whites - scrambled/boiled	1.50	17.50	0.00	85.00
1.0	each	Egg whole w/ yolk	1.30	6.70	7.30	100.00
3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	33.00	6.00	2.40	180.00
Totals for Breakfast			58.50	34.40	11.20	491.00
<b>Snack 1</b>						
3.0	scoop	Mass Fuel - drink mix, Twin Lab	75.00	37.50	0.00	450.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 1			98.40	53.70	9.40	692.00
<b>Lunch</b>						
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
8.0	ounce(s)	Potato - white medium	54.80	5.60	0.24	240.00
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			55.75	38.10	2.24	399.76
<b>Snack 2</b>						
2.0	each	Bread - slice rye 7 grain	36.00	5.00	2.00	180.00
2.0	table spoon	Mayonnaise - low fat	8.00	0.00	2.00	50.00
0.7	cup	Tuna Solid White -Water reg. can	2.64	39.60	2.64	184.80
Totals for Snack 2			46.64	44.60	6.64	414.80
<b>Dinner</b>						
0.3	cup	Croutons -plain	5.50	0.90	0.50	30.50
3.0	1 slice	Entrees, pizza with cheese, meat, and vegetables	63.87	39.03	16.09	552.21
3.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	6.00	0.00	6.00	60.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
12.0	fluid ounce(s)	Tea - prepared w/tap water	1.00	0.00	0.00	0.00
Totals for Dinner			95.37	42.53	23.39	740.71
<b>Snack 3</b>						
1.0	scoop	Mass Fuel - drink mix, Twin Lab	25.00	12.50	0.00	150.00
2.0	cup	Milk - 2%	23.40	16.20	9.40	242.00
Totals for Snack 3			48.40	28.70	9.40	392.00
<b>Totals for Day # 7</b>			<b>403.06</b>	<b>242.03</b>	<b>62.27</b>	<b>3130.27</b>