

Wayne's Round 4 BULKING Diet (LIFT DAYS -- 3,500)

(Checklist with substitution choices)

Depending on choices, Breakdown is: Protein 32%-34%, Carbs 51%-52%, Fat 14%-16%

| | |
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| Date | |
| Pre-Workout | |
| Nano Vapor (210 cal) | |
| Post Workout (220 cal/ 10p/ 39c/ 2f) | |
| Res/Rec (2 scoops) | |
| AM Creatine | |
| Vit B, C, D | |
| Breakfast Part 1 (350 cal/ 40p/ 22c/ 9f) | |
| Reeses Shakeology | |
| Breakfast Part 2 (varies based on choices. Appx 200 cal/ 6p/ 40c/ 2f) | |
| Choose 2: | |
| Homemade Bread (1) | |
| PB (1 spoon) | |
| Cheerios (1 cup) | |
| Greek Yogurt (1) | |
| AM Snack (400 cal/ 30p/ 50c/ 10f) | |
| Jerky (1 oz) | |
| Cheerios/H2H | |
| Almonds (8) | |
| String cheese | |
| Lunch (520 cal/ 46p/ 71c/ 5f) | |
| Chicken (6 oz) | |
| Apple | |
| Carrots (20) | |
| String cheese | |
| Greek Yogurt | |
| Early PM Snack (420 cal/ 35p/ 57c/ 13f) | |
| Jerky (1 oz) | |
| Cheerios/Go Lean | |
| Almonds (16) | |
| Late PM Snack (376 cal/ 20p/ 61c/ 0f) | |
| P90X Bar | |
| Apple | |
| Dinner (varies based on choice of meat/veggies/rice/beans. Appx 600 cal/ 60p/ 70c/ 4f) | |
| Lean meat (10 oz) | |
| Veggies (180 cal) | |
| Rice or Beans (170 cal) | |
| Supplements (Late) | |
| MultiVitamin | |
| Glucosamine/Chondr. | |
| Fish/Flaxseed oil (2) | |
| PM Creatine | |
| Late Snack (213 cal/ 32p/ 19c/ 0f) | |
| Greek Yogurt | |
| Whey Protein(1 scoop) | |