



3,000 Calorie Menu

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Thank you.

3,000 Calorie Sample Menu A

Breakfast	Mid Afternoon Snack
<p>Scrambled Eggs</p> <p>2 Whole Eggs 5 Egg Whites 1 Bagel 2 tablespoons of organic peanut butter 1 glass of 2% milk</p>	<p>1 ½ scoops whey protein powder 9 ounces skim milk 1 cup oatmeal (dry measurement) 2 ½ tsp. extra virgin olive oil</p> <p>Mix everything in a blender.</p>
Mid Morning Meal	Dinner
<p>6 oz. Cottage Cheese 1/2 cup sliced peaches 1 tablespoon of Almonds 1 medium sized Banana</p>	<p>Steak and potato</p> <p>1 baked potato Dab of organic butter 1 tablespoon of low fat sour cream pinch of chives 1 cup (250 ml) of corn 5 ounces of top sirloin lean steak</p>
Lunch	Evening Snack
<p>Grilled Chicken Breasts</p> <p>2 Chicken Breasts - 8 total ounces 3/4 cup Brown Rice (uncooked) 1 tbsp. raisins 1 cup of steamed broccoli</p>	<p>1 1/2 scoops whey protein powder 9 ounces skim milk 1 cup oatmeal (dry measurement) 2 1/2 tsp. extra virgin olive oil</p> <p>Mix everything in a blender.</p>

Cooking Instructions

Scrambled Eggs

Scramble egg and egg whites. Toast bagel and top with peanut butter. Serve with milk.

Grilled Chicken Breast

Cook rice according to directions. Add raisins to rice and steam. In the meantime cook chicken breasts until cooked through. Add a pinch of pepper, powder onion and salt substitute. Steam broccoli.

Steak and Potato

Wrap potato in tinfoil and bake in oven at 400 degrees. Cook until soft (run knife through) about 30 to 40 minutes. Cook steak until cook through (about 15 minutes) over medium heat in a pan. Steam corn. Add chives and sour cream to potato and serve with steak and corn.

3,000 Calorie Sample Menu B

Breakfast	Mid Afternoon Snack
<p>French Toast and Cottage Cheese</p> <p>2 whole eggs; 3 slices whole wheat bread ½ cup 1% milk ½ tsp vanilla Cinnamon ½ cup 1% cottage cheese ½ can sliced peaches</p>	<p>Bagel Snack</p> <p>1 whole wheat bagel 1 tbsp. peanut butter 1/2 cup cottage cheese ½ cup strawberries</p>
Mid Morning Meal	Dinner
<p>Protein Shake</p> <p>1 1/2 scoops whey protein powder 9 ounces skim milk 1 cup oatmeal (dry measurement) 2 1/2 tsp. extra virgin olive oil</p>	<p>Pasta Dinner</p> <p>2 turkey sausages sliced into ½ inch chunks; 3/4 cup of whole wheat bow tie pasta; ½ cup sliced green pepper; ½ cup sliced red pepper; 1 tablespoon of chopped onion; 1 glove garlic - minced; 1 cup of low sodium beef broth; 30 grams low fat cheddar cheese - grated; 1 tablespoon olive oil</p>
Lunch	Evening Snack
<p>Roast Beef Sub</p> <p>6 " whole wheat bun 4 ounces lean roast beef 1 cup lettuce 1 tomato cut into slices ½ oz. low fat cheddar cheese 2 tbsp. mustard</p>	<p>1 ½ scoops whey protein powder 9 ounces skim milk 1 cup oatmeal (dry measurement) 2 ½ tsp. extra virgin olive oil</p> <p>Mix everything in a blender.</p>

Cooking Instructions

French Toast and Cottage Cheese

Beat eggs and add milk. Add vanilla and mix well. Dip bread into mixture and soak well until all the mixture is gone. Brown the bread on each side on a hot non-stick skillet. Sprinkle with cinnamon and serve with a dab of maple syrup. Top cottage cheese with peaches and serve with French toast.

Roast Beef Sub

Add roast beef, tomato, lettuce, cheese, and mustard to whole wheat bun. Serve with orange juice.

Bagel Snack

Lightly toast bagel and add cream cheese. Mix strawberries with cottage cheese and serve with bagel.

Pasta Dinner

Cook pasta and place in a bowl. Set aside.

Over medium heat, add olive oil and 1/4 cup of beef broth. Heat for about 3 minutes and add turkey sausage and cook for about 10 minutes (cover the pan). Once cooked through, place in a bowl and set aside. Using the same pan, add another 1/4 cup of beef broth, peppers, onion, and garlic. Sauté for about 5 to 8 minutes until the vegetables are tender.

Add pasta, turkey sausage, cheese and remaining beef broth to the pan (with veggies) and mix thoroughly. The cheese should be completely melted and mixed in with the pasta and vegetables.

