



@HuskNutrition

3000 Calorie Meal Plans



3000 CALORIES

Based on a calorie intake around 3000 calories - these plans are based around a 90KG male looking to add muscle mass with different dietary approaches.

A meal plan is designed only as guidance and inspiration and this is not YOUR meal plan but I hope you enjoy seeing how this might come together for you.

I've assumed that someone may train mid-morning/lunch but obviously this won't be the same for everyone, just move your training food where you train.

All food weights are raw and uncooked.

Clean Eating - is a diet based on single ingredient foods as close to minimally processed as possible.

Flexible Dieting - is a diet based on hitting daily macronutrient goals.

Vegetarian - is a diet using plant based foods but no direct eating of land animal flesh.

CLEAN TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	175G 5% BEEF, 30G ALMOND BUTTER, 80G SPINACH 1/4TSP SEA SALT, JUICE OF ONE LIME IN 250MLS WATER	10	45	27
MEAL 2	150G SALMON, 125G AVOCADO	3	35	33
TRAINING				
PRE	BLACK COFFEE	/	/	/
DURING	50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	/	/
POST	40G WHEY, 50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	32	2
MEAL 3	140G CHICKEN, 110G RICE, 100G PINEAPPLE	97	31	2
MEAL 4	140G CHICKEN, 110G RICE, 100G ASPARAGUS	84	31	2
MEAL 5	40G WHEY, 50G MACADMIAS, 1TSP GREENS POWDER	9	36	41
	TOTAL DAILY INTAKE - 3030 CALORIES			

CLEAN RECOVERY

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	175G TURKEY THIGH MINCE, 30G PINE NUTS, 80G SPINACH 1/4TSP SEA SALT, JUICE OF ONE LIME IN 250MLS WATER	7	47	26
MEAL 2	4 EGGS, 30G GRATED CHEDDAR, 80G GRATED CARROT	3	31	29
TRAINING				
PRE				
DURING	N/A			
POST				
MEAL 3	150G SALMON, 125G AVOCADO, 80G ASPARAGUS	10	35	33
MEAL 4	170G PRAWNS, 100G GLUTEN FREE PASTA, 30G 0% CREME FRAICHE, DICED RED ONION, DICED CUCUMBER, SHREDDED GEM LETTUCE	85	41	3
MEAL 5	150G OATS (GLUTEN FREE), 125G BLUEBERRIES, 1 TBSP CHIA SEEDS	110	22	11
TOTAL DAILY INTAKE - 2712 CALORIES		220	178	120

FLEXIBLE TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	4 EGGS, 4 EGG WHITES, 1 BANANA	18	38	20
MEAL 2	1 CAN OF TUNA IN WATER, 30G MAYO, 80G SALAD GREENS	/	20	22
TRAINING				
PRE	BLACK COFFEE	/	/	/
DURING	50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	/	/
POST	40G WHEY, 50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	32	2
MEAL 3	30G WHEY PROTEIN, 2 WHITE BAGELS, 30G RASPBERRY JAM	115	45	3
MEAL 4	1 GRENADE PROTEIN BAR, 1 SNICKERS	26	46	19
MEAL 5	500G STRAINED 0% GREEK YOGHURT, 100G FROZEN BERRIES COOKED, 50G PEANUT BUTTER	17	68	23
TOTAL DAILY INTAKE - 3005 CALORIES		315	230	90

FLEXIBLE RECOVERY

		MACRO SPLIT		
MEAL PLAN		C	P	F
MEAL 1	100G OF HAM SLICES, 1 SLICE LIGHT LEERDAMMER, 1 LAUGHING COW LIGHT CHEESE, 1 ONION BAGEL, TOMATO, LETTUCE, AMERICAN MUSTARD	50	35	13
MEAL 2	5 BOILED EGGS, 1 SNICKERS, 80G SALAD GREENS	23	34	37
TRAINING				
PRE				
DURING	N/A			
POST				
MEAL 3	175G CHICKEN, 150G BLUEBERRIES, 100G PINEAPPLE, 125G AVOCADO, 80G SALAD GREENS	41	42	19
MEAL 4	175G CHICKEN, 1 BABYBEL, 75G BROWN RICE, GRATED CARROT, RED ONION, CABBAGE, 45G 1/2 FAT MAYO	60	49	21
MEAL 5	1 POT OF OPPO DOUBLE SALTED CARAMEL, 1 PROTEIN POW FUDGE BROWNIE COOKIE DOUGH BAR	61	33	27
TOTAL DAILY INTAKE - 2725 CALORIES		235	183	117

VEGETARIAN TRAINING

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	50G VEGAN PROTEIN, 1/2 RED GRAPFRUIT, 250G AVOCADO, 60G ROCKET	12	48	30
MEAL 2	280G TOFU, 12G OLIVE OIL, 80G SALAD GREENS	8	35	19
TRAINING				
PRE	BLACK COFFEE	/	/	/
DURING	50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	/	/
POST	60G VEGAN WHEY, 50G KARBOLYN, VITARGO, MALTODEXTRIN, GLYCOFUSE	50	44	/
MEAL 3	200G QUORN CHICKEN, 100G PINEAPPLE, 125G PARSNIP, 125G SWEET POTATO, 10G MCT OIL	60	35	10
MEAL 4	200G QUORN CHICKEN, 280G GOSH SWEETCORN QUINOA BITES, LETTUCE, RED ONION, CUCUMBER, GRAPES	60	40	23
MEAL 5	500G SWEET POTATO, 80G BANANA FLESH	120	10	/
TOTAL DAILY INTAKE - 3026 CALORIES		360	212	82

VEGETARIAN RECOVERY

		MACRO SPLIT		
	MEAL PLAN	C	P	F
MEAL 1	180G SALMON, 2 EGGS, 60G LIGHT CREAM CHEESE	2	56	34
MEAL 2	200G TEMPEH GRILLED, 30G REDS KANSAS BBQ SAUCE, 100G JARRED SALSA, 30G SALAD GREENS	18	42	22
TRAINING				
PRE				
DURING				
POST				
MEAL 3	4 EGGS, 1 SLICE LIGHT LEERDAMMER, 4 SLICES NIMBLE WHOLEMEAL, SPINACH, TOMATOES	32	60	25
MEAL 4	500G PLAIN ALPRO, 30G VEGAN PROTEIN, 150G BLUEBERRIES, 2 BANANA, 12G PEANUT BUTTER	74	49	20
MEAL 5	60G VEGAN PROTEIN, 100G OATS, 1 TSP CHIA	75	50	6
TOTAL DAILY INTAKE - 2715 CALORIES		201	237	107

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