

Sample Male Bodybuilder Pre-Contest Meal Plan (160- 190 lb)

PLEASE NOTE: All SAMPLE Meal and Workout Plans provided are general examples and are not fit for all athletes. For a custom made, personalized program (Includes: Diet, training, & supplementation), please visit the consultations page or email Sagi@SagiKalev.com

Rotate A-day for 2 days then B-day for 2 days

A-day:

- Meal 1. 12 egg whites 1 serving of starch
- Meal 2. 8 oz lean meat 3/4 cup rice and 1 cup of veggie
- Meal 3. 8 oz lean meat 3/4 serving of starch 1 cup greens
- Meal 4. the same
- Meal 5. (After leg and back workout) 4 oz steak with 6 oz potato
- Meal 6. 12 eggs salad

B-day:

- Meal 1. 12 egg whites 2/3 cup of oats
- Meal 2. 8 oz turkey 3/4 rice
- Meal 3. 12 eggs 1/2 cup of oats
- Meal 4. 8 oz Turkey and 3/4 cup rice or 6 oz potato
- Meal 5. 8 oz Turkey and 1/2 cup of oats or 2/3 cup rice or 4 oz potato
- Meal 6. 12 egg 1/3 cup of oats