

Sample Male Bodybuilder Off Season Meal Plan

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

Meal 1. 8 egg whites/2whole eggs & 1 cup oats

Meal 2. 6oz. chicken & 2 cups brown rice

Meal 3. 6oz chicken & 1 cup sweet potato

Meal 4. 8oz tilapia/cod/orange roughy & 2 slices of whole grain toast

Meal 5. 2 rice cakes & peanut butter

Meal 6. (Post workout) 40g whey & 40g waxy maize

Meal 7. (1 hour later) 6oz steak & green beans or asparagus