

Low Carb Bulking Diet

Meal Planner

Make Sure to use the FatSecret App to be in a small calorie surplus every day

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Option 1	Scrambled eggs with spinach and avocado	Greek yogurt with mixed nuts	Grilled chicken salad with mixed greens, tomatoes, cucumbers, and vinaigrette	Sliced turkey breast with cheese	Baked salmon with steamed broccoli and a side of quinoa
Option 2	Omelet with mushrooms, bell peppers, and feta cheese	Cottage cheese with a sprinkle of almonds	Turkey and avocado lettuce wraps with a side of mixed nuts	Celery sticks with almond butter	Grilled steak with sautéed spinach and a side of roasted cauliflower
Option 3	Greek yogurt with chia seeds and a handful of raspberries	Hard-boiled eggs	Tuna salad with mixed greens and olive oil dressing	Sliced cucumber with hummus	Baked chicken thighs with asparagus and a side of quinoa
Option 4	Cottage cheese with sliced strawberries and a drizzle of honey	Turkey jerky with a handful of mixed nuts	Grilled shrimp with a side of mixed greens and avocado	Sliced bell peppers with guacamole	Baked cod with roasted Brussels sprouts and a side of quinoa
Option 5	Smoked salmon with cream cheese and cucumber slices	Greek yogurt with a sprinkle of walnuts	Chicken stir-fry with mixed vegetables and a side of mixed nuts	Sliced turkey breast with cheese	Grilled pork chops with steamed broccoli and a side of cauliflower rice
Option 6	Spinach and feta cheese omelet	Cottage cheese with a sprinkle of almonds	Turkey and avocado salad with olive oil and vinegar dressing	Celery sticks with almond butter	Baked chicken with roasted asparagus and a side of quinoa

This low-carb bulking diet plan focuses on high-protein, moderate-fat, and low-carbohydrate foods to support muscle building while minimizing carb intake. Always remember to listen to your body's feedback and make adjustments as needed to ensure the plan works for your individual needs and preferences.