

Bulking Sample Diet

PROTEIN

Meats:

Boneless, Skinless Grilled Chicken
Steak (once a week or less)
Shrimp
Fish (Salmon, Tilapia, etc)
Turkey Breast
Beef Jerky

Other:

Eggs (Hardboiled, Scrambled, Fried)
Lentils
Black Beans
Kale

VEGETABLES

Spinach
Tomato
Broccoli
Cauliflower
Carrots
Colorful Peppers
Cucumber
Avocado

FRUITS

Strawberries
Blueberries
Pineapple
Raspberries
Oranges
Pears
Apples
Banana

COMPLEX CARBS

Oatmeal
Baked Potatoes
Sweet Potatoes
Whole Grain Pasta
Whole Grain Bread (Oatnut, Rye, Wheat)
Colorful Rice

BEDTIME SNACKS (30 MIN BEFORE BED)

8oz Greek Yogurt
2 Cups Milk
Scoop of Casein Protein
1 cup cottage cheese
Ice Cream

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BREAKFAST

2-3 EGGS, 1/4 CUP OATMEAL, BANANA

SNACK 1

PROTEIN SHAKE, APPLE SLICES

LUNCH

8-10 OZ MEAT, VEGETABLE, 2 COMPLEX CARBS, FRUIT

SNACK 2

PBJ, CHOCOLATE MILK

DINNER

8-10oz MEAT, 1 VEGETABLES, 1 FRUIT, 1 COMPLEX CARB

BED TIME SNACK

GREEK YOGURT W/GRANOLA