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during the bulking phase which can last months to years bodybuilders eat a high calorie protein rich diet and lift weights intensely with the goal of building as much muscle as the beginner bodybuilder meal plan target 2 500 calories 218 g carbs 218 g protein 83 g fat this is a plan for new to the system bodybuilders who want to stay healthy and power tough workouts learn how to craft a bodybuilding meal plan that not only supports muscle growth and recovery but also helps optimize your physical well being a bodybuilding meal plan will provide a balance of nutrients including fats proteins and carbs the composition and calorie intake will depend on the individual and their goals and may change nutrition q a the answers to all your nutrition questions let us remove the guesswork so that you can begin eating for maximum success eat to burn fat your one week fat burning meal plan plus the 15 best fat burning foods use food as fuel to fire up your body s furnace eat to build lean muscle nutrient values egg whites 50 calories 84 protein 8 carbs 0 fat 2 chicken turkey to pack on pounds of serious muscle lean meats such as chicken and turkey breasts should be a staple in every bodybuilder s diet aside from providing an excellent source of high quality protein they are also extremely low in saturated and trans fats

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