

Clean bulk nutrition plan

Build lean muscle on a controlled surplus of 200 to 500 calories a day. Set the targets, run the week, shop from the list, and track what the weight is made of.

NAME _____

START DATE _____

BODYWEIGHT _____

REVIEW DATE _____

1 Calorie and macro targets

Three steps set the numbers. Protein comes from bodyweight, then carbs and fat take a fixed share of the daily total.

Step 1. TDEE

Find basal metabolic rate with Mifflin-St Jeor, then apply the activity factor: 1.375 for lifting one to three days a week, 1.55 for three to five.

BMR x activity
_____ kcal

Step 2. Surplus

Add 200 to 500 calories. Start at 300 to 400 and hold it for two to three weeks before adjusting.

TDEE + surplus
_____ kcal

Step 3. Split

Protein at 0.7 to 1g per pound of bodyweight. Carbs take 40% of the daily calories, fat takes about 35%.

P _____
C _____
F _____

Bodyweight	Daily calories	Protein (g)	Carbs (g)	Fat (g)
160 lbs	2,600	160	260	102
180 lbs	2,900	180	290	113
200 lbs	3,200	200	320	124
220 lbs	3,500	220	350	136
Your targets	_____	_____	_____	_____

Protein in this table sits at 1g per pound, the top of the range. Figures round to the nearest gram, so each row totals within five calories of the stated target.

2 Daily meal structure

Five meals built to the 180 lb row: 2,900 calories, 180g protein. Scale the protein and carb portions up or down to match the targets above.

Meal	Foods	P (g)	C (g)	F (g)	Cal
Breakfast	3 whole eggs, 2 slices whole-grain toast, 1 banana, 1 tbsp almond butter	32	55	28	595
Snack 1	Greek yogurt (1 cup, 0%), granola (1/2 cup), blueberries (1/2 cup)	28	52	8	395
Lunch	5 oz grilled chicken, 1.5 cups cooked rice, broccoli, 1 tbsp olive oil, 1/4 avocado	52	94	26	820
Snack 2	Protein shake (25g whey), oats (1/2 cup dry), 1 tbsp almond butter	28	38	13	380
Dinner	5 oz salmon, 1 large sweet potato, asparagus, 1 tbsp olive oil, 1/4 avocado	40	51	38	710
Daily total		180	290	113	2,900

3 Seven-day rotation

The structure holds all week. Only the protein and the carb base move, which keeps micronutrients varied without recalculating anything.

Day	Lunch protein	Dinner protein	Carb base
Monday	Chicken breast	Salmon	White rice, sweet potato
Tuesday	Lean ground turkey	Cod	Quinoa, white potato
Wednesday	Beef sirloin	Chicken thigh	Brown rice, oats
Thursday	Tilapia	Lean ground beef	Whole-grain pasta
Friday	Chicken breast	Salmon	White rice, sweet potato
Saturday	Eggs and cottage cheese	Chuck roast	Sourdough, potato
Sunday	Lentils and turkey	Cod	Quinoa, oats

4 Weekly grocery list

Quantities cover one person for seven days at roughly 2,900 calories. Check off what is already in the kitchen before you shop.

Protein

- ☐ 1.5 lbs ground turkey or chicken breast
- ☐ 1.5 lbs salmon, cod or tilapia
- ☐ 1 lb beef sirloin or lean ground beef
- ☐ 1 dozen eggs
- ☐ 32 oz Greek yogurt (0% or 2%)
- ☐ 16 oz cottage cheese
- ☐ 1 tub whey or plant protein powder

Carbohydrate

- ☐ 2 lbs rice, white or brown
- ☐ 2 lbs sweet or white potatoes
- ☐ 1 bag quinoa or whole-grain pasta
- ☐ 1 loaf whole-grain bread
- ☐ 1 container rolled oats
- ☐ 2 bunches bananas, 2 lbs berries
- ☐ Broccoli, spinach, asparagus

Fat and extras

- ☐ 1 bottle extra virgin olive oil
- ☐ 1 container almonds and walnuts
- ☐ 1 jar natural nut butter
- ☐ 3 to 4 avocados
- ☐ 1 bag chia or flax seeds
- ☐ Granola, 1 small bag
- ☐ Herbs, spices, low-sugar sauces

5 Meal prep, one session a week

- Cook the grains first.** Three to four cups of rice or oats, portioned into containers, covers lunches for the week.
- Batch the protein.** Grill or bake two to three pounds of chicken, turkey or fish at once, then portion into 5 oz servings.
- Cut vegetables the same evening.** Washed and chopped broccoli, asparagus and greens keep for four to five days in airtight containers.
- Run the slow cooker in parallel.** Ground turkey or chuck roast goes in during prep and is ready to shred by evening.
- Portion the snacks too.** Yogurt, nuts and shake powder in grab-and-go form stops the mid-afternoon improvising.
- Leave one meal unplanned.** A single flexible slot each week absorbs a dinner out without breaking the weekly average.

6 Four-week progress log

Weigh in first thing, after the bathroom, before breakfast. Photos and tape measurements are what separate muscle gain from fat gain.

Week	Weight	Waist	Chest	Photos	Strength note
Week 1	_____	_____	_____	_____	_____
Week 2	_____	_____	_____	_____	_____
Week 3	_____	_____	_____	_____	_____
Week 4	_____	_____	_____	_____	_____

Adjusting. Gaining under 0.5 lb a week for two weeks running means adding 100 to 200 calories. Gaining over 2 lbs a week, or watching the waist move faster than the chest, means taking 150 to 200 back off.