

Sample Meal Plans

Here, I have listed 2000, 3000, 4000, 5000 and 6000 calories meal plans which are personally formulated by Vince Del Monte. Have a look and try them out. It definitely gets boring if you stick with such a diet daily so switch some of the foods around!

Check out [how to gain weight healthily](#) for my advice on which foods to consume.

Remember, without sufficient calories, your workout is useless. EAT! Especially since you are an ectomorph.

Although I always advocate to eat like hulk, you have to drink a lot too! Water transports nutrients around your body and you really a lot of water when you are consume insane amounts of proteins and other macronutrients.

Sincerely,

Wayne

EctomorphWorkout.org

2000 calories meal plan

MEAL 1

½ Cups Oatmeal (measured dry)
Mixed Veggies Omelette with 6 Egg Whites + 1 whole egg

MEAL 2

1 Scoop [Whey Protein](#)
1 oz Almonds

MEAL3

12 Crispy Chicken Nuggets
1 Sweet Potatoes (6oz cooked)
2 Cups Green Veggies

MEAL 4

8oz Greek Yoghurt
1 Banana

MEAL 5

5oz Salmon
2 big handful Spinach

MEAL 6

8oz Cottage Cheese
1 Tbsp Almond Butter

POST WORKOUT

1 Scoop [Whey Protein](#)

NUTRITIONAL INFO: Calories 2005 / Protein 210g / Carbs 145g/ Fats 65g

Try to have **veggies with every major meal**. If you can't get enough veggies, make sure to supplement with greens powder. Also remember that all meals should be spaced out 2-3 hours apart

3000 calories meal plan

This is a great diet to gain weight if you weigh between 150-180 pounds and want to increase 5-10 pounds of muscle to your frame.

The following meal plan is based on 35% protein, 45% carbohydrates and 25% fat. Consider this a starting point to discover how your body responds to these percentages and then adjust each nutrient up or down based on your progress.

8:00 am Breakfast:

2 cups Cottage cheese, light/low fat
3 cups Bran cereal, all varieties
2 cups Strawberries
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils
56g P – 72g C – 15g F – Calories: 647

11:00 am Lunch

8 oz Chicken breast, skinless
2 1/4 cups Beans, green or yellow
1/4 cup Beans, black
1/2 cup Chickpeas
1/2 cup Cucumber
1 Pepper (bell or cubanelle)
3/4 cup Pasta
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils

2:00 pm Mid Meal:

8 oz Tuna, canned in water
1 cup Celery
1 cup Cucumber
1 Pepper (bell or cubanelle)
1 cup Tomatoes
1 cup Grapes
2 whole Pita
2/3 tsp Olive, Flax, Hemp or Salmon Oils
18 Peanuts – 56g P – 72g C – 15g F – Calories: 647

5:00 pm Dinner:

8 oz Beef, lean cuts
2 cups Potato
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils
2 Peppers (bell or cubanelle)
1/4 cup Baked beans
56g P – 72g C – 15g F – Calories: 647

8:00 pm Snack:

4 oz Cheese, low or non fat

2 cups Blueberries

9 Almonds, whole

28g P – 36g C – 9g F – Calories: 337

Total Daily Portions: Protein: 266g Carbohydrates: 342g Fat: 63g Calories: 2999

4000 calories meal plan

Below is a 4,000 calorie muscle building meal plan ideal if you weigh between 180-200 pounds. As soon as you start consuming 4,000-6,000 calories, no matter how skinny you are, fat gain becomes inevitable. This means that you *must* include a cardio routine to keep your body fat in check.

Meal Plan 1

6:00 am Breakfast:

1 1/2 cups Yogurt, plain, low fat
6 Egg whites
1 cup Pineapple
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils
3 Eggs, whole
2 slice Whole grain bread
63g P – 81g C – 15g F – Calories: 711

9:00 am Snack:

1 cup Cottage cheese, light/low fat
28 grams [Whey Protein](#)
1 cup Grapes
3 tbsp Barley
1 oz Sunflower seeds
56g P – 72g C – 15g F – Calories: 647

12:00 pm Lunch:

5 oz Cheese, low or non fat
3 cups Vegetable soup
1 1/3 cups Oatmeal
4 Crackers
12 Peanuts
1 cup Milk, low fat (1%)
63g P – 81g C – 15g F – Calories: 711

3:00 pm Mid Meal:

9 oz Turkey breast, skinless
1 3/4 cups Chickpeas
1/2 cup Mushrooms
1/4 cup Onions
1/2 head Lettuce, iceberg
1 1/2 cups Cherry tomatoes
5 tbsp Almonds, slivered
63g P – 81g C – 15g F – Calories: 711

5:00 pm Dinner:

8 oz Beef, lean cuts
1/2 cup Tomato, puree
2 cups Celery
3 cups Carrots
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils
1 cup Rice
1 cup Milk, low fat (1%)
63g P – 81g C – 15g F – Calories: 711

8:00 pm Snack:

35 grams Protein powder
2 cups Milk, low fat (1%)
2 cups Raspberries
1 1/2 tbsp Barley
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils
49g P – 63g C – 15g F – Calories: 583

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4,010

Meal Plan 2

6:00 am Breakfast:

6 oz. flank steak
5 oz. egg white substitute
1 large egg yolk
3 slices whole-grain toast
2 tbsp. low-sugar jam
71g P – 52g C – 26g F – Calories: 752

9:00 am Snack:

6 oz chicken breast, boneless, skinless
1 1/2 cups of brown rice
1 cup green beans
49g P – 75g C – 5g F – Calories: 545

12:00 pm Lunch:

6 oz. round steak, chopped
2 13-inch tortillas
1/2 cup onions, chopped
1/2 cup tomatoes, chopped
47g P – 67g C – 14g F – Calories: 594

3:00 pm Mid Afternoon Meal/Preworkout:

6 oz ground turkey breast

2 cups pasta

1/2 cup tomato sauce

58g P – 80g C – 4g F – Calories: 617

Post Workout:

2 scoops [Whey Protein](#)

1 plain bagel

45g P – 56g C – 4g F – Calories: 440

Dinner:

6 oz. swordfish

8 oz. potato

47g P – 54g C – 8g F – Calories: 410

Bedtime Snack:

2 scoops [Whey Protein](#)

1 1/2 cups of oatmeal (dry)

55g P – 87g C – 11g F – Calories: 650

Total Daily Portions: Protein: 379g Carbohydrates: 464g Fat: 72g Calories: 4,008

5000 calories meal plan

If you weigh between 200-225 pounds and not gaining muscle mass, take a close look at the 5000 calorie bodybuilding diet program below. You might discover that you've been grossly under-eating. A lot of food eh?!

Don't expect to eat 5,000 calories tomorrow. That's like attempting a 5-day bodybuilding program if you've never worked out before.

Figure out how to start adding these calories gradually. You could focus on eating the entire breakfast for one week. Next week, focus on eating all of meal 1 and 2. The week after focus on consuming all the calories from meal 1,2 and 3.

Scale it up gradually and don't set yourself up for failure by trying to following a bodybuilding diet plan that might be too challenging at first.

6:00 am Breakfast:

56 grams Protein powder
3 cups Milk, low fat (1%)
2 cups Cereal, cold
2 cups Blueberries
6 tbsp Almonds, slivered
77g P – 99g C – 18g F – Calories: 866

9:00 am Snack:

1/2 cup Cottage cheese, light/low fat
56 grams Protein powder
2 cups Grapes
3 tbsp Barley
1 1/5 oz Sunflower seeds
70g P – 90g C – 18g F – Calories: 802

12:00 pm Lunch:

4 1/2 oz Chicken breast
4 oz Cheese, low or non fat
4 cups Vegetable soup
4 Crackers
3 whole Pita
12 Peanuts
77g P – 99g C – 18g F – Calories: 866

3:00 pm Snack:

49 grams Protein powder
1 1/2 cups Yogurt, plain, low fat

1 1/2 tbsp Barley
3 tbsp Almonds, slivered
1 tsp Olive, Flax, Hemp or Salmon Oils
2 Tangerines
70g P – 99g C – 18g F – Calories: 802

6:00 pm Dinner:

11 oz Beef, lean cuts
4 cups Cauliflower
2 cups Rice
6 tbsp Almonds, slivered
1 1/3 cups Fruit juice
77g P – 99g C – 18g F – Calories: 866

9:00 pm Snack:

11 oz Turkey breast, skinless
2 cups Chickpeas
1 cup Mushrooms
1/4 cup Onions
1 head Lettuce, iceberg
3 cups Cherry tomatoes
6 tbsp Almonds, slivered
77g P – 99g C -18g F – Calories: 866

Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004

6000 calories meal plan

6000 calories isn't an easy feat to accomplish. If you aren't planning your food properly and selectively choosing the most calorie dense foods to consume, you're going to end up bloated, uncomfortable, and not reaching your goals.

Fortunately, this 6000 calorie diet plan covers everything. You'll know what to eat for each and every meal so there will never be any question as to what's for lunch or how many calories you've consumed. You'll feel confident you're on your way to success.

Keep in mind that you'll have certain rules to follow with this meal plan:

- This calorie intake is EXTREME, this is suitable ONLY if you are an extreme hardgainer
- The key is to let the body adapt to this higher volume of food so you don't put on a lot of fat gain in the process. You should build up to this calorie intake gradually. For example, don't go from a 3000 calorie diet to a 6000 calorie diet without a few steps in between.
- Re-assess the diet every 2 weeks: if you see you are gaining too much bodyfat, cut back on calories.
- Try to have 4-5 cups of veggies and 1-2 greens supplements per day
- All meals should be spaced out 2-3 hours apart

MEAL 1

1.5 Cups Oatmeal (measured dry)
8 Egg Whites
3 whole eggs
1 Avocado

MEAL 2

2 [Supreme Protein Carb Conscious Bars](#)
1oz Walnuts

MEAL3

10oz Chicken
2 Sweet Potatoes (total 15oz)
2 Tbsp Olive Oil

MEAL 4

2 [Supreme Protein Carb Conscious Bars](#)

MEAL 5

8oz Red Meat
1.5 Cup Brown Rice (long grain)
1oz Walnuts

MEAL 6

10oz 4% Cottage Cheese
1 Tbsp Almond Butter

DURING WORKOUT

[USPlabs Jack3d](#)

POST WORKOUT

2 Scoops [Whey Protein](#)
50g Dextrose or Waxy Maize

NUTRITIONAL INFO: Calories 6015 / Protein 499g / Carbs 530g/ Fats 211g

Sincerely,

Wayne

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