**100% Natural Pro Bodybuilder**

 **Mass building**

 **Bernard Cunningham Meal plan**

**Eat 4-6 meals a day…**

**1. 4 whole eggs, choice of 2 packs of instant grits, cup of regular grits or 2 packs of instant oatmeal or a cup of regular oatmeal.**

**You can also eat turkey bacon and whole wheat toast and a tbsp. SMUCKER’S grape jam.**

**2. Choice of 8 oz. of extra lean ground beef, cup of white rice with a choice of**

 **Steamers green beans, fresh green beans or broccoli mix together.**

**3. Choice of Salmon fish, sweet potato or bake potato with a choice of asparagus, green beans or broccoli.**

**4. Sirloin steak or ground turkey, bake potato with a choice of spinach, broccoli or green beans.**

**5. Choice of 6 oz. Chicken breast with a sweet potato, bake potato or white rice with a choice of steamers green, fresh green bean or broccoli.**

**6. Choice of 100% juice pineapples, 100% juice mandarins, grape fruit and fat free Greek yogurt and a protein shake.**

**7. Have a cheat meal once a week not a cheat day so cheat at your best.**

**In between meals eat snacks of your choice almonds, cashews, walnuts, a tbsp. peanut butter, almond, blueberry’s or Greek yogurt, drink a gallon of water a day if you don’t like water I put sugar free Hawaiian punch Fruit juicy red packs, grape flavor and starburst all pink strawberry packs, P.s. at least get 8 cups of water if you can’t get down a gallon.**

**(Season of my choice) Garlic powder, mustard, ketchup, hot sauce, seasoned salt, pepper, cayenne pepper, ground turmeric, lemon pepper, McCormick fiesta citrus salt free, McCormick grill mate %25 less sodium Montreal steak, green mountain gringo mild or hot salsa sauce, green pepper, lemons, splenda and onions and butter of choice I can’t believe is butter spray bottle, choose the seasons you would like to use for each meal. Supplements Matrix meal replacement from Total Life Change or FNX Restart AM protein Shake, Slim AM pre workout from Total Life Change or FNX Recharge Nitric Oxide Booster before your workout for energy and muscle pump, NRG for vigor from Total Life Change, Nutra Burst from Total Life Change for amino acid, vitamin and minerals, Drink a FNX Recover-BCAA for Muscle recovery if you get hungry and can’t get a meal in drink a Matrix meal replacement or FNX Restart AM protein shake, it is important to drink at least 16 cups of water daily for better results.**