**Natural Pro Bodybuilder**

**Mass building plan**

**Bernard Cunningham Nutrition**

**1. Choice of 4 whole eggs, 2 packs of instant grits or 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**

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

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

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

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

**In between meal eat Quest Nutrition protein bars, cookie, or chips, almonds, cashews, walnuts or a tbsp. peanut butter, almond butter blueberry’s, drink a gallon of water a day if you don’t like water I put grape flavor classic orange crystal light and I drink Wal-Mart or, P.s. at least get 8 cups of water if you can’t get down a gallon.**

**(Season of my choice) Garlic powder, crush red peppers, mustard, ketchup, fire sauce, hot chili sauce or hot sauce, seasoned salt, pepper, cayenne pepper, ground cumin, chili powder, 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, choose the seasons you would like to use for each meal. Supplements Matrix meal replacement or Quest Nutrition protein Shake, Slim AM pre workout, NRG for vigor and Nutra Burst for amino acid, vitamin and minerals, Take NRG and Slim AM before your workout workout, if you get hungry and can’t get a meal in drink a Matrix meal replacement, it is important to drink at least 8 cups of water daily for better results.**