



## **DIET FOR MEN BULK UP**

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|----------------|---|---|
| <b>1) MEAL</b> | <b>5 to 12 egg whites<br/>1 sweet potato</b>  | <b>1 cup of oatmeal<br/>½ cup of brown rice</b> |
| <b>2) MEAL</b> | <b>1 chicken breast<br/>&amp; broccoli</b>  | <b>1 can of tuna<br/>&amp; lettuce</b>          |
| <b>3) MEAL</b> | <b>1 grilled chicken<br/>salad</b>  | <b>1 garden salad<br/>light dressing</b>        |
| <b>4) MEAL</b> | <b>Protein drink &amp; protein bar (low carbs)</b>  |   |
| <b>5) MEAL</b> | <b>1 chicken breast<br/>string beans</b>  | <b>1 can of tuna<br/>&amp; lettuce</b>          |
| <b>6) MEAL</b> | <b>3 to 5 oz. Of chicken, beef, fish,<br/>fresh salad<br/>1 sweet potato<br/>broccoli or string beans</b> |   |

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**Remember to drink at least a gallon of water every day. You may also add 2 to 3 protein shakes a day**