

THE **BULKING** GROCERY LIST & SAMPLE MEAL PLAN



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The Bulking Grocery List & Sample Meal Plan Disclaimer and Waiver of Liability

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Bulking Ain't Easy

And it's not cheap either.

The biggest obstacle skinny guys face when trying to build muscle is undoubtedly the sheer amount of calories required to gain weight. Both affording the calories and consuming them is a constant struggle.

Even after I initially made the choice to put on weight and stop being skinny it took me months of effort and experimentation to figure out a diet that worked - both for my wallet and my stomach. And I have tweaked it and refined it over the last 3 years.

This is the same dietary approach I have given to recent clients like [Josh and Sam](#) that enabled them to beast through their weight gain troubles and pack on serious mass. And I have finally organized into this simple-to-follow packet for you.

- It will supply you the 3000+ calories you must eat every damn day
- It contains nutrient dense foods that ensure you're not neglecting your vitamins and fiber
- It doesn't break the bank (it didn't take long before I realized I couldn't afford to maintain my first attempt at a bulking diet)
- And most importantly, **it's fucking delicious**

The list provides you with all the ingredients needed to prepare the sample meals, as well as a few extra items for snacks. The sample meals include 2 varieties (and quick and a slow option) for breakfast, lunch, and dinner; as well as *The Born To Bulk Beasley Weight Gain Shake*.

Use this as a starting point on your weight gain journey. Pick the foods and meals you like (try them all) and then experiment yourself. I have included a printable grocery list at the end of this PDF for you to print and use at your convenience.

If you can make eating and preparing meals a fun process, then your bulk will be successful.

Good luck,

David De Las Morenas

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Grocery List

1. **Whole Milk** - Milk has solid protein, carbs, and fat. Whole milk costs the same as skim or low-fat, yet it has more calories and is less processed. *Considerations: None.*
2. **Orange Juice** - A good source of carbs and vitamin C. *Considerations: Get not from concentrate.*
3. **Peanut Butter** - Healthy fats and the most delicious shit around. *Considerations: None. I think natural PB is overrated for the price premium.*
4. **Mixed Nuts** - A quick, relatively high calories snack item. *Considerations: None.*
5. **Butter** - An integral part of toast. *Considerations: I prefer Smart Balance (more healthy fats and better taste).*
6. **Extra Virgin Olive Oil** - Healthy fats to use for cooking. *Considerations: None.*
7. **Jelly** - A necessary part of the PB and J. *Considerations: None.*
8. **Chocolate Syrup** - Adds calories and carbs to your milk. *Considerations: None.*
9. **Sliced Bread** - Great for toast or PB and J sandwiches. *Considerations: None. I get white, but get wheat if you prefer it (little nutritional benefit).*
10. **Hamburger Buns** - Better than sliced bread for hamburgers. *Considerations: None.*
11. **Frozen Hamburger Patties** - Easier to store and usually cheaper than the fresh options. *Considerations: None.*
12. **Ground Chicken** - Good source of protein and good texture for mixing with rice or putting on pizza. *Considerations: None.*
13. **Eggs** - Essential part of breakfast. Good source of protein and fat. *Considerations: None.*
14. **Bacon** - Another solid breakfast choice. *Considerations: None.*
15. **Cereal** - A solid source of carbs. *Considerations: I prefer granola cereal; it's fucking delicious and has way more calories.*
16. **Quick Oats** - A good source of carbs and fiber that is amazing when mixed with protein powder. *Considerations: None.*
17. **Rice** - Another good source of carbs. *Considerations: I prefer white rice because it's quicker to make and tastes better.*
18. **Bananas** - More carbs; also has potassium and fiber. *Considerations: None.*
19. **Frozen Vegetables** - Get your micro-nutrients into your diet. *Considerations: I prefer frozen vegetables because they're cheaper and actually fresher than the fresh (when out of season).*
20. **Pop-Tarts** - Not much in the way of nutrients, but a good, cheap, tasty source of carbs. Snack food. *Considerations: None.*
21. **Ice Cream** - Also not much in the way nutrients but a lot of calories. *Considerations: None.*
22. **Sliced Cheese** - Protein and fat. This is for your hamburgers. *Considerations: I find the pre-packaged versions are cheaper than the deli meat.*
23. **Shredded Cheese** - This is for homemade pizza. *Considerations: None.*
24. **Pre-Made Pizza Crust** - The uncooked dough is a bitch to prepare, so find a good pre-made crust. *Considerations: None.*
25. **Tomato Sauce** - The final part of the pizza process. *Considerations: None.*

Breakfast, *Fast* – Proats & Orange Juice

Total Prep Time: 3 minutes

Total Calories: 1050

Proats is simply a combination of protein powder and oats. It generally involves protein powder, oats, milk, and a few mix-ins. The possibilities are nearly endless, but my favorite is definitely – *chocolate peanut butter proats* – it's like a mother fucking peanut butter cup, but oatmeal.

Ingredients

- 1 cup quick oats, *300 calories*
- 1 cup whole milk, *160 calories*
- 1 scoop chocolate protein powder, *125 calories*
- 3 tbsp. peanut butter, *300 calories*
- 1.5 cups orange juice, *165 calories*

Directions

- Mix the milk and oats together in a bowl
- Microwave for 1:30
- Mix in protein powder and peanut butter

Notes

The amount of milk you need to use will vary with the type of protein powder you have. Some powders soak up far more milk than others. The microwave time may vary, too – based on your preference. I prefer chunky peanut butter – it has better texture once mixed in.

Breakfast, *Slow* – Bacon, Eggs, Toast & Chocolate Milk

Total Prep Time: 15 minutes

Total Calories: 1240

Mmmmmm, bacon and eggs is a mother fucking classic. And most people save it for the weekends or special occasions. The ingredients are cheap. And it doesn't take *that long* to make. So step up your bulking game and start enjoying this feast on the regular.

Ingredients

- 4 strips bacon, *200 calories*
- 4 large eggs, *300 calories*
- 2 pieces sliced bread, *200 calories*
- 2 tbsp. butter, *200 calories*
- 1.5 cups whole milk, *240 calories*
- 2 tbsp. chocolate syrup, *100 calories*

Directions

- Cook the bacon over medium heat on a pan, flipping every 2 minutes, for a total of about 6 minutes
- Leaving the bacon fat in the pan, turn the heat to low, and crack open your 4 eggs
- For scrambled eggs, viciously stir the eggs until done, usually about 2 minutes
- Toast the bread, and apply butter
- Pour milk and chocolate syrup into a glass, and stir

Notes

You might want to pour a little bit of the bacon fat out, depending on how fatty the bacon you are using is. You don't want the eggs swimming in fat.

Lunch, *Fast* – Peanut Butter and Jelly Sandwich & Protein Shake

Total Prep Time: 10 minutes

Total Calories: 885

Welcome to the old school. Most people stop eating this shit after middle school, but it's time to bring it back. We will include a protein shake here, because as good as a PB and J is – it doesn't have much protein.

Ingredients

- 2 pieces sliced bread, *200 calories*
- 3 tbsp. peanut butter, *300 calories*
- 2 tbsp. jelly, *100 calories*
- 1 cup whole milk, *160 calories*
- 1 scoop protein powder, *125 calories*

Directions

- Spread the peanut butter on one piece of bread
- Spread the jelly on the other piece, and then place together
- Mix the protein powder with the milk and a splash of water (it will mix better)

Notes

If you're low on calories, eat 2 sandwiches.

Lunch, *Slow* – Chicken and Broccoli Rice & Milk

Total Prep Time: 25 minutes

Total Calories: 1050

This takes on the longer side as far as meals I prepare, but it brings some needed variety (and veggies) into my diet.

Ingredients

- 1 cup (dry) rice, *400 calories*
- 2 cups chicken broth, *80 calories*
- 1 cup frozen broccoli florets, *30 calories*
- 1 tbsp. olive oil, *120 calories*
- 8 oz. ground chicken, *260 calories*
- 1 cup whole milk, *160 calories*

Directions

- Pour the broth and rice into a pot over high heat
- When it begins to boil, cover the pot and turn the heat down to low
- You can begin preparing the rest of the meal now – the rice will be done in 15-20 minutes (or when the broth is all absorbed/evaporated – check by stirring)
- Put the ground chicken into a no-stick pan over medium heat and begin to break it up/stir it (with a spatula) until it is thoroughly cooked (no more pink color) – this will be about 5-10 minutes
- Put the frozen broccoli in a pan with the tbsp. of olive oil over medium heat and stir until the broccoli is cooked all the way through (if you take a bite and it's still cold inside then it isn't done)
- Once the rice, beef, and broccoli are done – mix them together in a bowl or plate

Notes

I often double the doses and refrigerate a serving for later/tomorrow.

Dinner, *Fast* – Cheeseburgers & Milk

Total Prep Time: 15 minutes

Total Calories: 1220

There's no better way to end the day than a couple of big, juicy burgers.

Ingredients

- 2 frozen burger patties, *600 calories*
- 2 hamburger buns, *300 calories*
- 2 slices cheese, *160 calories*
- 1 cup whole milk, *160 calories*

Directions

- Cook the burgers on your choice of tools (stove top pan, George Foreman grill, traditional grill)
- Follow the instructions on your particular patties for time and heat
- Place slices of cheese on top of burgers

Notes

I feel strange having typed up directions for that, even stranger than for the PB and Js.

Dinner, *Slow* – Homemade Pizza & Milk

Total Prep Time: 30 minutes

Total Calories: 1250

This may seem like a chore at first, but it's actually quite fun and exciting.

Ingredients

- 1 premade pizza crust, *300 calories*
- 3/4 cup shredded cheese, *330 calories*
- 1/2 cup tomato sauce, *50 calories*
- 1 tbsp. olive oil, *120 calories*
- 8 oz. ground chicken, *260 calories*
- 1 cup frozen broccoli florets, *30 calories*
- 1 cup whole milk, *160 calories*

Directions

- Cook the toppings beforehand – for example, chicken and broccoli as described above in the lunch rice meal
- Turn the oven on to 400 degrees to pre-heat
- Spread the tomato sauce on the crust
- Sprinkle the cheese on the crust
- Place the beef and broccoli on the crust
- Cook in the oven for about 10 minutes (more if you like a crispy crust)

Notes

Making/cooking the dough yourself is a huge bitch, so just get the premade crust.

The *Born To Bulk* Beastly Weight Gain Shake

Total Prep Time: 10 minutes

Total Calories: 685

I have done many different shake combos, and this one is by far the best. It packs a lot of calories and isn't too filling.

Ingredients

- 1 cup whole milk, *160 calories*
- 1 scoop chocolate protein powder, *125 calories*
- 2 tbsp. peanut butter, *200 calories*
- 1 banana, *100 calories*
- 2 tbsp. chocolate syrup, *100 calories*
- 4 ice cubes, *0 calories*

Directions

- Pour all the ingredients into a blender and run that shit until its nice and smooth (about 1 minute in mine)

Notes

Use this as a meal replacement or to finish off your calories at the end of the day.

Printable Grocery List

- Whole Milk
 - Orange Juice
 - Peanut Butter
 - Mixed Nuts
 - Butter
 - Extra Virgin Olive Oil
 - Jelly
 - Chocolate Syrup
 - Sliced Bread
 - Hamburger Buns
 - Frozen Hamburger Patties
 - Ground Chicken
 - Eggs
 - Bacon
 - Cereal
 - Quick Oats
 - Rice
 - Bananas
 - Frozen Vegetables
 - Pop-Tarts
 - Ice Cream
 - Sliced Cheese
 - Shredded Cheese
 - Pre-Made Pizza Crust
 - Tomato Sauce
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