



# TOP 3 BODYBUILDING MEALS

*From Top 3 Bodybuilding Meals Youtube Video*

## **Meal 1**

1 Scoop of Protein - 25g of Protein

5 Boiled Eggs - 30g of Protein

Oatmeal - 33g of Carbs

Banana - 20g of Carbs

## **Meal 2**

PF Changs Jasmine Rice - 70g of Carbs

6 - 8oz Perdue Chicken Breast - 40g to 50g of Protein

## **Meal 3**

6 - 8oz Perdue Chicken Breast - 40g to 50g of Protein

Sweet Potato Fries - 40g Carbs Per Cup

## **Recommended Drinks**

Water

Low Sugar Soda

Orange Juice - 8oz

Coffee

Hot Teas

[WWW.GGFITTRAINING.COM](http://WWW.GGFITTRAINING.COM)