



A Healthy 3000 Calorie Meal Plan With PDF

7-Day Simple 3000 Calorie Meal Plan for Muscle Gain

The following example meal plan is for someone who needs to eat 225 grams of protein a day, and the percentages of fat and carbs vary.

Having a 3000 calorie meal prep planned out will make following a food plan to gain weight more realistic and achievable.

Day 1

Breakfast: Protein Oatmeal With Berries

Ingredients:

- 53 g quick oats
- 1 cup almond milk

- 1.5 scoops protein powder
- 2 tbsp peanut butter
- 1 cup blueberries

Calories: 705

Protein: 52 g

Carbs: 71 g

Fat: 27 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Tuna on Sourdough and a Banana

Ingredients:

- 2 cans drained tuna
- 3 tbsp mayonnaise
- 2 slices sourdough bread
- 1 banana

Calories: 695

Protein: 49 g

Carbs: 54 g

Fat: 32 g

Time: 12:30 pm

Snacks: Greek Yogurt Parfait

Ingredients:

- 1 cup plain greek yogurt
- ¼ c granola
- 70 g strawberries

Calories: 354

Protein: 24 g

Carbs: 33 g

Fat: 13 g

Time: 3:30 pm

Dinner: Chicken, Veggies, and Rice

Ingredients:

- 8 oz chicken
- 1 ⅔ c rice
- 44 g broccoli
- ½ bell pepper
- 1 oz cashew pieces
- 2 tbsp Teriyaki sauce

Calories: 738

Protein: 61 g

Carbs: 92 g

Fat: 18 g

Time: 6:30 pm

Snacks: Popcorn

Ingredients:

- 56 g popcorn

Calories: 220

Protein: 4 g

Carbs: 42 g

Fat: 8 g

Time: 9:30 pm

Day 2

Breakfast: Blueberry Protein Pancakes

Ingredients:

- 1 cup protein pancake mix
- 1 cup blueberries
- 1 tbsp peanut butter
- 2 tbsp maple syrup

Calories: 700

Protein: 33 g

Carbs: 120 g

Fat: 14 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Asian Salad

Ingredients:

- 8 oz salmon
- 2 cups Asian chopped salad mix

Calories: 560

Protein: 44 g

Carbs: 30 g

Fat: 29 g

Time: 12:30 pm

Snacks: String Cheese and Fruit

Ingredients:

- 2 pieces string cheese
- 1 apple

Calories: 255

Protein: 14 g

Carbs: 27 g

Fat: 10 g

Time: 3:30 pm

Dinner: Ground Turkey Chili

Ingredients:

- 12 oz ground turkey
- ½ cup pinto beans
- ½ cup black beans
- ½ cup red kidney beans
- 3 fl oz marinara sauce
- 1 cup bone broth

Calories: 868

Protein: 93 g

Carbs: 66 g

Fat: 27 g

Time: 6:30 pm

Snacks: HaloTop

Ingredients:

- 1 pint vanilla Halo Top

Calories: 300

Protein: 18 g

Carbs: 63 g

Fat: 6 g

Time: 9:30 pm

Day 3

Breakfast: Scrambled Eggs and Peanut Butter Toast

Ingredients:

- 4 eggs
- ½ cup shredded cheddar cheese
- 2 slices sourdough bread
- 2 tbsp peanut butter

Calories: 701

Protein: 43 g

Carbs: 36 g

Fat: 44 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Sandwich and Protein Bar

Ingredients:

- 2 slices protein bread
- 1 tbsp mayonnaise
- 5 slices smoked turkey breast
- 2 slices Colby Jack cheese
- ½ cup spinach
- 1 protein bar

Calories: 783

Protein: 59 g

Carbs: 51 g

Fat: 40 g

Time: 12:30 pm

Snacks: Greek Yogurt Parfait

Ingredients:

- 1 cup plain greek yogurt
- ¼ c granola
- 70 g strawberries

Calories: 354

Protein: 24 g

Carbs: 33 g

Fat: 13 g

Time: 3:30 pm

Dinner: High-Protein Pizza

Ingredients:

- 1 high-protein tortilla
- ¼ cup pizza sauce
- 1 cup spinach
- ½ cup shredded mozzarella cheese
- 8 oz ground turkey

Calories: 651

Protein: 71 g

Carbs: 26 g

Fat: 32 g

Time: 6:30 pm

Snacks

Snacks: Popcorn

Ingredients:

- 56 g popcorn

Calories: 220

Protein: 4 g

Carbs: 42 g

Fat: 8 g

Time: 9:30 pm

Day 4

Breakfast: Protein Muffins

Ingredients:

- 2 Moo's Protein Muffins
- 1 scoop protein powder
- ½ c almond milk

Calories: 635

Protein: 67 g

Carbs: 74 g

Fat: 8 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Sushi and Protein Bar

Ingredients:

- 2 rolls of sushi
- 1 protein bar

Calories: 998

Protein: 49 g

Carbs: 140 g

Fat: 26 g

Time: 12:30 pm

Snacks: String Cheese and Fruit

Ingredients:

- 2 pieces string cheese
- 1 apple

Calories: 255

Protein: 14 g

Carbs: 27 g

Fat: 10 g

Time: 3:30 pm

Dinner: Tofu and Rice

Ingredients:

- 1 cup rice
- 255 g cubed extra firm tofu

- 1 tbsp tahini
- ½ c sliced cucumbers

Calories: 504

Protein: 29 g

Carbs: 54 g

Fat: 20 g

Time: 6:30 pm

Snacks: HaloTop

Ingredients:

- 1 pint vanilla Halo Top

Calories: 300

Protein: 18 g

Carbs: 63 g

Fat: 6 g

Time: 9:30 pm

Day 5

Breakfast: Breakfast Tacos

Ingredients:

- 3 tortillas
- 4 eggs
- ¼ bell pepper
- ½ cup spinach

Calories: 627

Protein: 34 g

Carbs: 61 g

Fat: 25 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Chicken and Veggie Wrap

Ingredients:

- 2 high-protein tortillas
- 8 oz chicken
- ¼ cup shredded cheddar cheese
- ½ cup shredded lettuce
- ½ cup black beans

Calories: 670

Protein: 77 g

Carbs: 55 g

Fat: 20 g

Time: 12:30 pm

Snacks: Greek Yogurt Parfait

Ingredients:

- 1 cup plain greek yogurt
- ¼ c granola
- 70 g strawberries

Calories: 354

Protein: 24 g

Carbs: 33 g

Fat: 13 g

Time: 3:30 pm

Dinner: Salmon Pasta

Ingredients:

- 5 oz noodles
- 8 oz salmon
- ⅓ cup alfredo sauce

Calories: 820

Protein: 57 g

Carbs: 108 g

Fat: 19 g

Time: 6:30 pm

Snacks: Popcorn

Ingredients:

- 56 g popcorn

Calories: 220

Protein: 4 g

Carbs: 42 g

Fat: 8 g

Time: 9:30 pm

Day 6

Breakfast: Protein Oatmeal With Berries

Ingredients:

- 53 g quick oats
- 1 cup almond milk
- 1.5 scoops protein powder
- 2 tbsp peanut butter
- 1 cup blueberries

Calories: 705

Protein: 52 g

Carbs: 71 g

Fat: 27 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch

Lunch: Asian Salad

Ingredients:

- 8 oz salmon
- 2 cups Asian chopped salad mix

Calories: 560

Protein: 44 g

Carbs: 30 g

Fat: 29 g

Time: 12:30 pm

Snacks: String Cheese and Fruit

Ingredients:

- 2 pieces string cheese

- 1 apple

Calories: 255

Protein: 14 g

Carbs: 27 g

Fat: 10 g

Time: 3:30 pm

Dinner: High-Protein Pizza

Ingredients:

- 2 high-protein tortillas
- ½ cup pizza sauce
- 1 cup spinach
- ¾ cup shredded mozzarella cheese
- 8 oz ground turkey

Calories: 895

Protein: 90 g

Carbs: 50 g

Fat: 42 g

Time: 6:30 pm

Snacks: HaloTop

Ingredients:

- 1 pint vanilla Halo Top

Calories: 300

Protein: 18 g

Carbs: 63 g

Fat: 6 g

Time: 9:30 pm

Day 7

Breakfast: Blueberry Protein Pancakes

Ingredients:

- 1 cup protein pancake mix
- 1 cup blueberries
- 1 tbsp peanut butter
- 2 tbsp maple syrup

Calories: 700

Protein: 33 g

Carbs: 120 g

Fat: 14 g

Time: 6:30 am

Snacks: Protein Shake

Ingredients:

- 2 scoops protein powder
- 1 cup almond milk

Calories: 270

Protein: 55 g

Carbs: 5 g

Fat: 4 g

Time: 9:30 am

Lunch: Sandwich and Protein Bar

Ingredients:

- 2 slices protein bread
- 1 tbsp mayonnaise
- 5 slices smoked turkey breast
- 2 slices Colby Jack cheese
- ½ cup spinach
- 1 protein bar

Calories: 783

Protein: 59 g

Carbs: 51 g

Fat: 40 g

Time: 12:30 pm

Snacks: Greek Yogurt Parfait

Ingredients:

- 1 cup plain greek yogurt
- 1 scoop vanilla protein powder
- ¼ c granola
- 70 g strawberries

Calories: 504

Protein: 48 g

Carbs: 39 g

Fat: 16 g

Time: 3:30 pm

Dinner: Tofu and Rice

Ingredients:

- 1 cup rice
- 255 g cubed extra firm tofu
- 1 tbsp tahini
- ½ c sliced cucumbers

Calories: 504

Protein: 29 g

Carbs: 54 g

Fat: 20 g

Time: 6:30 pm

Snacks: Popcorn

Ingredients:

- 56 g popcorn

Calories: 220

Protein: 4 g

Carbs: 42 g

Fat: 8 g

Time: 9:30 pm

