



Muscle Gain Weekly Menu

2000kCal - 2400kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Scrambled Eggs w/ Toasted Bread	Grilled Chicken w/ Penne Pasta & Spinach Green Pea Sauce	Sweet And Sour Fish w/ Roasted Potatoes	Chocolate Brownie	Strawberries, Milk, Protein Powder & Peanut Butter
Tuesday	Protein Crepe w/ Walnuts & Strawberry Syrup	Kare Kare w/ Quinoa	Turkish Chicken Kebabs w/ Mixed Beans & Corn	Raspberry Vanilla Cake	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
Wednesday	Mediterranean Chickpea Salad w/ Feta Cheese & Raspberry Vinaigrette Dressing	Thai Grilled Salmon w/ Couscous Salad	Mexican Egg Fried Rice	Nutty Carrot Cake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon, and Water Soaked Oats
Thursday	Tropical Overnight Oats w/ Almonds	Cajun Fish w/ Roasted Sweet Potatoes & Honey Mustard Sauce	Mandi Chicken w/ Saffron Rice & Tomato Sauce	Chocolate Marble Cake	Banana, Milk and Protein Powder
Friday	Cheesy Omelette w/ Tomato & Bell Pepper	Kofta & Tahini Bake w/ Roasted Potatoes	Lentil Casserole w/ Quinoa & Cheese	Chocolate Banana Muffin	Chocolate, Milk, and Protein Powder
Saturday	Protein Waffles w/ Berries & Yogurt	Shrimp Saganaki w/ Mashed Potatoes	Chipotle Chicken Bowl w/ Kidney Beans & Healthy Ranch Sauce	Protein Energy Balls	Mixed Berries, Milk and Protein Powder
Sunday	Chicken Pesto Sandwich	Pan - Seared Kingfish w/ Rice & Sweet Ginger Garlic Sauce	Beef Chow Mein	Chocolate Swiss Roll	Blueberry, Cinnamon, Milk and Protein Powder