



# Muscle Gain Weekly Menu

2000kCal - 2400kCal

|                  | BREAKFAST   | LUNCH  | DINNER  | SNACK                                | DRINK   |
|------------------|---|--|---|--------------------------------------|---|
| <b>Monday</b>    | Eggs & Potato Caserole                              | Tuscan Fish w/ Mixed Beans & Corn                                  | Pomegranate Chicken & Quinoa Salad w/ Honey Balsamic Vinaigrette Dressing | Chocolate Brownie                    | Strawberries, Milk, Protein Powder & Peanut Butter                            |
| <b>Tuesday</b>   | Blueberry Banana Chia Seed Pudding w/ Peanut Butter | Chicken Kabsa w/ Tomato Sauce                                      | Spaghetti Meatballs w/ Cheese   | Raspberry Muffin                     | Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup              |
| <b>Wednesday</b> | Tropical Protein Overnight Oats w/ Nuts             | Citrus Salmon w/ Baked Sweet Potatoes & Creamy Oregano-Thyme Sauce | Mexican Couscous w/ Eggs  | Carrot Cake                          | Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon, and Water Soaked Oats |
| <b>Thursday</b>  | Hummus w/ Carrot Cucumber Fingers & Toasted Bread   | Green Thai Fish Curry w/ Coconut Rice                              | Grilled Chicken w/ Roasted Potatoes & Lemon-Mustard Sauce                 | Almond & Dark Chocolate Cake         | Banana, Milk and Protein Powder   |
| <b>Friday</b>    | Protein Crepe w/ Honey Apple Cinnamon Syrup         | Mixed Bean w/ Saffron Rice & Yogurt Sauce                          | Spinach & Beef Stew w/ Mashed Potatoes                                    | Red Velvet Muffin                    | Chocolate, Milk, and Protein Powder   |
| <b>Saturday</b>  | Egg Rolls w/ Sweet Chilli Sauce                     | Shrimp Scampi Pasta w/ Veggies                                     | Chicken Taco Bowl w/ Couscous, Corn & Avocado Salsa                       | Chocolate Peanut Butter Energy Balls | Mixed Berries, Milk and Protein Powder  |
| <b>Sunday</b>    | Halloumi Veggie Sandwich                            | Lemon & Herb Kingfish w/ Roasted Potatoes & Tartare Sauce          | Beef & Mixed Bean Zucchini Boats  | Lemon Cookies                        | Blueberry, Cinnamon, Milk and Protein Powder                                  |