



# Muscle Gain Weekly Menu

2000kCal - 2400kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Cinnamon Overnight Oats w/ Banana & Walnut	Arabic Fish in Tomato Sauce w/ Saffron Rice & Raisins	Tajin Chicken & Cumin Carrot Salad w/ Quinoa & Mango Dressing on the Side	Chocolate Brownie	Strawberries, Milk, Protein Powder & Peanut Butter
<b>Tuesday</b>	Jian Bing	Beef Kofta Curry w/ Fluffy Rice & Yogurt Dip	Grilled Zaatar Chicken w/ Sweet Potato & Tahini Sauce	Lemon Blueberry Muffin	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
<b>Wednesday</b>	Lime Pancake w/ Coconut & Honey Glaze	Paneer Vegetable Curry w/ Couscous & Toasted Cashew	Teriyaki Salmon w/ Brown Lentil Salad	Raisin Orange Cake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon, and Water Soaked Oats
<b>Thursday</b>	Pesto Egg Sandwich	Aromatic Grilled Fish w/ Potatoes & Spinach Dip	Chicken Fajita Plater w/ Mixed Bean, Corn & Tomato Salsa	Chocolate Chip Chocolate Cake	Banana, Milk and Protein Powder
<b>Friday</b>	Blueberry Chia Seed Pudding w/ Peanut Butter	Mongolian Beef Noodles w/ Sesame Seeds	Chickpea Stew w/ Fenugreek Rice	Apple & Berry Muffin	Chocolate, Milk, and Protein Powder
<b>Saturday</b>	Greek Egg w/ Olive & Sun-Dried Tomato	Spanish-Style Shrimp Paella w/ Peas & Carrot	Pan Seared Mushroom Chicken w/ Mashed Potatoes	Carrot Cake	Mixed Berries, Milk and Protein Powder
<b>Sunday</b>	Chocolate Crepe w/ Blueberry Glaze	Herb-Grilled Hamour w/ Roasted Potatoes & Mustard Sauce	Classic Beef Burger w/ BBQ Dip	Peanut Chocolate Chip Bites	Blueberry, Cinnamon, Milk and Protein Powder