



Muscle Gain Weekly Menu

2000kCal - 2400kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg, Vegetable & Cheese Sandwich	Supreme Fish with Rice, Mushrooms & Peppers	Beef Steak with Spinach & Corn	Chocolate Brownie	Strawberries, Milk, Protein Powder and Peanut Butter
Monday	Nutty Protein Pancakes with Honey	Pan Seared Salmon with Tomato Salsa & Parsley Potatoes	Baked Caribbean Chicken with Couscous Salad & Broccoli	Vanilla Cake	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
Tuesday	Mango & Pear Protein Chia Seed Pudding	Chicken & Chickpea Greek Salad	Middle-Eastern Falafel Bowl	Strawberry Cheesecake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats
Wednesday	Berry Overnight Oats with Nuts	Caramelized Beef with Mashed Potatoes & Green Beans	Chicken Tarragon with Mix Vegetable Rice	Lemon Muffin	Banana, Milk and Protein Powder
Thursday	Mushroom, Spinach & Bell Pepper Omlette with Cheese	Honey Soy-Glazed Fish with Spaghetti & Vegetables	Smoky chicken with Quinoa & Baby Marrow	Red Velvet Cake	Chocolate, Milk, and Protein Powder
Friday	Pomogranate Protein Granola Bowl	Chilli Lemon Pomfret with Roast Potatoes & Broccoli	Chicken parmesan Stuffed Zucchini Boats	Chocolate Swiss Roll	Banana, Strawberry, Milk and Protein Powder
Saturday	Almond Protein Chia Seed with Mix Fruits	Cajun Shrimp with Beetroot Salad	Chicken Guacamole Wholewheat Wrap	Blueberry Muffin	Blueberry, Cinnamon, Milk and Protein Powder