



Muscle Gain Weekly Menu

2000kCal - 2400kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Egg Shakshuka with Sauteed Veggies & Bread	White Fish Coconut stew with Veggies & Rice	Beef Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce	Chocolate Brownie	Strawberries, Milk, Protein Powder and Peanut Butter
Monday	Berry Protein Pancakes with Nuts & Honey	Honey Garlic Salmon with Mix Vegetables & Lemon Rice	Harissa Grilled Chicken with Chickpeas & Salsa	Hummus with Carrot	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
Tuesday	Mix Fruit Chia Seed Pudding	Mexican Grilled Chicken with Pasta Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats
Wednesday	Pomegranate Protein Overnight Oats	Caribbean Beef Stew with Carrots, Cauliflower & Rice	Barbeque chicken with Couscous & Baby Marrow	Fruit Salad with Yogurt	Banana, Milk and Protein Powder
Thursday	Spanish Omlette with Bell Peppers, Mushrooms & Cheese	Pesto Fish with Mix Veggies & Roasted Basil Potatoes	Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad	Watermelon Slices	Chocolate, Milk, and Protein Powder
Friday	Fruit & Yogurt Parfait with Nuts	Pan-Seared Snapper with Mash Potato & Mix Vegetables	Pizza Stuffed Peppers	Chocolate Swiss Roll	Banana, Strawberry, Milk and Protein Powder
Saturday	Apple Protein Chia Seed Pudding	Tomato Garlic Shrimp with Schezuan Fried Rice	Chicken Piccata with 4Sweet Potatoes & Mixed Vegetables	Sweet Potato Chips with Tzatziki Sauce	Blueberry, Cinnamon, Milk and Protein Powder