



# Muscle Gain Weekly Menu

2000kCal - 2400kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Monday</b>	Egg Shakshuka w/ sauteed peppers, cheese & bread	White Fish Katsu Curry w/ Mixed Veggies & Rice	Shepherd's Pie	Chocolate Brownie	Orange, Carrot & Ginger
<b>Tuesday</b>	Chocolate Protein Pancakes w/ Nuts & Honey	Cajun Salmon w/ mixed peppers and Green Beans	Southwest Chicken Bowl w/ green lentil salad	Blueberry Muffin	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger and Parsley
<b>Wednesday</b>	Mixed Fruit Protein Chia Seed Pudding	Jerk Chicken w/ cabbage carrot salad & peanut sauce	Mixed Bean Stew w/ lemon rice & broccoli	Raspberry Cheesecake	Lemon & Mint
<b>Thursday</b>	Strawberry Vanilla Protein Overnight Oats	Caramelized Beef w/ Roasted Herb Potatoes & Broccoli	Grilled Chicken w/ green beans, mixed bean salad & Teriyaki Sauce	Fruit Salad w/ yogurt	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit and Cayenne
<b>Friday</b>	Spinach Omlette w/ Cheese and Bell Peppers	Tomato Paprika Fish w/ carrots & quinoa salad	Mexican Chicken Stew w/ rice	Watermelon Slices w/ feta	Pineapple, Apple, Lemon & Mint
<b>Saturday</b>	Protein Granola Bowl w/ fruits	Garlic & Chilli Seabream w/ Mixed Vegetables & mash potato	Chicken & Mix Vegetable Skillet w/ brown pita bread	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Sunday</b>	Cinnamon Pear Chia Seed Pudding with Almonds	Shrimp Fried Rice w/ Mixed Peppers & Green Beans	Taco Chicken Bowl w/ corn salsa & black eyed beans	Sweet Potato Chips w/ tzatziki sauce	Carrot, Apple, Ginger, Turmeric & Lemon