

## MUSCLE GAIN

(2000kcal - 2300kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Oats pancakes with peanut butter sauce	Garlic tomato chicken with brown rice	Shrimps with grilled vegetables & mashed potato	Chocolate cake	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Egg cheese muffins	Spaghetti bolognese with beef	Healthy chicken - corn poke bowl	Fruit cup	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Chicken and mushroom crepe	Oats Crusted fish with quinoa	Chicken nuggets with potato wedges	Strawberries tart	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Vanilla waffles with peach sauce	Chicken Paella	Lebanese freekeh with chicken	Granola bar	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Healthy egg burrito	Salmon pesto pasta	Tahini chicken with roasted sweet potatoes	Pistachio cake	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	French omelette with bread	Beef and broccoli stir fry with rice	Moroccan chicken -couscous	Ginger cookies	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Banana - nuts protein chia pudding	Creamy chicken with orzo	Greek chicken skewers with roasted potatoes	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)