

MUSCLE GAIN

(2000kcal - 2300kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimp Quiche	Honey mustard chicken salad with sweet corn and salad	Chocolate brownie	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Pesto egg sandwich	Slow cooked beef with orzo	Creamy chicken mushroom with bulgur	Sesame protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Vanilla chia pudding	Fish hot & sour with rice	Chicken Shish tawook with potatoes	Orange cake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Egg spinach muffins	Chinese style chicken noodles	Chicken quinoa stir fry	Fresh Fruits cup	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Mocha almond protein overnight oats	Chicken Provençal with rice	Chimichurri Salmon with sweet potato wedges	Roasted nuts	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Low fat Cheese Omelette	Beef hot garlic noodles	Chicken with beetroot mashed potato	Protein chocolate granola bar	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	French Tartine	Mongolian chicken with brown rice	Lemon coriander chicken with couscous	Cranberries oats cookies	Fragola Cream (vegan protein, soy milk, strawberries, banana)