



ENERGY
MEAL
PLANS

**HIGH PROTEIN - LOW CARBS
MUSCLE GAIN**
(2000kcal - 2300kcal)

5th May - 11th May

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Spinach & onion feta cheese omelette	Thai Shrimps noodles	Saffron rice with peri peri chicken	Chocolate Eclairs	Summer Berry (raspberries, banana, soy milk)
TUESDAY	Apple cinnamon Crepes	Beef and broccoli stir fry with brown rice	Chicken mojito with couscous	Rice paper spring rolls	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
WEDNESDAY	Scrambled eggs with brown bread	Chicken carbonara with fettuccine pasta	Lemon garlic fish with bulgur & Suate bell peppers	Double chocolate almond muffin	Tropical (mangoes, coconut, passion fruit, soy milk)
THURSDAY	Tiramisu overnight oats	Chicken with tarragon sauce & brown rice	Ground turkey with quinoa	Sweet potato fries	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
FRIDAY	Scrambeled egg with spinach & cheddar cheese	Chicken cordon bleu with broccoli	Crusted sesame salmon with tri color veg & bulgur	Peanut butter cup	Chocolate Shake (chocolate, soy milk)
SATURDAY	Dark chocolate waffles	Grilled chicken with white rice	Chicken mozzarella with freekeh	Zucchini fritters	Summer Berry (raspberries, banana, soy milk)
SUNDAY	Healthy sandwich	Honey glaze chicken with mix veegtibles & sweet potato	Beef bourguignon with quinoa	Cashew bites	Mango Banana (mango, banana, soy milk)