



ENERGY
MEAL
PLANS

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

MAY 3RD -MAY 10TH

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chocolate banana overnight Oats	Tomato- basil shrimps pasta	Healthy chicken balls with potato	Healthy carrot cake	Summer Berry (raspberries, banana, soy milk)
TUESDAY	Egg Frittata	Chicken nasi goreng	Beef -Broccoli & Quinoa Bowl	Fruits cup	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
WEDNESDAY	Green crepes	Chicken rolls up with Fussili	Sesame fish with spinach couscous	Rice cake with - peanut butter	Tropical (mangoes, coconut, passion fruit, soy milk)
THURSDAY	Cheese omlette with grilled veggies	Peanut chicken noodles	Chicken Milanese with corn on the cob & salad	Strawberry cheese cake	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
FRIDAY	Protein overnight oats chia pudding	Chicken moussaka with brown rice	Salmon Ball with sweet potato wedges	Blueberries Swiss roll	Chocolate Shake (chocolate, soy milk)
SATURDAY	Mexican omelette	Mexican beef with mashed potato	Chicken Fajita with toasted bread	Roasted nuts	Summer Berry (raspberries, banana, soy milk)
SUNDAY	Banana peanut butter oats porridge	Dijon Mustard chicken with tapioca	Chicken & rice noodles	Protein balls	Mango Banana (mango, banana, soy milk)