



## HIGH PROTEIN - LOW CARBS MUSCLE GAIN

3rd Feb - 9th Feb

(2000kcal - 2300kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Spanish Omelette	Shrimp Nasigoreng fried rice	Grilled Chicken Satay with Potato mash	strawberry mousse tart	Red Scarlatta (Beetroot , carrot , orange)
TUESDAY	Healthy Carrot pancake	Beef Bolognese with Spaghetti	Creamy chicken Mushroom with cous-cous	Sesame Protein Balls	Green Morning (Green Apple , mint , cucumber , spinach)
WEDNESDAY	Pesto Egg Sandwich	Baked Pesto Fish With Quinoa	Healthy Sharwama Bowl with Roasted Potato	Lemon Cake	Citrus (Strawberries , orange , lemon)
THURSDAY	Mango Overnight Oats	Healthy Orange chicken with white rice	Chicken With Potato Wedges	strawberry mousse tart	Red Scarlatta (Beetroot , carrot , orange)
FRIDAY	English breakfast	Hawaiian chicken kebobs with rice	Salmon Stir Fry with Brown Rice	Peanut Butter Chocolate Coated banana	Green Morning (Green Apple , mint , cucumber , spinach)
SATURDAY	Vanilla Chia Seeds Pudding	Beef stir fry with Lemon rice	Baked Chicken mozzarella with Cous Cous	Rapsberry Swiss Roll	Sunset apple , carrot , orange)
SUNDAY	Cheese and mushroom Scrambled	Grilled Chicken Chipotle with bulgur	Lemon Pepper Garlic Chicken with Cauliflower rice	Tiramisu	Lemon Mint (Lemon,Mint )