



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

14th - 20th April

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Berries baked oatmeal	Healthy shrimp pasta	Chicken & potato salad	Pineapple cake	Summer Berry (raspberries, banana, soy milk)
TUESDAY	Sausages with eggs	Creamy chicken mushroom - baby marrow & rice	Beef Thai Curry with quinoa	Chicken sliders	Banana Bliss (banana, oats, flax seeds, peanut butter, soy milk)
WEDNESDAY	Healthy banana pancakes	Kung pao chicken noodles	Oven baked Fish & potato wedges	Peanut butter Nuts Bar	Tropical (mangoes, coconut, passion fruit, soy milk)
THURSDAY	Egg Frittata	Creamy Parmesan Orzo with Chicken	Chicken shawarma bowl	Orange muffin	Strawberry Twist (soy milk, peanut butter, banana, strawberry)
FRIDAY	Berries - almonds chia pudding	Lemon Garlic Salmon with rice	Chicken cutlet with grilled sweet potato	Berries granola bar	Chocolate Shake (chocolate, soy milk)
SATURDAY	Scottish potato scones with beans and egg	Beef wrap	Mediterranean chicken with couscous	Tiramisu	Summer Berry (raspberries, banana, soy milk)
SUNDAY	Banana oats porridge	Chicken balls with pasta	Lemon & black pepper chicken with mashed potatoes	Protein balls	Mango Banana (mango, banana, soy milk)