



ENERGY
MEAL
PLANS

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

8th- 14th Sept

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Chicken puff pastry	Sweet & sour shrimps with brown rice	Chicken skillet with Roasted potatoes	Healthy Pizza Bite	Carrot Spice Zing (carrot, pineapple, ginger)
TUESDAY	English breakfast	Healthy Mongolian beef spaghetti noodles	Garlic Lime chicken tenders & Quinoa	Chocolate Cake	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Lebanese Breakfast	Herbs Chicken with Creamy Risotto	Baked Fish & Mashed Potato Herbs	Peanut Butter Protein ball	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
THURSDAY	Cheesy Omelette	Tuscan chicken with penne pasta	Chicken & Spanish bulgur	Fruit Cup	Vitamin Boost (carrot, orange, apple, spinach, lemon)
FRIDAY	Waffles with blueberry sauce	Pesto chicken with brown rice	Salmon Poke Bowl with couscous salad salad	Yogurt and fruits bar	Pom Rose (pomegranate, rosemary, orange)
SATURDAY	Tuna sandwich	Chicken Arabiatta With Creamy GF - Pasta	Sesame chicken with roasted potatoes	healthy mini donut	Green Juice (kale, green apple, celery, lemon, mint)
SUNDAY	Chocolate chia pudding	Herbs chicken with caesar salad	Pita Bread Chicken Shawarma & Salad	Quinoa crackers	Pom Paradise (pomegranate, red apple, lemon)