

MUSCLE GAIN

(2000kcal - 2300kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimps with freekeh	Chicken teriyaki with quinoa	Crispy potatoes	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Spanish tortilla	Chicken alfredo with pasta	Stir fry beef with sweet potato	Raspberry bars	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Mocha overnight oats	Chicken moussaka with rice	Black bean fish with mashed potato	Seasoned cauliflower florets	Citrus (strawberries, orange, lemon)
THURSDAY	Egg burrito	Chinese style chicken noodles	Grilled chicken with lentil & green beans	Lemon tart	Iced Tea (apple, cinnamon)
FRIDAY	Mango chia pudding	Chicken with russian salad	Pesto salmon with cous cous	Brownie	Watermelon Mint (watermelon, lemon, mint)
SATURDAY	Egg muffins with brown bread	Chicken spaghetti carbonara	Beef shawarma with brown flat bread	Sliders	Sunset. (carrot, orange, apple)
SUNDAY	Green crepes	Lemon coriander chicken with bulgur	Chicken garlic herbs with beetroot mashed potato	Fruit parfait	Lemon mint (lemon, mint)