

Sample Menu Muscle Gain Meal Plan

BREAKFAST

LUNCH

DINNER

Mon



Egg & Guac Toast



Beef Bibimbap



Creamy Sundried Tomato Chicken

TUE



Strawberry & Banana Waffle



Spicy & Tangy Burrito Bowl



Steak Power Bowl

WED



Coffee Overnight Oats



Lemon Herb Salmon Risotto



Chicken Machboos

THU



Cheesy Egg Quesadilla



Gluten Free Chicken Sandwich



Chicken shawarma bowl

FRI



Yogurt Parfait



Chicken & Mango Poke Bowl



Spaghetti Bolognese

SAT



Blueberry Pancakes with Cream Sauce



Chicken & Veggies with Rice Noodles



Chicken Cobb Salad

*Sample menu images are provided for illustrative purpose. Actual items may vary.

Sample Menu Snacks

AM

PM

Mon



Multi Seed Crackers & Guac Sauce



Charcoal Lemonade

TUE



Chocolate Cinnamon Balls



Texas Chopped Salad

WED



Chicken Nuggets



Sweet Corn Soup

THU



Fattoush Salad



Rocky Road Brownie

FRI



Broccoli & Leek Soup



Peanut Butter Cups

SAT



Vanilla & Cranberry Balls



Apple, Beetroot & Carrot Juice

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