I'd be happy to help you with a personalized meal plan for muscle gain! Based on your preferences, dietary goals, and activity level, here's a sample meal plan for you:  
  
\*\*Monday\*\*  
  
\* \*\*Breakfast\*\*: Whole-grain pasta with scrambled eggs, turkey sausage, and spinach (550 calories)  
 + 1 cup cooked whole-grain pasta  
 + 2 scrambled eggs  
 + 2 slices of turkey sausage  
 + 1/2 cup fresh spinach leaves  
\* \*\*Lunch\*\*: Grilled chicken breast with quinoa and roasted vegetables (700 calories)  
 + 6 oz grilled chicken breast  
 + 1/2 cup cooked quinoa  
 + 1 cup mixed roasted vegetables (bell peppers, zucchini, carrots)  
  
\*\*Tuesday\*\*  
  
\* \*\*Breakfast\*\*: Greek yogurt with banana, almond butter, and honey (500 calories)  
 + 1 cup Greek yogurt  
 + 1 medium banana  
 + 2 tbsp almond butter  
 + 1 tsp honey  
\* \*\*Lunch\*\*: Sushi rolls with salmon, brown rice, and avocado (650 calories)  
 + 2 sushi rolls with salmon  
 + 1/2 cup cooked brown rice  
 + 1/2 avocado  
  
\*\*Wednesday\*\*  
  
\* \*\*Breakfast\*\*: Whole-grain toast with peanut butter, banana, and scrambled eggs (600 calories)  
 + 2 slices whole-grain toast  
 + 2 tbsp peanut butter  
 + 1 medium banana  
 + 2 scrambled eggs  
\* \*\*Lunch\*\*: Chicken breast with roasted sweet potatoes and steamed broccoli (700 calories)  
 + 6 oz chicken breast  
 + 1 large sweet potato, roasted  
 + 1 cup steamed broccoli  
  
\*\*Thursday\*\*  
  
\* \*\*Breakfast\*\*: Smoothie bowl with protein powder, almond milk, banana, spinach, and almonds (550 calories)  
 + 1 scoop whey protein powder  
 + 1 cup almond milk  
 + 1 medium banana  
 + 1/2 cup fresh spinach leaves  
 + 1 oz almonds  
\* \*\*Lunch\*\*: Turkey and cheese wrap with mixed greens and whole-grain tortilla (650 calories)  
 + 2 slices deli turkey breast  
 + 1 slice cheddar cheese  
 + 1/2 cup mixed greens  
 + 1 whole-grain tortilla  
  
\*\*Friday\*\*  
  
\* \*\*Breakfast\*\*: Omelette with mushrooms, bell peppers, and feta cheese (500 calories)  
 + 2 eggs  
 + 1/2 cup sliced mushrooms  
 + 1/2 cup sliced bell peppers  
 + 1 oz crumbled feta cheese  
\* \*\*Lunch\*\*: Grilled chicken breast with brown rice and steamed asparagus (700 calories)  
 + 6 oz grilled chicken breast  
 + 1/2 cup cooked brown rice  
 + 1 cup steamed asparagus  
  
\*\*Saturday\*\*  
  
\* \*\*Breakfast\*\*: Whole-grain waffles with scrambled eggs, turkey sausage, and maple syrup (600 calories)  
 + 2 whole-grain waffles  
 + 2 scrambled eggs  
 + 2 slices of turkey sausage  
 + 1 tsp maple syrup  
\* \*\*Lunch\*\*: Chicken Caesar salad with croutons and parmesan cheese (650 calories)  
 + 6 oz grilled chicken breast  
 + 2 cups mixed greens  
 + 1/4 cup croutons  
 + 1 oz shaved parmesan cheese  
  
\*\*Sunday\*\*  
  
\* \*\*Breakfast\*\*: Avocado toast with scrambled eggs, cherry tomatoes, and whole-grain bread (550 calories)  
 + 2 slices whole-grain bread  
 + 1 medium avocado  
 + 2 scrambled eggs  
 + 1/2 cup cherry tomatoes  
\* \*\*Lunch\*\*: Grilled chicken breast with quinoa and roasted Brussels sprouts (700 calories)  
 + 6 oz grilled chicken breast  
 + 1/2 cup cooked quinoa  
 + 1 cup roasted Brussels sprouts  
  
This meal plan provides approximately 2500-2700 calories per day, which should support your muscle gain goals. It also includes a balance of protein, carbohydrates, and healthy fats to fuel your body.  
  
Remember to stay hydrated by drinking plenty of water throughout the day. Also, feel free to adjust the portion sizes based on your individual needs and preferences.  
  
Let me know if you have any questions or concerns!