As your nutritionist, I've created a personalized meal plan for you to support muscle gain while considering your preferences and dietary restrictions. Since you're moderate in terms of daily activity level, we'll aim to provide approximately 2500-2800 calories per day to support muscle growth.
Here's your meal plan for the entire week (Monday-Sunday):
\*\*Monday\*\*
\* Breakfast: Greek yogurt with banana, almond butter, and granola (550 calories)
+ 1 cup Greek yogurt
+ 1 medium banana
+ 2 tbsp almond butter
+ 2 tbsp granola
\* Lunch: Grilled chicken breast with quinoa, broccoli, and avocado (700 calories)
+ 6 oz grilled chicken breast
+ 1/2 cup cooked quinoa
+ 1 cup steamed broccoli
+ 1/2 avocado
\* Dinner: Beef and mushroom pasta with whole wheat spaghetti (900 calories)
+ 6 oz beef strips
+ 1 cup mixed mushrooms
+ 1 cup cooked whole wheat spaghetti
+ 1 tbsp olive oil
Total Calories: 2150
\*\*Tuesday\*\*
\* Breakfast: Protein smoothie with whey protein, banana, and almond milk (500 calories)
+ 1 scoop whey protein powder
+ 1 medium banana
+ 1 cup almond milk
+ 1 handful spinach
\* Lunch: Turkey and avocado wrap with whole wheat tortilla (750 calories)
+ 2 oz sliced turkey breast
+ 1/2 avocado
+ 1 cup mixed greens
+ 1 tablespoon hummus
+ 1 whole wheat tortilla
\* Dinner: Baked salmon with sweet potato, green beans, and brown rice (800 calories)
+ 6 oz baked salmon
+ 1 medium sweet potato
+ 1 cup steamed green beans
+ 1/2 cup cooked brown rice
Total Calories: 2150
\*\*Wednesday\*\*
\* Breakfast: Scrambled eggs with whole wheat toast and turkey sausage (500 calories)
+ 3 scrambled eggs
+ 2 slices whole wheat toast
+ 2 oz sliced turkey sausage
\* Lunch: Chicken Caesar salad with whole wheat croutons (700 calories)
+ 6 oz grilled chicken breast
+ 2 cups mixed greens
+ 1/4 cup crumbled feta cheese
+ 1 tablespoon Caesar dressing
+ 1/4 cup whole wheat croutons
\* Dinner: Grilled pork chop with roasted Brussels sprouts and brown rice (900 calories)
+ 6 oz grilled pork chop
+ 1 cup roasted Brussels sprouts
+ 1/2 cup cooked brown rice
Total Calories: 2200
\*\*Thursday\*\*
\* Breakfast: Oatmeal with banana, almond butter, and honey (500 calories)
+ 1 cup cooked oatmeal
+ 1 medium banana
+ 2 tbsp almond butter
+ 1 tsp honey
\* Lunch: Chicken breast with mixed greens, cherry tomatoes, and whole wheat pita (700 calories)
+ 6 oz grilled chicken breast
+ 2 cups mixed greens
+ 1 cup cherry tomatoes
+ 1/4 cup crumbled feta cheese
+ 1 whole wheat pita
\* Dinner: Beef and vegetable stir-fry with brown rice (800 calories)
+ 6 oz beef strips
+ 1 cup mixed vegetables (bell-free!)
+ 1/2 cup cooked brown rice
+ 1 tablespoon olive oil
Total Calories: 2100
\*\*Friday\*\*
\* Breakfast: Protein pancakes with almond butter and banana slices (500 calories)
+ 2 protein pancakes
+ 2 tbsp almond butter
+ 1 medium banana
\* Lunch: Turkey and cheese sandwich on whole wheat bread with carrot sticks (700 calories)
+ 2 oz sliced turkey breast
+ 1 oz cheddar cheese
+ 2 slices whole wheat bread
+ 1 cup carrot sticks
\* Dinner: Grilled chicken breast with roasted asparagus and quinoa (800 calories)
+ 6 oz grilled chicken breast
+ 1 cup roasted asparagus
+ 1/2 cup cooked quinoa
Total Calories: 2100
\*\*Saturday\*\*
\* Breakfast: Breakfast burrito with scrambled eggs, black beans, and avocado (550 calories)
+ 3 scrambled eggs
+ 1/2 cup cooked black beans
+ 1/2 avocado
+ 1 whole wheat tortilla
\* Lunch: Grilled chicken Caesar wrap with whole wheat tortilla (750 calories)
+ 6 oz grilled chicken breast
+ 2 cups mixed greens
+ 1/4 cup crumbled feta cheese
+ 1 tablespoon Caesar dressing
+ 1 whole wheat tortilla
\* Dinner: Baked chicken thighs with roasted potatoes and green beans (800 calories)
+ 6 oz baked chicken thighs
+ 1 medium potato
+ 1 cup steamed green beans
Total Calories: 2200
\*\*Sunday\*\*
\* Breakfast: Avocado toast on whole wheat bread with scrambled eggs (500 calories)
+ 2 slices whole wheat bread
+ 1/2 avocado
+ 3 scrambled eggs
\* Lunch: Beef and mushroom wrap with whole wheat tortilla (750 calories)
+ 6 oz beef strips
+ 1 cup mixed mushrooms
+ 1 cup mixed greens
+ 1 tablespoon hummus
+ 1 whole wheat tortilla
\* Dinner: Grilled salmon with roasted broccoli and brown rice (800 calories)
+ 6 oz grilled salmon
+ 1 cup roasted broccoli
+ 1/2 cup cooked brown rice
Total Calories: 2150
This meal plan provides a balanced mix of protein, carbohydrates, and healthy fats to support muscle gain. Make sure to stay hydrated by drinking plenty of water throughout the day.
Remember, this is just a sample meal plan, and you may need to adjust the portion sizes based on your individual needs. Also, try to include a variety of foods in your diet to ensure you're getting all the necessary nutrients.