I'd be happy to help you with a personalized meal plan for muscle gain, taking into account your preferences, allergies, and daily activity level. Before we get started, please note that I'll make sure to exclude lactose-containing products from the meal plan since you have an allergy. Here's your customized meal plan for the entire week (Monday-Sunday): \*\*Monday\*\* \* \*\*Breakfast\*\*: Chickend and Avocado bowl - 350 calories \*\*Lunch-Dinner\*\*: Grilled Chicken Breast with Roasted Cucumber and Quinoa - 550 calories + 6 oz grilled chicken breast, 1/2 cup cooked quinoa, 1/2 cup sliced cucumber, 1 tablespoon olive oil, salt, and pepper Total Calories: 900 \*\*Tuesday\*\* \* \*\*Breakfast\*\*: Beef and Cheese Wrap (using a lactose-free cheese alternative) - 400 calories + 1 slice whole wheat tortilla, 2 oz cooked beef strips, 1/4 cup shredded lactose-free cheese, 1/2 cup sliced cucumber, salt, and pepper \* \*\*Lunch-Dinner\*\*: Grilled Beef Skewers with Roasted Tomatoes and Brown Rice - 600 calories + 6 oz grilled beef skewers, 1/2 cup cooked brown rice, 1/2 cup roasted tomatoes (with olive oil, salt, and pepper) Total Calories: 1000 \*\*Wednesday\*\* \* \*\*Breakfast\*\*: Chocolate Banana Smoothie (made with almond milk) - 300 calories + 1 frozen banana, 1 tablespoon unsweetened cocoa powder, 1/4 cup almond milk, 1 scoop lactose-free protein powder, ice cubes (as needed) \* \*\*Lunch-Dinner\*\*: Chicken Fajita with Bell Peppers and Whole Wheat Tortilla - 500 calories + 6 oz cooked chicken breast, 1/2 cup sliced bell peppers, 1 whole wheat tortilla, 1 tablespoon olive oil, salt, and pepper Total Calories: 800 \*\*Thursday\*\* \* \*\*Breakfast\*\*: Chicken and Quinoa Bowl with Roasted Vegetables - 400 calories + 6 oz cooked chicken breast, 1/2 cup cooked quinoa, 1/2 cup roasted vegetables (such as broccoli, carrots, and bell peppers), 1 tablespoon olive oil, salt, and pepper \* \*\*Lunch-Dinner\*\*: Grilled Chicken Breast with Roasted Sweet Potatoes and Green Beans - 550 calories + 6 oz grilled chicken breast, 1 medium roasted sweet potato, 1/2 cup green beans, 1 tablespoon olive oil, salt, and pepper Total Calories: 950 \*\*Friday\*\* \* \*\*Breakfast\*\*: Beef and Mushroom Stir-Fry with Brown Rice - 450 calories + 2 oz cooked beef strips, 1/2 cup sliced mushrooms, 1/2 cup cooked brown rice, 1 tablespoon olive oil, salt, and pepper \* \*\*Lunch-Dinner\*\*: Grilled Chicken Breast with Roasted Asparagus and Quinoa - 500 calories + 6 oz grilled chicken breast, 1/2 cup cooked quinoa, 1/2 cup roasted asparagus (with olive oil, salt, and pepper) Total Calories: 950 \*\*Saturday\*\* \* \*\*Breakfast\*\*: Chicken and Avocado Wrap (using a lactose-free cheese alternative) - 400 calories + 1 slice whole wheat tortilla, 2 oz cooked chicken breast, 1/4 cup sliced avocado, 1/4 cup shredded lactose-free cheese, salt, and pepper \* \*\*Lunch-Dinner\*\*: Grilled Beef Skewers with Roasted Brussels Sprouts and Quinoa - 600 calories + 6 oz grilled beef skewers, 1/2 cup cooked quinoa, 1/2 cup roasted Brussels sprouts (with olive oil, salt, and pepper) Total Calories: 1000 \*\*Sunday\*\* \* \*\*Breakfast\*\*: Chocolate Protein Shake (made with almond milk) - 250 calories + 1 scoop lactose-free protein powder, 1/4 cup almond milk, 1 tablespoon unsweetened cocoa powder, ice cubes (as needed) \* \*\*Lunch-Dinner\*\*: Chicken Breast with Roasted Carrots and Brown Rice - 500 calories + 6 oz cooked chicken breast, 1 medium roasted carrot, 1/2 cup cooked brown rice, 1 tablespoon olive oil, salt, and pepper Total Calories: 750 This meal plan provides a balanced mix of protein, carbohydrates, and healthy fats to support your muscle gain goals. Remember to stay hydrated by drinking plenty of water throughout the day. Please note that this is just a sample meal plan and you may need to adjust the portion sizes based on your individual calorie needs. Additionally, make sure to consult with a healthcare professional or registered dietitian before making any significant changes to your diet.

Here is a script for a 1-minute and 40-second video:

Host: "This meal was personalized for you, if you want one tailored just for you, make sure to drop a comment and fill the form in BIO. Now let's start with the delicious meals." (10 seconds)

[Monday]

(Visuals of breakfast food appear on screen)

Host: "Good morning! Today's breakfast is Chicken and Avocado bowl - 350 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Grilled Chicken Breast with Roasted Cucumber and Quinoa - 550 calories." (5 seconds)

[Tuesday]

(Visuals of breakfast food appear on screen)

Host: "Today's breakfast is Beef and Cheese Wrap using a lactose-free cheese alternative - 400 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Grilled Beef Skewers with Roasted Tomatoes and Brown Rice - 600 calories." (5 seconds)

[Total Calories: 1000]

[Wednesday]

(Visuals of breakfast food appear on screen)

Host: "Good morning! Today's breakfast is Chocolate Banana Smoothie made with almond milk - 300 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Chicken Fajita with Bell Peppers and Whole Wheat Tortilla - 500 calories." (5 seconds)

[Total Calories: 800]

[Thursday]

(Visuals of breakfast food appear on screen)

Host: "Today's breakfast is Chicken and Quinoa Bowl with Roasted Vegetables - 400 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Grilled Chicken Breast with Roasted Sweet Potatoes and Green Beans - 550 calories." (5 seconds)

[Total Calories: 950]

[Friday]

(Visuals of breakfast food appear on screen)

Host: "Good morning! Today's breakfast is Beef and Mushroom Stir-Fry with Brown Rice - 450 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Grilled Chicken Breast with Roasted Asparagus and Quinoa - 500 calories." (5 seconds)

[Total Calories: 950]

[Saturday]

(Visuals of breakfast food appear on screen)

Host: "Today's breakfast is Chicken and Avocado Wrap using a lactose-free cheese alternative - 400 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Grilled Beef Skewers with Roasted Brussels Sprouts and Quinoa - 600 calories." (5 seconds)

[Total Calories: 1000]

[Sunday]

(Visuals of breakfast food appear on screen)

Host: "Good morning! Today's breakfast is Chocolate Protein Shake made with almond milk - 250 calories." (5 seconds)

(Visuals of lunch/dinner food appear on screen)

Host: "For dinner, you'll be having Chicken Breast with Roasted Carrots and Brown Rice - 500 calories." (5 seconds)

[Total Calories: 750]

[1:40]

Host: "This meal plan provides a balanced mix of protein, carbohydrates, and healthy fats to support your muscle gain goals. Remember to stay hydrated by drinking plenty of water throughout the day."

Note: The script is designed to fit within the 1-minute and 40-second time frame, with each segment lasting around 5 seconds.