

7-Day Gluten-Free Muscle Gain Meal Plan (2800 kcal/day)

Calorie Target: 2800 kcal/day

7-Day Meal Plan:

Day 1:

- **Breakfast (500 kcal):** Gluten-free oatmeal with protein powder, berries, and almonds
- **Lunch (700 kcal):** Grilled chicken salad with mixed greens, quinoa, avocado, and olive oil dressing
- **Snack (200 kcal):** Greek yogurt with fruit and gluten-free granola
- **Dinner (800 kcal):** Salmon with roasted sweet potatoes and asparagus
- **Snack (600 kcal):** Protein shake with banana and peanut butter

Day 2:

- **Breakfast (450 kcal):** Scrambled eggs with spinach and gluten-free toast
- **Lunch (650 kcal):** Turkey and avocado sandwich on gluten-free bread with a side of carrots and hummus
- **Snack (250 kcal):** Apple slices with almond butter
- **Dinner (750 kcal):** Lean beef stir-fry with brown rice and mixed vegetables
- **Snack (700 kcal):** Casein protein shake

Day 3:

- **Breakfast (500 kcal):** Gluten-free pancakes with fruit and a side of turkey bacon
- **Lunch (700 kcal):** Lentil soup with a gluten-free roll and a side salad
- **Snack (200 kcal):** Hard-boiled eggs
- **Dinner (800 kcal):** Chicken breast with roasted vegetables and quinoa
- **Snack (600 kcal):** Cottage cheese with berries

Day 4:

- **Breakfast (450 kcal):** Smoothie with protein powder, spinach, banana, and almond milk
- **Lunch (650 kcal):** Tuna salad with mixed greens, avocado, and gluten-free crackers
- **Snack (250 kcal):** Trail mix with nuts and dried fruit
- **Dinner (750 kcal):** Pork chops with mashed sweet potatoes and green beans
- **Snack (700 kcal):** Rice cakes with peanut butter and banana

Day 5:

- **Breakfast (500 kcal):** Gluten-free waffles with fruit and a side of sausage
- **Lunch (700 kcal):** Leftover pork chops with roasted vegetables
- **Snack (200 kcal):** Rice cakes with almond butter
- **Dinner (800 kcal):** Shrimp scampi with zucchini noodles
- **Snack (600 kcal):** Protein shake with chocolate flavoring

Day 6:

- **Breakfast (450 kcal):** Eggs with avocado toast on gluten-free bread
- **Lunch (650 kcal):** Chicken and vegetable soup with a side salad
- **Snack (250 kcal):** Roasted chickpeas
- **Dinner (750 kcal):** Steak with roasted broccoli and sweet potato fries
- **Snack (700 kcal):** Greek yogurt with honey and nuts

Day 7:

- **Breakfast (500 kcal):** Gluten-free cereal with milk and fruit
- **Lunch (700 kcal):** Turkey and vegetable wrap on gluten-free tortilla
- **Snack (200 kcal):** Apple slices with cheese
- **Dinner (800 kcal):** Chicken fajitas with gluten-free tortillas, bell peppers, onions, and salsa
- **Snack (600 kcal):** Protein bar

Grocery List:

Protein:

- Chicken breasts

- Ground beef
- Salmon fillets
- Turkey breast
- Eggs
- Tuna
- Shrimp
- Pork chops
- Steak
- Greek yogurt
- Cottage cheese
- Protein powder (whey or plant-based)
- Casein protein powder
- Protein bars

Carbohydrates:

- Gluten-free oatmeal
- Quinoa
- Brown rice
- Sweet potatoes
- Asparagus
- Mixed greens
- Broccoli
- Zucchini
- Bell peppers
- Onions
- Avocados
- Bananas
- Apples
- Gluten-free bread
- Gluten-free crackers
- Gluten-free pancakes mix
- Gluten-free waffles mix
- Gluten-free cereal
- Gluten-free tortillas
- Gluten-free rolls

Fats & Healthy Options:

- Almonds
- Peanut butter
- Almond butter
- Olive oil
- Hummus
- Trail mix
- Nuts and seeds (sunflower, pumpkin, chia)
- Dried fruit
- Honey
- Cheese

Other:

- Milk (dairy or plant-based)
- Almond milk
- Spices (salt, pepper, garlic powder, onion powder, etc.)
- Herbs (parsley, cilantro, basil, etc.)