

Meal Plan for Muscle Gain



BREAKFAST

- Scrambled eggs with mushrooms
- Cheese
- 1 apple



SNACK

- Mixed nuts
- 1 banana



LUNCH

- Chicken breast
- Basmati rice
- Yogurt dip & Carrots



SNACK

- Yogurt with granola and berries



DINNER

- Meatballs
- Parmesan over pasta
- Sautéed spinach



SNACK

- Raw nuts
- 1 glass of milk