

## Meal Plan - Week 12

Day	Meals
Here is your meal plan for week 12:	
Day 1:	<ul style="list-style-type: none"><li>- 200g chicken breast !' 330 kcal   62.0g protein</li><li>- 150g lean beef !' 345 kcal   42.7g protein</li><li>- 100g turkey breast !' 147 kcal   30.1g protein</li><li>- 150g Greek yogurt !' 88 kcal   15.3g protein</li><li>- 2 eggs !' 143 kcal   12.6g protein</li></ul> Total: 1053.5 kcal, 162.7g protein
Day 2:	<ul style="list-style-type: none"><li>- 200g lean ground beef !' 460 kcal   56.9g protein</li><li>- 150g pork loin !' 288 kcal   39.7g protein</li><li>- 100g cottage cheese !' 98 kcal   11.1g protein</li><li>- 150g tofu !' 124 kcal   15.0g protein</li><li>- 200g black beans !' 264 kcal   17.7g protein</li></ul> Total: 1234.5 kcal, 140.4g protein
Day 3:	<ul style="list-style-type: none"><li>- 200g sirloin steak !' 486 kcal   53.9g protein</li><li>- 150g lamb chops !' 458 kcal   42.7g protein</li><li>- 100g bacon !' 468 kcal   33.9g protein</li><li>- 200g pork ribs !' 722 kcal   41.8g protein</li><li>- 150g duck breast !' 303 kcal   36.8g protein</li></ul> Total: 2436.5 kcal, 209.1g protein
Day 4:	<ul style="list-style-type: none"><li>- 200g ground pork !' 594 kcal   51.4g protein</li><li>- 150g beef brisket !' 434 kcal   43.2g protein</li><li>- 100g sausage !' 309 kcal   12.0g protein</li><li>- 200g ham !' 278 kcal   44.4g protein</li><li>- 150g veal !' 346 kcal   45.1g protein</li></ul> Total: 1961.0 kcal, 196.1g protein
Day 5:	<ul style="list-style-type: none"><li>- 200g chicken thigh !' 428 kcal   46.9g protein</li><li>- 150g beef sirloin !' 364 kcal   40.4g protein</li><li>- 100g pork belly !' 292 kcal   23.0g protein</li><li>- 150g ground lamb !' 424 kcal   37.1g protein</li><li>- 200g turkey thigh !' 366 kcal   47.9g protein</li></ul> Total: 1875.0 kcal, 195.4g protein
Day 6:	<ul style="list-style-type: none"><li>- 100g beef tenderloin !' 324 kcal   23.9g protein</li><li>- 150g chicken drumsticks !' 276 kcal   36.0g protein</li><li>- 200g pork shoulder !' 584 kcal   46.6g protein</li><li>- 100g salami !' 378 kcal   21.1g protein</li><li>- 150g chorizo !' 682 kcal   36.1g protein</li></ul> Total: 2244.5 kcal, 163.7g protein
Day 7:	<ul style="list-style-type: none"><li>- 200g chicken thigh !' 428 kcal   46.9g protein</li><li>- 150g beef sirloin !' 364 kcal   40.4g protein</li><li>- 100g pork belly !' 292 kcal   23.0g protein</li><li>- 200g ground lamb !' 566 kcal   49.5g protein</li><li>- 150g chorizo !' 682 kcal   36.1g protein</li></ul> Total: 2333.0 kcal, 196.0g protein

Remember, this plan is designed to meet your bulk goal and is high in protein to support muscle growth. It avoids the foods you dislike, such as fish and prawns. Make sure to drink plenty of water and adjust the plan as needed based on your hunger and energy levels. Enjoy your meals!