

Meal Plan - Week 13

Day	Meals
Here's your meal plan for week 13:	
Day 1:	<ul style="list-style-type: none">- 200g chicken breast !' 330 kcal 62.0g protein- 150g beef steak !' 417 kcal 39.2g protein- 100g turkey breast !' 147 kcal 30.1g protein- 1 cup Greek yogurt !' 134 kcal 23.1g protein- 2 eggs !' 143 kcal 12.6g protein Total: 1170.7 kcal, 167.1g protein
Day 2:	<ul style="list-style-type: none">- 200g lean ground beef !' 460 kcal 56.9g protein- 150g pork loin !' 288 kcal 39.7g protein- 100g ground lamb !' 283 kcal 24.8g protein- 1 cup cottage cheese !' 213 kcal 24.2g protein- 1 cup milk !' 122 kcal 8.1g protein Total: 1366.2 kcal, 153.6g protein
Day 3:	<ul style="list-style-type: none">- 200g boneless skinless chicken thighs !' 328 kcal 52.0g protein- 150g pork shoulder !' 438 kcal 34.9g protein- 100g ground pork !' 297 kcal 25.7g protein- 1 cup shredded cheddar cheese !' 457 kcal 25.8g protein- 1 cup cooked quinoa !' 222 kcal 8.1g protein Total: 1741.5 kcal, 143.1g protein
Day 4:	<ul style="list-style-type: none">- 200g lean ground turkey !' 426 kcal 54.2g protein- 150g lamb chops !' 458 kcal 42.7g protein- 1 cup whole milk yogurt !' 149 kcal 8.5g protein- 2 slices bacon !' 108 kcal 7.8g protein- 100g beef liver !' 191 kcal 29.1g protein Total: 1331.6 kcal, 142.3g protein
Day 5:	<ul style="list-style-type: none">- 200g sirloin steak !' 486 kcal 53.9g protein- 150g beef ribs !' 526 kcal 34.2g protein- 100g beef sausage !' 405 kcal 15.5g protein- 1 cup sour cream !' 455 kcal 5.6g protein- 2 slices ham !' 188 kcal 30.1g protein Total: 2061.2 kcal, 139.2g protein
Day 6:	<ul style="list-style-type: none">- 200g ground beef !' 544 kcal 54.0g protein- 150g lamb chops !' 458 kcal 42.7g protein- 1 cup ricotta cheese !' 341 kcal 28.1g protein- 2 slices pepperoni !' 20 kcal 0.8g protein- 100g salami !' 378 kcal 21.1g protein Total: 1740.5 kcal, 146.7g protein
Day 7:	<ul style="list-style-type: none">- 200g beef brisket !' 578 kcal 57.6g protein- 150g pork ribs !' 542 kcal 31.3g protein- 100g ground beef !' 272 kcal 27.0g protein- 1 cup mozzarella cheese !' 336 kcal 24.8g protein- 1 cup heavy cream !' 809 kcal 6.8g protein Total: 2536.7 kcal, 147.6g protein

Remember, this is just a guide and you can adjust as necessary. Enjoy your meals!