

# **SEVEN MEAL PLAN FOR MUSCLE GAIN**

## **Day 1**

- **Breakfast:** Oats with milk, banana, whey protein scoop, almonds
- **Snack:** Greek yogurt with honey and berries
- **Lunch:** Grilled chicken breast, brown rice, steamed broccoli
- **Snack:** Peanut butter sandwich (whole wheat bread)
- **Dinner:** Salmon, quinoa, asparagus
- **Before Bed:** Cottage cheese with flax seeds

## **Day 2**

- **Breakfast:** 4 scrambled eggs, whole wheat toast, avocado
- **Snack:** Protein shake with banana and peanut butter
- **Lunch:** Lean beef, sweet potatoes, spinach salad
- **Snack:** Boiled eggs + handful of walnuts
- **Dinner:** Grilled turkey, basmati rice, green beans
- **Before Bed:** Casein protein shake

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## **Day 3**

- **Breakfast:** Protein pancakes topped with blueberries and almond butter

- **Snack:** Apple with peanut butter
- **Lunch:** Grilled chicken wrap with veggies and hummus
- **Snack:** Protein bar + glass of milk
- **Dinner:** Shrimp stir-fry with brown rice and mixed vegetables
- **Before Bed:** Greek yogurt with chia seeds

## Day 4

- **Breakfast:** Oatmeal with eggs (3 boiled), walnuts, raisins
- **Snack:** Protein smoothie (spinach, banana, whey, oats)
- **Lunch:** Grilled salmon, roasted sweet potatoes, broccoli
- **Snack:** Rice cakes with almond butter
- **Dinner:** Chicken thighs, couscous, zucchini
- **Before Bed:** Low-fat cottage cheese

## Day 5

- **Breakfast:** 3 whole eggs, 2 egg whites, oatmeal with berries
- **Snack:** Protein shake with oats and almond butter
- **Lunch:** Grilled lean beef burger with brown rice
- **Snack:** Handful of mixed nuts + Greek yogurt
- **Dinner:** Tilapia with quinoa and spinach
- **Before Bed:** Casein protein shake

## Day 6

- **Breakfast:** Whole grain cereal with milk, banana, 3 boiled eggs
- **Snack:** Protein smoothie (banana + whey + peanut butter)
- **Lunch:** Grilled chicken + roasted potatoes + green beans
- **Snack:** Cottage cheese with pineapple
- **Dinner:** Grilled turkey breast + brown rice + salad
- **Before Bed:** Handful of almonds + warm milk

## Day 7

- **Breakfast:** Omelet (eggs, spinach, mushrooms, cheese) + whole wheat toast
- **Snack:** Protein shake with oats
- **Lunch:** Grilled salmon with sweet potatoes and broccoli
- **Snack:** Peanut butter + rice cakes
- **Dinner:** Chicken breast, quinoa, asparagus
- **Before Bed:** Low-fat Greek yogurt with almonds

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### **Notes:**

- Drink at least **3–4 liters of water daily**.
- Adjust portion sizes based on your **calorie target** (usually +500 kcal above maintenance for muscle gain).
- Include **protein-rich snacks** between meals to hit your protein goals.