



7-DAY MEAL PLAN FOR MUSCLE GAIN (FEMALE)

DAY 1

- MEAL 1** Pro-Oatmeal bowl: 1 Scoop Protein Powder, 1 Tbsp. of Almond Butter and 1 Sliced Banana, 2/3 Cup Oats (Cooked in Almond or Whole Milk)
- MEAL 2** 3 Hard Boiled Eggs, 1 Whole Wheat Bagel
- MEAL 3** Pasta with Grilled Chicken: 6oz. Grilled Chicken Breast, 1 Tsp. olive oil, extra-virgin, 1 Cup of Veggies (Avocado, Tomato, Spinach, Peppers, etc.), 1 Cup Whole Wheat Pasta, 1 Tsp. Minced Garlic
- MEAL 4** 1 Cup Carrots, 1/2 Cup Hummus
- MEAL 5** Salmon, Rice, and Veggies: 4oz. Grilled Salmon, 1/2 Cup Brown Rice, 1 Cup Mixed Greens Salad, 1 Tbsp. Vinaigrette
- MEAL 6** Ice Cream Sundae: Banana Ice Cream (1 Serving), 1 Large Ripe Banana, Frozen (Place into a food processor and blend away until creamy), 1 Tsp. Raw Cacao Nibs (Maybe blended into the banana mixture), 1 Tsp. Nut Butter, Unsalted (Maybe blended into the banana mixture), 1 Tbsp. Coconut Flakes, Unsweetened
- MEAL 7** Casein Protein Shake

DAY 3

- MEAL 1** Pro-Oatmeal: 1 Scoop Protein Powder, 2/3 cup Oats (Cooked in Almond or Whole Milk), 1 Tbsp. of Almond Butter and 1 Sliced Banana
- MEAL 2** Tuna Salad with Crackers: 1 Can Tuna Fish, Drained, 1 Tsp. Apple Cider Vinegar, 1/2 Tsp. Mustard Powder, 1/2 Tsp. Garlic Powder, 1 Serving of Whole Grain Crackers
- MEAL 3** Quinoa and Spicy Chicken: 1 cup Quinoa, 8 oz. Chicken Breast, 1 cup Broccoli, 1/4 Onion, Chopped, Salsa
- MEAL 4** 1 Cup Mixed Berries, 1/2 Cup Greek Yogurt, 1 Serving Granola, Unsweetened
- MEAL 5** White Fish with Potato and Veggie: 8 oz. Tilapia, 1 Sweet Potato, 1 Cup Green Beans, 2 Slices Avocado
- MEAL 6** Casein Protein Shake

DAY 2

- MEAL 1** Eggs, Turkey Bacon and Grapefruit: 3 Eggs, lightly fried or scrambled in Coconut oil, 2 Piece Whole Grain or Ezekiel Toast, 3 Slices Turkey Bacon, 1 Large Grapefruit
- MEAL 2** Cottage cheese with veggies and grapes: 3/4 Cup Cottage Cheese, 1 Cup Red Grapes, Cup of Baby Carrots,
- MEAL 3** Turkey Pita Sandwich: 1/2 Cup Avocado, 1 Whole Wheat Pita Bread, 1 Slice Low Fat Swiss Cheese, 3oz. Turkey Breast, Lettuce, Tomato, 1 Tsp. Mustard
- MEAL 4** Steak and Rice: 8oz. Sirloin Steak, 1 cup Brown Rice, 1 Sweet Potato
- MEAL 5** Apple with Almond Butter: 1 Tbs. Almond Butter, 1 Apple
- MEAL 6** Casein Protein Shake

DAY 4

- MEAL 1** Cheese and Egg Scramble with Fruit: 3 Eggs Scrambled, 1/4 Cup Cheddar Cheese, 1 Cup Spinach, 2 Slices Turkey Bacon, crumbled, 1 Banana or Apple
- MEAL 2** PB&J Protein Smoothie: 8oz. Milk, 1 Tbsp. Nut Butter, 1 Tsp. Chia Seeds, 1 Scoop Protein Powder, 1/2 Cup Grapes
- MEAL 3** Cheeseburger: 8oz. Burger, 1 Slice American Cheese, Lettuce, Tomato, Onion, 1 Tsp. Mayonnaise, 1 Tsp. Mustard, 1 Whole Wheat Bun
- MEAL 4** A handful of Raw Nuts
- MEAL 5** Chicken Taco Bowl: 8oz. Chicken Breast, 3oz. Salsa, 2oz. Sour Cream, 1oz. Jack Cheese, 1/2 Cup Rice, 1/4 Cup Corn, 1/4 Red Onion
- MEAL 6** Casein Protein Shake

