

Weekly Meal Plan

BY MUSCLEBOUND.UK

DAY 01

- BREAKFAST** Cooked Oatmeal, 1/2 cup berries (blueberries, raspberries), 1 egg + 3 egg white scramble, coffee or tea
- LUNCH** Spinach salad with tuna fish salad, bell peppers, tomatoes, EVOO vinaigrette, 1 oz. dark chocolate
- DINNER** Turkey edamame hash with cooked green beans and 1/2 cup brown rice
- DESSERT** 1 cup plain Greek yogurt with Baked Cinnamon apples w/walnuts and 2 tbs. Fage Fruits coconut yogurt

DAY 02

- BREAKFAST** 1 serving cereal (Ezekial, Weetabix or Low sugar granola) and 1/4 cup blueberries, 2 eggs, coffee or tea
- LUNCH** Turkey edamame hash with >1 cup cooked green beans, 5 grams nutritional yeast (optional), 1 oz. dark choc, coffee or tea
- DINNER** Baked mustard garlic chicken breast bake (100 grams), 1/4 sweet potato w/2 tbsp plain greek yogurt and cinnamon, broccoli with 1 tsp. butter
- DESSERT** 3 Nairn digestive biscuits, 1 cup cottage cheese or Greek yogurt w/fruit compote

DAY 03

- BREAKFAST** 200 grams plain Greek yogurt, 2 tbsp. fruit compote, 6 black grapes, 1 tbsp. pumpkin seeds
- LUNCH** Healthy Egg salad on 1 slice bread, large spinach salad with vegetables & EVOO vinaigrette, 1 piece fruit of choice
- DINNER** Baked chicken leftovers (100 grams), 1/4 sweet potato w/plain greek yogurt & cinnamon, greenbeans
- DESSERT** Cottage cheese with fruit compote OR Fage fruit yogurt with baked cinnamon apples

DAY 04

- BREAKFAST** Cooked Oatmeal w/1 scoop protein powder, 1/2 cup berries (blueberries, raspberries), coffee or tea
- LUNCH** Turkey edamame hash, cooked broccoli w/1 tsp butter, 5 grams nutritional yeast, 1-2 oz dark choc or a piece of fruit with coffee or tea
- DINNER** Salmon with 1 cup cooked broccoli (or tenderstem broccoli), 1/2 cup brown rice, small side salad
- DESSERT** 1 pear baked with cinnamon & 1 tsp. honey, 1 crushed walnut, with 2 spoons Fage Fruits coconut yogurt on top.

DAY 07

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DAY 05

BREAKFAST	Chia seed protein pudding with 10 raspberries, coffee or tea
LUNCH	Healthy Egg salad on 1 slice bread, large spinach salad with vegetables & EVOO vinaigrette, 1 piece of fruit or 1 oz. dark chocolate, coffee or tea
DINNER	Protein pasta, venison meatballs, homemade tomato sauce, 5 grams nutritional yeast
DESSERT	Cottage cheese, raspberries, 3 digestive biscuits

DAY 06

BREAKFAST	1 slice whole meal toast with 1/2 smashed avocado mix, 1 poached egg, 1/4 cup blueberries, 8 raspberries, coffee or tea
LUNCH	Homemade Healthy Vegetable Soup, 3 oz. leftover chicken, 1/4 cup cooked beans (such as black, kidney beans, etc), 5 grams nutritional yeast, 1-2 oz. dark chocolate, coffee or tea
DINNER	Salmon, green beans, 1/4 cup brown rice, small salad
DESSERT	3 digestive biscuits and 1 cup cottage cheese or yogurt with fruit compote

DAY 07

BREAKFAST	1 egg + 3 egg white scramble, 1 cup chopped fresh fruit, coffee or tea
LUNCH	Homemade Healthy Vegetable Soup, 3 oz. leftover chicken, 1/4 cup cooked beans (such as black, kidney beans, etc), 5 grams nutritional yeast, 1-2 oz. dark chocolate, coffee or tea
DINNER	Protein pasta, venison meatballs, homemade tomato sauce, 5 grams nutritional yeast
DESSERT	1 serving healthy popcorn, tea

SNACK OPTIONS

SNACK 1	Apple slices with PB2 Powder Protein dip (1/2 scoop protein + 2 tbsp PB2 powder)
SNACK 2	1 cup cottage cheese with 1 cup or 1 piece of fresh fruit of choice and 1 tbsp. almonds
SNACK 3	Chia seed Protein pudding, 8 raspberries, 2 tbsp. Fage fruit yogurt
SNACK 4	3 digestive biscuits and 1 cup cottage cheese or yogurt with fruit compote
SNACK 5	carrot & colored bell pepper slices, 2 tbsp hummus and 1 hard-boiled egg
SNACK 6	Protein shake (1 scoop) with 1 cup unsweetened almond milk or milk of choice + 3 Nairn digestive biscuits
SNACK 7	5 whole-grain crackers, 1/2 serving healthy tuna salad
SNACK 8	Greek yogurt parfait: 1 cup plain yogurt, 2 tbsp. low sugar granola, fruit compote or sliced fruit, 1 tbsp. nuts, 1 tsp honey (if desired)

DAY 07