

# Meal Plan for Weight Loss and Muscle Gain Female

	BREAKFAST	LUNCH	SNACKS	DINNER
Day 1	Two bowls of corn flakes and two servings of whole-wheat toast	Two servings of quick buffalo chicken salad alongside 1 ounce of	One cup of grains and one serving of yogurt and strawberries.	2 BBQ chicken sandwiches and one serving of easy hard-boiled eggs
Day 2	Four banana egg pancakes and one apple	Two servings of turkey lettuce rollups and 2 cups of basic protein shake.	One apple alongside almond butter	2 BBQ chicken sandwiches
Day 3	Two egg and cheese breakfast sandwiches	Two peach protein smoothies	One apple alongside almond butter and one serving of cucumber slices	Two servings of Mongolian beef
Day 4	Two servings of blueberry protein pudding and two slices of buttered toast	Two simple Caprese sandwiches	One bowl of cornflakes and one apple	Two servings of fried eggs and ham sandwich
Day 5	Two servings of cottage cheese breakfast	2 cups of basic protein shake and 1 cup of grapes	One bowl of cornflakes and 1 serving of cheese slices	Two servings of easy grilled chicken teriyaki and two servings of easy steamed green
Day 6	One serving of butter and honey oatmeal	Two peach protein smoothies	Two servings of pineapple kale smoothies	Two servings of balsamic chicken salad
Day 7	Two servings of peanut butter protein oats	2 cups of grapes and two servings of yogurt and banana	2 cups of nonfat Greek yogurt	2 BLT sandwiches