



7-Day Meal Plan for Muscle Gain (Female)

Day 5

Meal 1: Egg White Scramble with Oats and Berries, ½ Steel Cut Oats Cooked with 2 Teaspoons Unsalted Almond Butter, 3 Egg Whites, Scrambled, 1 Cup Mixed Berries

Meal 2: 1 Cup Carrots, ½ Cup Hummus

Meal 3: BLT Wrap, 2 Slices Turkey Bacon, 2 Large Lettuce Leaves, Tomato Slices, 2 oz. Grilled Chicken, 3 oz. Shredded Cheese, 2 tsp. Mayonnaise, 2 Whole Wheat Tortilla Wraps

Meal 4: Toasted Chickpeas (1 Serving)

Meal 5: Individual Chicken Parmesan, 1 Grilled Chicken Breast, 1 Cup Whole Wheat Pasta, ¼ Cup Marinara Sauce, 1 Slice Low-Fat Mozzarella Cheese

Meal 6: Casein Protein Shake

Day 7

Meal 1: 3 Egg Whites (Scrambled), ½ Cup Spinach, Diced Onion & 1 Tbs. Feta Cheese, Ezekiel Bread (one slice), ½ Banana

Meal 2: Rice Cakes And Peanut Butter, 2 Tsp. Peanut Butter, Sprinkle of Cinnamon, 2 Rice Cakes

**Meal 3: Chicken, Rice + Greens
Mixed Greens Salad With 2 Tablespoons of Balsamic Vinegar, ½ Cup Brown Rice, 1 Grilled Chicken Breast**

Meal 4: 8oz. Cottage Cheese, 1 Tbsp. Almond Butter

Meal 5: Salad with Steak, 8oz. Steak, 2 Cups Mixed Tuna Salad, ½ Avocado, 2 Tbsp. Lemon Juice, 1 Tbs. olive oil, extra-virgin

Meal 6: Casein Protein Shake

Day 6

Meal 1: Overnight Chia Oats: Mix the following in a mason jar overnight, ½ Cup Rolled Oats, ½ Cup Almond Milk, 1 Tsp. Chia Seeds, Dash Vanilla Extract, 1 Tsp. Pure Maple Syrup Sprinkle of Cinnamon, And top with, 1 Tsp. Nut Butter, ½ Banana, 2 Sliced Strawberries

Meal 2: 3 Hard Boiled Eggs, 1 Whole Wheat Bagel

Meal 3: Quesadilla, 1 Whole Wheat Tortilla, ½ Cup Black Beans, 4 Oz. Shredded Chicken, ¼ Cup Jack Cheese, 2 Tbs. Salsa, ½ Avocado

Meal 4: Ice-Cream Sundae, 1 Serving Banana Ice Cream, 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 5: Turkey Burger with Sweet Potato, 1 Turkey Patty Lettuce, Tomato, Onion, 1 Oz. Guacamole, 1 Whole Wheat Bun, 1 Sweet Potato, Baked

Meal 6: Casein Protein Shake

