

7-Day Muscle Gain Meal Plan

2500 calories/day | High protein, moderate carbs

Plan Overview:

- Prep time: 45 min/day
- Meals per day: 4 meals + 3 snacks
- Macro split: 35% protein, 40% carbs, 25% fats

7-Day Meal Plan:

Monday:

Breakfast: Protein pancakes with banana and nuts (450 cal)
Lunch: Quinoa bowl with lean beef and vegetables (550 cal)
Dinner: Grilled chicken breast with sweet potato (600 cal)
Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Tuesday:

Breakfast: Protein pancakes with banana and nuts (450 cal)
Lunch: Quinoa bowl with lean beef and vegetables (550 cal)
Dinner: Grilled chicken breast with sweet potato (600 cal)
Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Wednesday:

Breakfast: Protein pancakes with banana and nuts (450 cal)
Lunch: Quinoa bowl with lean beef and vegetables (550 cal)
Dinner: Grilled chicken breast with sweet potato (600 cal)
Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Thursday:

Breakfast: Protein pancakes with banana and nuts (450 cal)

Lunch: Quinoa bowl with lean beef and vegetables (550 cal)

Dinner: Grilled chicken breast with sweet potato (600 cal)

Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Friday:

Breakfast: Protein pancakes with banana and nuts (450 cal)

Lunch: Quinoa bowl with lean beef and vegetables (550 cal)

Dinner: Grilled chicken breast with sweet potato (600 cal)

Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Saturday:

Breakfast: Protein pancakes with banana and nuts (450 cal)

Lunch: Quinoa bowl with lean beef and vegetables (550 cal)

Dinner: Grilled chicken breast with sweet potato (600 cal)

Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Sunday:

Breakfast: Protein pancakes with banana and nuts (450 cal)

Lunch: Quinoa bowl with lean beef and vegetables (550 cal)

Dinner: Grilled chicken breast with sweet potato (600 cal)

Snacks: Protein smoothie, Greek yogurt, Mixed nuts (900 cal)

Shopping List:

- Protein powder
- Oats
- Bananas
- Mixed nuts
- Quinoa
- Lean ground beef
- Chicken breast
- Sweet potatoes
- Greek yogurt
- Mixed vegetables

Tips for Success:

- Eat every 3-4 hours to maintain muscle growth
- Consume protein within 30 minutes post-workout
- Stay consistent with your eating schedule
- Don't forget complex carbohydrates for energy
- Track your weight and adjust portions accordingly