

**build those muscles**  
**4 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack**

**Sunday - 10th November 2019**

coconut cream pie french toast  
carrot protein shake  
sesame chicken lunch bowl  
sweet & sticky beef strips

**Monday - 11th November 2019**

egg white omelet with mixed bell pepper, spinach, zucchini and coriander  
slow cooked beef strips  
french onion chicken breast with garlic sautéed spinach  
metabolism boosting blueberry smoothie

**Tuesday - 12th November 2019**

carrot muffin with mixed nuts  
oven roast lamb with mint sauce  
poach salmon in lime-coconut with oven roasted sweet potato  
bbq beef strips

**Wednesday - 13th November 2019**

egg with yolk omelet with baby spinach  
chicken meatballs with honey dijon mustard  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt

**Thursday - 14th November 2019**

oatmeal with flaxseed and blue berries  
bbq beef strips  
chinese ginger chicken stir fry  
iheart green smoothie

**build those muscles**  
**5 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack + dinner**

**Sunday - 10th November 2019**

coconut cream pie french toast  
carrot protein shake  
sesame chicken lunch bowl  
sweet & sticky beef strips  
beef and cauliflower bake with brown rice

**Monday - 11th November 2019**

egg white omelet with mixed bell pepper, spinach, zucchini and coriander  
slow cooked beef strips  
french onion chicken breast with garlic sautéed spinach  
metabolism boosting blueberry smoothie  
sirloin steak with green beans and sugar snaps

**Tuesday - 12th November 2019**

carrot muffin with mixed nuts  
oven roast lamb with mint sauce  
poach salmon in lime-coconut with oven roasted sweet potato  
bbq beef strips  
chicken adobo with brown rice salad

**Wednesday - 13th November 2019**

egg with yolk omelet with baby spinach  
chicken meatballs with honey dijon mustard  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt  
spicy lemon garlic shrimp

**Thursday - 14th November 2019**

oatmeal with flaxseed and blue berries  
bbq beef strips  
chinese ginger chicken stir fry  
iheart green smoothie  
mexican beef zucchini skillet

**build those muscles**  
**6 meals per day x 5 days**

**breakfast + morning snack + lunch + afternoon snack + dinner + evening snack**

**Sunday - 10th November 2019**

coconut cream pie french toast  
carrot protein shake  
sesame chicken lunch bowl  
sweet & sticky beef strips  
beef and cauliflower bake with brown rice  
chicken meatballs

**Monday - 11th November 2019**

egg white omelet with mixed bell pepper, spinach, zucchini and coriander  
slow cooked beef strips  
french onion chicken breast with garlic sautéed spinach  
metabolism boosting blueberry smoothie  
sirloin steak with green beans and sugar snaps  
turkey breast strips

**Tuesday - 12th November 2019**

carrot muffin with mixed nuts  
oven roast lamb with mint sauce  
poach salmon in lime-coconut with oven roasted sweet potato  
bbq beef strips  
chicken adobo with brown rice salad  
coconut green protein smoothie

**Wednesday - 13th November 2019**

egg with yolk omelet with baby spinach  
chicken meatballs with honey dijon mustard  
chinese pepper beef cubes and asian summer salad  
crackers with natural yogurt  
spicy lemon garlic shrimp  
bbq beef strips

**Thursday - 14th November 2019**

oatmeal with flaxseed and blue berries  
bbq beef strips  
chinese ginger chicken stir fry  
iheart green smoothie  
mexican beef zucchini skillet  
bbq chicken strips