

# A TYPICAL WEEK

Weight gain (1900-2200 Calories Per Day )

	Day1	Day2	Day3	Day4	Day5	Day6
Meal-1	<b>King of the day</b> Muesili, banana,low-fat milk,almonds,cashewnuts,wallnuts ,strawberry,blueberries	<b>Pro-pack ciabatta</b> Turkish breast,iceberg lettuce,grilled chicken, avocado,spinach,low-fat cheese	<b>Eggo omelette pizza</b> Omega3 egg,black olives,green olives,tomato,bellpepper,mozzarella cheese	<b>Exotic fruit bowl</b> Low-fat yogurt,muesili, pineapple, blueberries,Pomegranate,kiwi, cashewnuts,almonds,wallnuts, brown sugar	<b>Avoltalian</b> Omega3 egg,avocado slice, sweet potato,garlic,pepper,low-fat cream	<b>Eggsos savory</b> Omega3 egg, broccoli,grilled sweet potato,brown toast
Meal-2	<b>Yoyo chicken 'n' rice</b> Grilled chicken cubes,low-fat cream,garlic,pepper,white rice, mix veggies	<b>Grilled beef steak 'n' rice</b> Grilled beef steak,bbq, black pepper,brown rice/ white rice, mix veggies	<b>Yoyo salmon 'n'rice</b> Grilled salmon steak, mushroom,low-fat cream, brown/white rice,mix veggies	<b>Brownies veggies chicken</b> Grilled chicken,seasoning broccoli,mixed herbs,bell pepper brown rice,mix veggies	<b>Grilled whitefish 'n' mash</b> Grilled fish,mash potato's,pepper, lemon,garlic,low-fat cream	<b>Fit fat biriyani</b> Tomato,coriander,mint leaves, chicken cubes,onion, sage leaves,ginger,rice, mix veggies
Meal-3	<b>Provit chicken chopped salad</b> Grilled chicken,iceberg lettuce, redkidney beans,sweetcorn, avocado,cherry tomato,cucumber	<b>Seafood mushroom broccoli</b> Squid,whitefish,shrimps,mussels, mushroom, broccoli,low-fat cream	<b>Grilled chicken veggies salad</b> Grilled chicken,broccoli,carrot,green beans,black pepper,garlic	<b>Balsamic glazed salmon</b> Grilled salmon,balsamic vinegar,baby spinach,grapes,cherry tomato's,lemon	<b>Rustic garlic chicken 'n' rice</b> Grilled chicken,bell pepper,garlic, tomato,green beans,brown/white rice, mix veggies	<b>Fillet mignon roast</b> Grilled beef steak,iceberg lettuce, carrots,grapes,cucumber,gerger leaves,spinach,low-fat cream
Meal-4	<b>Grilled beef steak mushroom broccoli</b> Grilled beef steak,mushroom, broccoli,low-fat cream,pepper, garlic	<b>Mix beans shrimps quinoa salad</b> Grilled shrimps,quinoa,cucum-ber,beans,Italian seasoning,mixed herbs,parseley leaves	<b>Royal club</b> Iceberg lettuce,cucumber,tomato, chicken slices,avocado,low-fat cheese	<b>Grilled chicken penne pasta</b> Chicken cubes,crushed garlic,pepper, mixed herbs,low-fat cream	<b>Grilled chicken chilli 'n' salad</b> Sweetcorn,cucumber,coulis,bell pepper,seasoning	<b>Caesar salad</b> Grilled chicken,iceberg lettuce, brown bread toast,parmesan cheese,avocado
Meal-5	<b>Backed chicken bean salad</b> Grilled chicken,couli flower, carrots,lemon,green beans,low-fat cream	<b>Protein steak tuna</b> Tuna cubes,iceberg lettuce,black olives,green olives,cucumber, tomato's,sweet corn,pickles, spinach,gerger leaves	<b>All well creamy</b> Low-fat cream,broccoli, sweetcorn, pototo's,sage,garlic, mixed herbs	<b>Q chicken 'n' feta rice veggies salad</b> Qusedilla chicken,feta cheese,black olives, cucumber,bell pepper,lemon, mixed herbs	<b>Grilled chicken mushroom broccoli</b> Grilled chicken steak,mushroom, broccoli,low-fat cream,pepper,garlic	<b>Sea food soup</b> Shrimps,squid,mussels,pumkin, mixed herbs,sage,low-fat cream
snacks	<b>Grilled Sweet potato</b>	<b>Steamed broccoli</b>	<b>Mash potato</b>	<b>Mixed veggies salad</b>	<b>Backed potato wedges</b>	<b>Steamed corn 'n' cob</b>