**7-Day Meal Plan**

**For Muscle Gain (Higher Calories)**

**Day 1**

* **Breakfast**: 3 scrambled eggs with spinach, 1 slice of whole-grain toast, and half an avocado.
* **Snack**: Greek yogurt with a handful of almonds and a drizzle of honey.
* **Lunch**: Grilled chicken breast with brown rice and steamed broccoli.
* **Snack**: Protein shake with a banana and almond butter.
* **Dinner**: Sirloin steak with roasted sweet potatoes and sautéed spinach.

**Day 2**

* **Breakfast**: Cottage cheese with fresh berries and granola.
* **Snack**: Hard-boiled eggs and a small handful of almonds.
* **Lunch**: Salmon with quinoa and a side of roasted asparagus.
* **Snack**: Rice cakes with avocado spread.
* **Dinner**: Ground beef stir-fry with mixed vegetables and brown rice.

**Day 3**

* **Breakfast**: Protein smoothie with whey powder, spinach, frozen berries, and almond milk.
* **Snack**: Greek yogurt with cinnamon and a small handful of walnuts.
* **Lunch**: Baked chicken breast with quinoa and a spinach salad.
* **Snack**: Cottage cheese with sliced banana.
* **Dinner**: Pasta with grilled shrimp and a light tomato sauce.

**Day 4**

* **Breakfast**: Omelette with eggs, spinach, and bell peppers, with a side of sweet potato hash.
* **Snack**: Almond butter on whole-grain toast.
* **Lunch**: Ground beef chili with kidney beans and a side of steamed broccoli.
* **Snack**: Protein shake with a handful of frozen berries.
* **Dinner**: Grilled salmon with rice pilaf and sautéed spinach.

**Day 5**

* **Breakfast**: Greek yogurt parfait with granola, mixed berries, and a drizzle of honey.
* **Snack**: Rice cakes with almond butter.
* **Lunch**: Quinoa salad with grilled chicken, spinach, and a balsamic vinaigrette.
* **Snack**: Cottage cheese with sliced pineapple.
* **Dinner**: Sirloin steak with mashed sweet potatoes and roasted zucchini.

**Day 6**

* **Breakfast**: Protein pancakes made with whey powder, topped with fresh strawberries.
* **Snack**: A handful of almonds and a boiled egg.
* **Lunch**: Baked salmon with quinoa and a spinach salad.
* **Snack**: Greek yogurt with a sprinkle of granola.
* **Dinner**: Chicken stir-fry with brown rice and mixed vegetables.

**Day 7**

* **Breakfast**: Avocado and egg toast with a side of fresh fruit.
* **Snack**: Protein smoothie with banana, whey powder, and almond milk.
* **Lunch**: Grilled chicken breast with roasted sweet potatoes and steamed broccoli.
* **Snack**: Cottage cheese with a handful of nuts.
* **Dinner**: Ground beef tacos with lettuce wraps, avocado, and salsa.

**14-Day Meal Plan**

**For Muscle Gain or Fat Loss (Adjust Portions for Goals)**

**Week 1**

Use the **7-Day Meal Plan** as outlined above for the first week.

**Week 2**

**Day 8**

* **Breakfast**: Cottage cheese with fresh berries and a side of almonds.
* **Snack**: Protein shake with a banana.
* **Lunch**: Grilled chicken breast with brown rice and steamed asparagus.
* **Snack**: Rice cakes topped with almond butter.
* **Dinner**: Salmon with quinoa and a spinach salad.

**Day 9**

* **Breakfast**: Scrambled eggs with spinach and avocado, served with whole-grain toast.
* **Snack**: Greek yogurt with a sprinkle of cinnamon.
* **Lunch**: Ground beef stir-fry with rice and vegetables.
* **Snack**: Cottage cheese with sliced pineapple.
* **Dinner**: Grilled chicken with roasted sweet potatoes and steamed broccoli.

**Day 10**

* **Breakfast**: Protein smoothie with whey powder, frozen berries, and almond milk.
* **Snack**: A handful of almonds with a boiled egg.
* **Lunch**: Quinoa salad with spinach, grilled chicken, and a light vinaigrette.
* **Snack**: Greek yogurt with a drizzle of honey.
* **Dinner**: Pasta with shrimp and a light cream sauce.

**Day 11**

* **Breakfast**: Protein pancakes topped with fresh berries.
* **Snack**: Cottage cheese with a small handful of nuts.
* **Lunch**: Grilled salmon with rice pilaf and steamed spinach.
* **Snack**: Rice cakes with avocado spread.
* **Dinner**: Ground beef chili with a side of steamed vegetables.

**Day 12**

* **Breakfast**: Omelette with spinach, bell peppers, and onions.
* **Snack**: Greek yogurt with a handful of granola.
* **Lunch**: Grilled chicken with roasted sweet potatoes and a side salad.
* **Snack**: Almond butter on whole-grain toast.
* **Dinner**: Sirloin steak with mashed sweet potatoes and steamed broccoli.

**Day 13**

* **Breakfast**: Scrambled eggs with avocado and a side of fresh fruit.
* **Snack**: Protein smoothie with whey powder and banana.
* **Lunch**: Baked salmon with quinoa and roasted asparagus.
* **Snack**: Cottage cheese with a sprinkle of granola.
* **Dinner**: Chicken stir-fry with rice and mixed vegetables.

**Day 14**

* **Breakfast**: Greek yogurt parfait with granola and mixed berries.
* **Snack**: A handful of almonds with a boiled egg.
* **Lunch**: Ground beef tacos with lettuce wraps and avocado.
* **Snack**: Cottage cheese with sliced banana.
* **Dinner**: Pasta with grilled chicken and a light tomato sauce.