


## Muscles Booster Diet Menu (5 meals + 2 Snacks): Week1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Boiled Eggs with Arabic bread + tomato slices	Tortilla Turkey with cheese	Vegetable Omelette with Arabic bread	Hummus Tahina with cucumber & carrots slices	Spinach Omelette with arabic bread and tomato slices	Plain Waffle with Chocolate protein sauce & strawberry	Turkey Omelette with Arabic bread
<b>Lunch</b>	Chicken burger	Grilled Meat Sandwich with grilled vegetables and hummus	Grilled Fish with grilled potato	Tuna Club Sandwich	Spanich Fish Filet with potato coriander	Beef Freekeh with yogurt	Spaghetti with meat Balls
<b>Meal Pre-Exercise</b>	Toast with almond butter	oat cookies	Peanut butter with apple slices	Strawberry greek yogurt	Sweet Potato ships with Ketchup	Toast With strawberry jam	Rice cake with peanut butter
<b>Meal Post-Exercise</b>	Fish Siyadieh with Rice	Mexican Style Pasta	Lebanese Rice And Chicken & yogurt	Fish curry And Rice	Chicken Risotto with cucumber yogurt	Chicken Mougharabiyeh with Yogurt	Crusted Fish with lemon sauce and vegetable sautee
<b>Dinner</b>	Medetarian Kaftah and Vegetable sautee	Grilled Fish with coriander sauce and vegetable sautee	Beef Shawarma platter with grilled vegetables skewers	Chicken Tandoori with broccoli sautee	Chicken steak Hungarian Sauce and carrots	Shrimp Curry with roasted cauliflower	Chinese kaftah with grilled vegetables skewers
<b>Lunch Salad</b>	Lentil Soup	Nicoise Salad	Mushroom Soup	Chicken Ceasar Salad	Beef orzo Soup	Chicken Vegetable soup	Greek Chicken salad
<b>Snack 1</b>	Blueberry oat protein Muffin	Banana protein Cheese cake	Protein Vanilla cookies	Chocolate protein cheese cake	Protein Chocolate cookies	Chocolate peanut butter Protein bar	Chocolate peanut butter protein pie
<b>Snack 2</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

To pick your preferred option, please tick the 

## Muscles Booster Diet Menu (5 meals + 2 Snacks): Week2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Chickpeas Fattah (chickpeas, Toasted bread, yogurt)	Scrambled eggs with Arabic bread	Egg and cheese club sandwich	Eggs with Guacamole stuffing	Turkey and cheese wrap	protein pancake with orange, honey and nuts	Egg and cheese club sandwich
<b>Lunch</b>	Mexican Fish with tomato, lime sauce and rice	Chicken Stroganoff with rice	Chicken club sandwich	Kebbeh saniyeh with yogurt	Indian Style chicken pasta	Fish Tacos with Rainbow stew	Beef lasagna
<b>Meal Pre-Exercise</b>	Toast with almond butter	oat cookies	Peanut butter with apple slices	Strawberry greek yogurt	Sweet Potato ships with Ketchup	Toast With strawberry jam	Rice cake with peanut butter
<b>Meal Post-Exercise</b>	Meat Biryani with Rice & Yogurt	Beef risotto with cucumber yogurt	Grilled chicken with barbecue sauce and roast potato	Beef stroganoff with rice	Fish enpapillote with spring vegetables and cheesy potato with broccoli	Chicken Kabseh With Yogurt	Grilled fish with coriander sauce and potato coriander
<b>Dinner</b>	Thai Cashew Chicken with vegetables sautee	Fish Curry with Vegetables sautee	Mongolian meat with vegetables	Chich Tawook with hummus and grilled Vegetables	Mexican beef with Vegetables sautee	Grilled Salmon with spinach sautee	Chicken Steak with Hungarian sauce and carrots
<b>Dinner Salad</b>	Green salad	Crème of chickecn soup	Tuna pasta salad	Chicken vegetable soup	Tuna vegetable salad	Mushroom soup	Greek Chicken Salad
<b>Snack 1</b>	Blueberry oat protein Muffin	Banana protein Cheese cake	Protein Vanilla cookies	Chocolate protein cheese cake	Protein Chocolate cookies	Chocolate peanut butter Protein bar	Chocolate peanut butter protein pie
<b>Snack 2</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

To pick your preferred option, please tick the 

## Muscles Booster Diet Menu (5 meals + 2 Snacks): Week3

Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Spinach Omelette with Arabic bread	Tortilla Turkey with cheese	Vegetable Omelette with Arabic bread	Foul Mouddamas with Arabic bread	Spinach Omelette with Arabic bread	Plain Waffle with Chocolate protein sauce & strawberry	Turkey Omelette with Arabic bread
<b>Lunch</b>	Chicken Shawarma Sandwich	Daoud Basha with rice	Meat Biryani with yogurt	Chicken fajita sandwich with vegetables and Mexican sauce	Beef Steak Chasseur with mashroom sauce and mashed potato	Philadelphia steak sandwich	Msakkhan sandwich (Oriental chx sandwich)
<b>Meal Pre-Exercise</b>	Toast with almond butter	oat cookies	Peanut butter with apple slices	Strawberry greek yogurt	Sweet Potato ships with Ketchup	Toast With strawberry jam	Rice cake with peanut butter
<b>Meal Post-Exercise</b>	Beef Stroganoff with rice	Pasta Alfredo with grilled chicken and mushroom fresh cream sauce	Baked Chicken and potatoes in oven	Kofta with tahini & baked potato with Arabic bread	Chicken Freekeh with Yogurt	Crispy Chicken Burger	Tagliatelle with Grilled hamour
<b>Dinner</b>	Mustard Chicken with grilled vegetables	Spanish Fish Fillet with Grilled Vegetables	Chicken Curry with Vegetables sautee	Meat Shawarma platter with Tahina, Hummus and Vegetable skewers	Grilled Hamour Fish with Spinach sautee	Chicken Steak with Hungarian sauce carrots	Chich Tawook with grilled Vegetable Skewers
<b>Dinner Salad</b>	Fatoush	Crème of chicken soup	Greek pasta salad	Chicken vegetable soup	Chicken Greek Salad	Lentil soup	Panache salad
<b>Snack 1</b>	Blueberry oat protein Muffin	Banana protein Cheese cake	Protein Vanilla cookies	Chocolate protein cheese cake	Protein Chocolate cookies	Chocolate peanut butter Protein bar	Chocolate peanut butter protein pie
<b>Snack 2</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

To pick your preferred option, please tick the 

## Muscles Booster Diet Menu (5 meals + 2 Snacks): Week4

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Scrambled eggs with Arabic bread	Turkey cheese club Sandwich	Egg and cheese club sandwich	Milk Oat pudding with Nuts & Cinnamon	White Eggs Omllette with Arabic bread	Protein Pancake with orange, honey and nuts	Egg and Turkey Club Sandwich
<b>Lunch</b>	Chicken Quesadillas	Chicken breast stuffed with mozzarella and spinach with mashed potato	Chicken Escalope & spaghetti with red sauce	Beef pesto pasta	Italian Meat Pie	Beef Steak with mustard and sesame and almond rice	Crispy chicken wrap
<b>Meal Pre-Exercise</b>	Toast with almond butter	oat cookies	Peanut butter with apple slices	Strawberry greek yogurt	Sweet Potato ships with Ketchup	Toast With strawberry jam	Rice cake with peanut butter
<b>Meal Post-Exercise</b>	Potato stew with meat and vermicelli rice	Grilled fish with Freekeh	Daoud Basha with Rice	Spanish Fish Filet with potato coriander	Chicken Biryani with cucumber yogurt	Chicken Siyadih with rice and Yogurt	Beef Kabseh with yogurt
<b>Dinner</b>	Italian baked Chicken with vegetables sautee	Iranian Kabab with vegetables skewers	Crusted Fish with Lemon & spinach sautee	Chicken Teriyaki with Vegetables sautee	Grilled Hamour Fish with Siyadiyeh Sauce and Spinach sautee	Fish withroast cauliflower	Rosemary Chicken Skewers with grilled vegetabels skewers
<b>Dinner Salad</b>	Chicken Ceasar salad	Crème of chicken soup	Tuna pasta salad	Chicken vegetable soup	Chef salad	Crème of chicken soup	Chicken Greek Salad
<b>Snack 1</b>	Blueberry oat protein Muffin	Banana protein Cheese cake	Protein Vanilla cookies	Chocolate protein cheese cake	Protein Chocolate cookies	Chocolate peanut butter Protein bar	Chocolate peanut butter protein pie
<b>Snack 2</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

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