

-MENU-
MUSCLE GAINER

MONDAY

		CAL	CARBS
BREAKFAST	Colombian style Arepitas	210	18g
LUNCH	Pechuga al limonw/ Bastamic Rice	320	39g
DINNER	Chipotle Style Bowl	600	48g
MEAL 2			

TUESDAY

		CAL	CARBS
BREAKFAST	Strawberry Cheesecake Stuffed French Toast	450	28g
LUNCH	Rollos de Pollo	320	22g
DINNER	Carne Guisada con Arroz	500	50g
MEAL 2			

WEDNESDAY

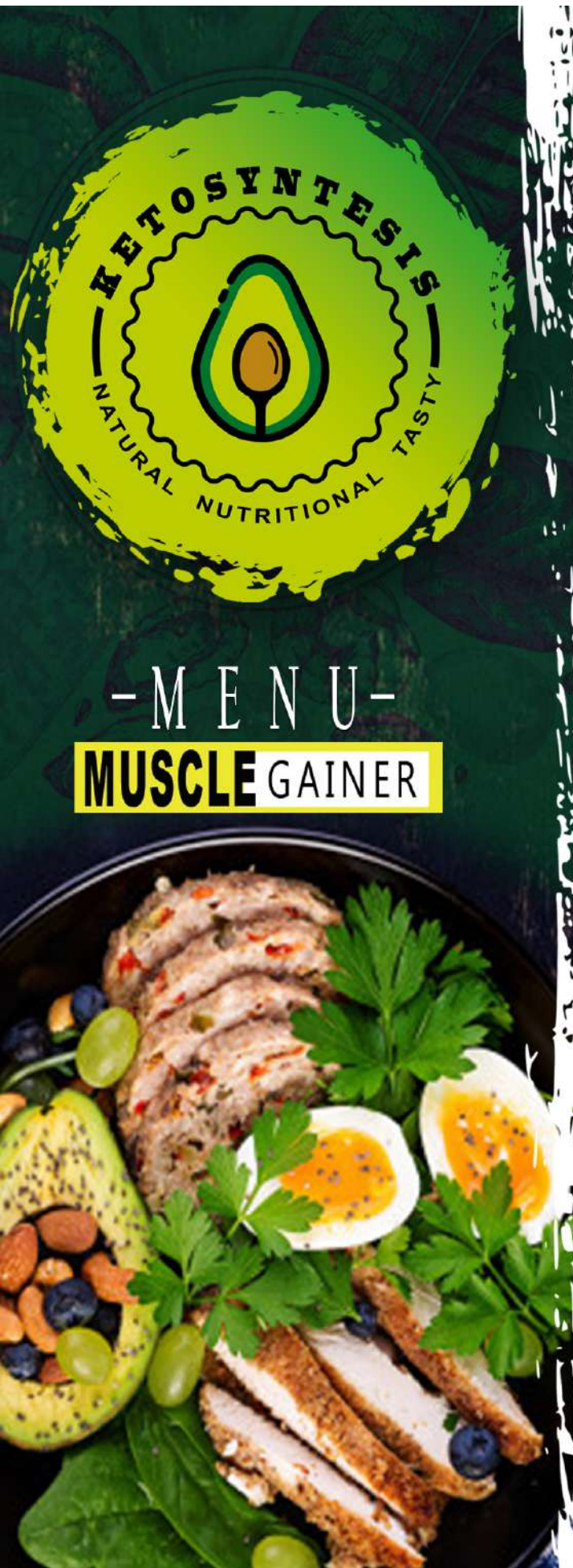
		CAL	CARBS
BREAKFAST	Turkey Bacon Egg and Cheese Sandwich	220	19g
LUNCH	Cheeseburger Quesadilla	380	23g
DINNER	Salmon Burger	330	22g
MEAL 2			

THURSDAY

		CAL	CARBS
BREAKFAST	Mozzarella and Tomatoes Omelet	280	13g
LUNCH	Chicken Lasagna	490	20g
DINNER	Crema de Auyama	308	8g
MEAL 2			

FRIDAY

		CAL	CARBS
BREAKFAST	Egg Basket	375	22g
LUNCH	Mongolian Beef Platter w/Rice.	470	30g
DINNER	Honey Walnut Shrimp w/ Sweet Potatoes Fries	370	40g
MEAL 2			



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MONDAY

		CAL	CARBS
BREAKFAST	Turkey Bacon Ranch Wrap	280	17g
LUNCH	Rib Eye w/ Mash Potatoes	380	38g
DINNER	Chicken Fruit Salad	299	2g
MEAL 2			

TUESDAY

		CAL	CARBS
BREAKFAST	Egg & Cheese & Canadian Bacon Sandwich	308	17g
LUNCH	Chicken Parmesan	300	20g
DINNER	Coconut Cod Fish	408	3g
MEAL 2			

WEDNESDAY

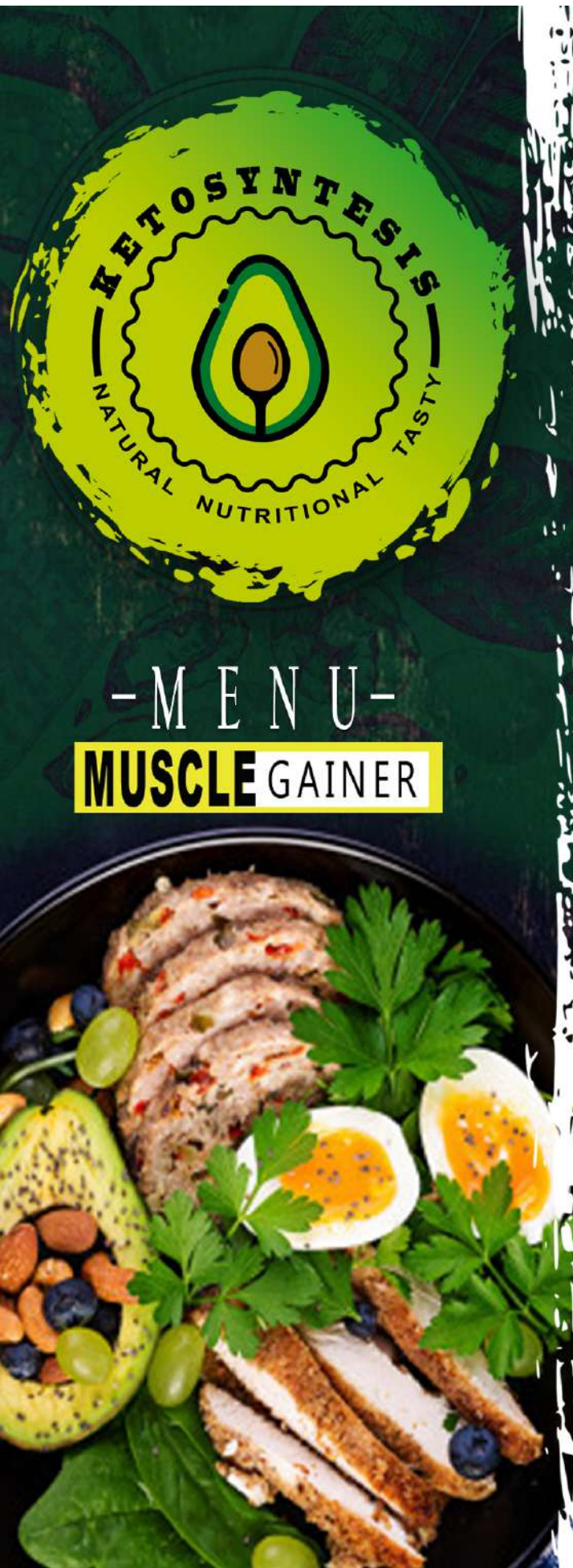
		CAL	CARBS
BREAKFAST	Cornflakes & Milk	320	26g
LUNCH	Pollo Guisado w/ Bastami Rice	280	39g
DINNER	Big Mac Salad	250	3g
MEAL 2			

THURSDAY

		CAL	CARBS
BREAKFAST	Sausages & Zucchini Bowl	305	3g
LUNCH	Broccoli Chicken Skillet	210	6g
DINNER	Ham & Cheese Mash Casserole	300	45g
MEAL 2			

FRIDAY

		CAL	CARBS
BREAKFAST	Ketosyntesis Breakfast Platter	380	3g
LUNCH	Chicken Baked Ziti	290	48g
DINNER	Baked Ribs w/ Corn	395	29g
MEAL 2			



MONDAY

		CAL	CARBS
BREAKFAST	Breakfast Pizza	280	2g
LUNCH	Shrimp Cocktails w/mash	400	25g
DINNER	Burriata Salad	390	6g
MEAL 2			

TUESDAY

		CAL	CARBS
BREAKFAST	Hash browns bacon & Eggs	308	21g
LUNCH	Fish Tacos	300	8g
DINNER	Stuffed Chicken w/ Baked Potatoes	250	26g
MEAL 2			

WEDNESDAY

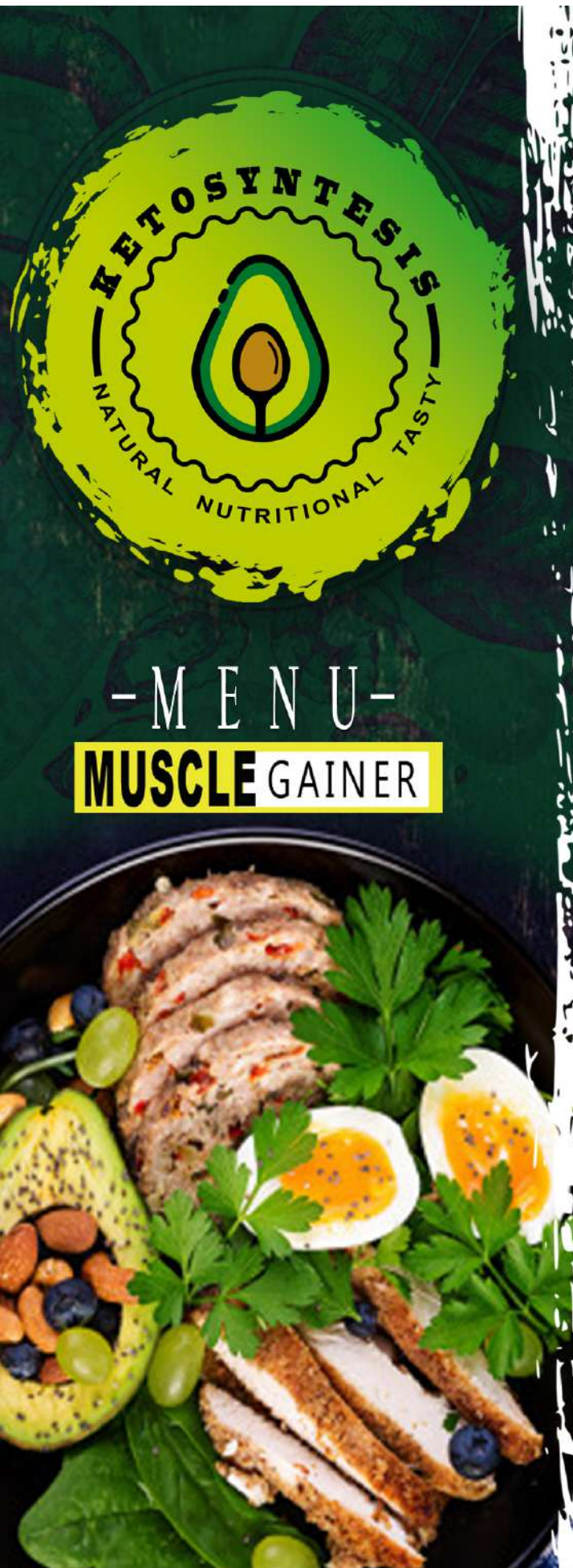
		CAL	CARBS
BREAKFAST	Giant Cheese Sticks	200	9g
LUNCH	Taco pizza	495	28g
DINNER	Chicken Stir Fry w/ Rice	350	24g
MEAL 2			

THURSDAY

		CAL	CARBS
BREAKFAST	Bagel w/Cream Cheese	180	15g
LUNCH	Enchiladas	300	15g
DINNER	Arugula Salmon Salad	310	1g
MEAL 2			

FRIDAY

		CAL	CARBS
BREAKFAST	Ketosyntesis Breakfast Platter	380	3g
LUNCH	Chicken Baked Ziti	290	48g
DINNER	Baked Ribs w/ Corn	395	29g
MEAL 2			



-MENU-
MUSCLE GAINER

MONDAY

		CAL	CARBS
BREAKFAST	Ketosyntesis style McGriddle	300	8g
LUNCH	Chicken Sandwich	270	13g
DINNER	Chicken w/	300	27g
MEAL 2			

TUESDAY

		CAL	CARBS
BREAKFAST	Power Smoothie	180	14g
LUNCH	Bandeja Paisa	267	22g
DINNER	Chicken Yaroa	300	12g
MEAL 2			

WEDNESDAY

		CAL	CARBS
BREAKFAST	Blueberry Muffin	195	7g
LUNCH	Pork Burrito	400	13g
DINNER	Shrimp Jambalaya	310	32g
MEAL 2			

THURSDAY

		CAL	CARBS
BREAKFAST	Parfait	180	2g
LUNCH	Chow Fan	300	20g
DINNER	Zucchini loaded Fries	310	3g
MEAL 2			

FRIDAY

		CAL	CARBS
BREAKFAST	Breakfast Quesadilla	220	15g
LUNCH	Bacon Egg Avocado Burger	600	27g
DINNER	Ensalada de Lomo de Cerdo	400	32g
MEAL 2			