

Day	Meal 1 (Break Fast - 12:00 PM)	Pre-Workout / Snack (3:30 PM)	Meal 2 (Dinner - 7:30 PM)	Protein Sources
Day 1	Steak & Blue Cheese Salad: 8oz Grilled Ribeye steak sliced over greens, walnuts, tomatoes, and crumbled blue cheese.	Greek Yogurt with whey protein scoop & almonds.	Parmesan Crusted Salmon: Large fillet baked with parmesan/herb crust. Side of asparagus.	Steak, Whey, Salmon
Day 2	Mega Omelet: 4-egg omelet cooked in butter, filled with bacon, spinach, and sharp cheddar. Side of avocado.	Beef Jerky (sugar-free) & string cheese.	Chicken "Alfredo": Grilled chicken breast over spaghetti squash with heavy cream & parmesan sauce.	Eggs, Bacon, Chicken
Day 3	Loaded Burger Bowl: Two 1/4lb beef patties (no bun) topped with melted Swiss, bacon, pickles, mustard, and a fried egg.	Cottage Cheese bowl with pumpkin seeds.	Pork Chops & Cauli-Mash: Seared pork chops with cheesy mashed cauliflower (butter/cream/cheddar).	Beef, Pork, Cottage Cheese

Day 4	Tuna Melt Peppers: Bell peppers stuffed with tuna salad (mayo/celery) and melted provolone cheese.	Hard-boiled eggs (2) & Macadamia nuts.	"Meatza" (Meat Pizza): Crust made from ground chicken/turkey. Topped with mozzarella, pepperoni, sausage.	Tuna, Chicken, Sausage
Day 5	Breakfast Burrito Bowl: Ground beef taco meat, scrambled eggs, shredded cheddar, salsa, sour cream, avocado.	Whey Protein Shake & a piece of fruit.	Surf & Turf: Grilled Sirloin steak & garlic butter shrimp. Broccoli with cheese sauce.	Beef, Eggs, Shrimp