

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

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