Meal Prep Plan for Muscle Gain: Simple 7-Day Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/meal-prep-plan-for-muscle-gain/

Your 7-Day Meal Prep Plan for Muscle Gain

Each day has three protein-rich meals and one snack. Treat the portions as a starting point and scale them to your appetite and goals.

Week 1: Daily Meals

Day	Breakfast	Lunch	Dinner	Snack
Monday	Egg muffins, whole grain toast	Chicken, rice, broccoli bowl	Turkey bean chili, cheddar	Greek yogurt, berries
Tuesday	Peanut butter banana overnight oats	Chicken burrito bowl, black beans	Salmon, potatoes, green beans (fresh)	Cottage cheese, pineapple
Wednesday	Egg muffins, banana	Leftover turkey chili	Chicken veggie stir-fry, rice	Milk, small handful trail mix
Thursday	Overnight oats with Greek yogurt	Beef, rice, peppers bowl	Pasta with beef meat sauce	Tuna on whole grain crackers
Friday	Breakfast burrito (from freezer)	Beef bowl leftovers	Chicken fajitas (fresh, 20 minutes)	Greek yogurt, granola
Saturday	Scrambled eggs, toast, fruit	Tuna rice bowl, spinach	Leftover pasta, side salad	Milk, peanut butter toast
Sunday	Greek yogurt oat pancakes	Clean-out-the-fridge bowl	Roast chicken, sweet potatoes	Cottage cheese, apple

Prep Schedule

Session	What to Cook	Covers
Sunday (about 90 minutes)	Chicken, rice, broccoli, turkey chili	Monday to Wednesday lunches, dinners
Sunday	Egg muffins, two jars oats	Monday to Wednesday breakfasts
Wednesday (about 60 minutes)	Beef bowls, meat sauce, rice	Thursday to Saturday meals
Wednesday	Breakfast burritos, freeze extras	Thursday to Sunday breakfasts
Fresh nights	Salmon Tuesday, fajitas Friday	About 20 minutes each

Portion Guide Per Main Meal

- **Protein:** about 4 to 6 ounces (115 to 170 g) cooked meat or fish, or 3 eggs plus beans.
- **Carbs:** about 1 to 1.5 cups cooked rice, pasta or potatoes. Go a little higher on training days if you're hungry.
- **Vegetables:** at least 1 cup, fresh or frozen.

- **Fats:** about 1 tablespoon oil, peanut butter or cheese.

Grocery List: Proteins

Item	Approx. Amount	Used For
Chicken breasts or thighs	About 4 lb	Bowls, stir-fry, fajitas, roast
Lean ground turkey	About 1.5 lb	Chili
Lean ground beef	About 2 lb	Beef bowls, meat sauce
Salmon fillets	About 1 lb	Tuesday dinner
Canned tuna	3 cans	Snack, Saturday lunch
Large eggs	2 dozen	Muffins, burritos, pancakes

Grocery List: Dairy

Item	Approx. Amount	Used For
Plain Greek yogurt	Two 32-oz tubs	Snacks, oats, pancakes
Cottage cheese	Two 16-oz tubs	Snacks
Milk (dairy or soy)	1 gallon	Oats, snacks
Cheddar cheese	8-oz block	Chili, muffins, burritos

Grocery List: Grains and Starches

Item	Approx. Amount	Used For
Rolled oats	1 canister	Overnight oats, pancakes
Rice (brown or white)	3-lb bag	Bowls, stir-fry
Whole wheat tortillas	2 packs	Burritos, fajitas
Whole grain bread	1 loaf	Toast
Pasta	1 lb	Thursday, Saturday
Potatoes	About 2 lb	Salmon night
Sweet potatoes	About 2 lb	Sunday roast
Granola	Small bag	Yogurt topping

Grocery List: Produce

Item	Approx. Amount	Used For
Broccoli	2 crowns or frozen bags	Bowls
Bell peppers	5	Muffins, bowls, fajitas
Onions	3	Chili, sauce, fajitas
Green beans	1 lb	Salmon night
Baby spinach	1 large bag	Muffins, salads, bowls
Bananas	1 bunch	Oats, breakfasts
Frozen berries	2 bags	Yogurt, oats
Pineapple	1 can or fresh	Cottage cheese snack
Apples	4	Snacks
Garlic	1 head	Chili, sauce, stir-fry
Lemons	2	Salmon, salads
Frozen stir-fry vegetables	1 bag	Wednesday stir-fry

Grocery List: Pantry

Item	Approx. Amount	Used For
Canned black beans	3 cans	Bowls, burritos
Canned kidney beans	2 cans	Chili
Crushed tomatoes	2 large cans	Chili, meat sauce
Peanut butter	1 jar	Oats, toast
Trail mix or nuts	1 small bag	Snack
Olive oil	1 bottle	Cooking
Salsa	1 jar	Bowls, burritos
Chili and taco spices	As needed	Chili, fajitas
Low-sodium soy sauce	1 bottle	Stir-fry
Whole grain crackers	1 box	Tuna snack