

## Lean Gainer Meal Plan (2000-2300KCAL)

	Day 1	Choose One	Day 2	Choose One	Day 3	Choose One	Day 4	Choose One	Day 5	Choose One
<b>Breakfast</b>	<b>Eggaholic (Egg White or Whole or Mix)</b> Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Mixed Beans or Minced Beef		<b>Eggaholic (Egg White or Whole or Mix)</b> Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Mixed Beans or Minced Beef		<b>Eggaholic (Egg White or Whole or Mix)</b> Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Mixed Beans or Minced Beef		<b>Eggaholic (Egg White or Whole or Mix)</b> Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Mixed Beans or Minced Beef		<b>Eggaholic (Egg White or Whole or Mix)</b> Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Mixed Beans or Minced Beef	
	<b>Hummus Benedict</b> Chickpeas served with 2 Poached Eggs and Arabic Herbs with Fat Free Honey Mustard on the side		<b>Paleo Pancake</b> 2 Tasty Pancakes made paleo style		<b>Protien Pancake - Vanilla /Chocolate</b> 2 Tasty Low Fat, Low Carb Pancakes with Whey Protein		<b>Oats Omlete</b> Raw Oats, 4 Egg Whites, a sip of Low Fat Milk, Low Fat Mozzarella and Mixed Veggies		<b>Oats Omlete</b> Raw Oats, 4 Egg Whites, a sip of Low Fat Milk, Low Fat Mozzarella and Mixed Veggies	
	<b>Open Salmon &amp; Egg Sandwiches</b> Smoked Salmon, Avocado with 2 Poached Eggs Served on Multi Grain Toast with Fat Free Honey Mustard Sauce		<b>EggWhite Tacos(Egg White or Whole or Mix)</b> 5 Egg Whites shaped like a Taco, filled with Mushroom, Corn, Low Fat Mozzarella, Veggies and Chopped Onions served with Multi Grain Bread		<b>Oats Pancake</b> Made with Oats, Egg Whites, Low Fat Milk and a dash of Cinnamon		<b>EggWhite Tacos(Egg White or Whole or Mix)</b> 5 Egg Whites shaped like a Taco, filled with Mushroom, Corn, Low Fat Mozzarella, Veggies and Chopped Onions served with Multi Grain Bread		<b>Hummus Benedict</b> Chickpeas served with 2 Poached Eggs and Arabic Herbs with Fat Free Honey Mustard on the side	
<b>AM Snacks</b>	<b>Perfect Parfait</b> Layers of Honey and Low Fat Yogurt topped off with Granola		<b>Muscle Truffle - Vanilla/chocolate</b> All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond		<b>Heavenly Layers</b> Avocado, Granola and Low Fat Yogurt with a hint of Honey		<b>Perfect Parfait</b> Layers of Honey and Low Fat Yogurt topped off with Granola		<b>Muscle Truffle - Vanilla/chocolate</b> All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond	
	<b>Heavenly Layers</b> Avocado, Granola and Low Fat Yogurt with a hint of Honey		<b>Perfect Parfait</b> Layers of Honey and Low Fat Yogurt topped off with Granola		<b>Muscle Truffle - Vanilla/chocolate</b> All the pleasure with no guilt. Peanut Butter, Honey, Vanilla Protein Powder, Oats and Almond		<b>HAYZ BAR</b> Homemade Dessert Bar made from Peanut butter, Roasted peanuts, Dates, Protein Powder and Oats Pair it with a Black Coffee for an unforgettable experience		<b>HAYZ BAR</b> Homemade Dessert Bar made from Peanut butter, Roasted peanuts, Dates, Protein Powder and Oats Pair it with a Black Coffee for an unforgettable experience	
<b>Lunch</b>	<b>Mighty Grilled Chicken</b> Lean Grilled Chicken Breast + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Battleground</b> It's The Ultimate Protein Bowl.Mix of Grilled Chicken and Grilled Beef with Avocado, Corn, Kidney Beans, Carrots, with a Light Secret Sauce		<b>Mighty Grilled Chicken</b> Lean Grilled Chicken Breast + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Grilled White Fish</b> Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Mighty Grilled Chicken</b> Lean Grilled Chicken Breast + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
	<b>Battleground</b> It's The Ultimate Protein Bowl. Mix of Grilled Chicken and Grilled Beef with Avocado, Corn, Kidney Beans, Carrots, with a Light Secret Sauce		<b>Playful Chicken</b> Grilled Chicken with Brown Rice mixed with Mixed Bell Peppers, Chopped Broccoli, Carrot, Avocado and recommended Teriyaki Sauce		<b>Meat Balls</b> Kofta, Brown rice, mix with Tomato Sauce , Kale, Mixed Bell Pepper and Carrot with HAYZ Spice.		<b>Battleground</b> It's The Ultimate Protein Bowl. Mix of Grilled Chicken and Grilled Beef with Avocado, Corn, Kidney Beans, Carrots, with a Light Secret Sauce		<b>Grilled White Fish</b> Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
	<b>Grilled White Fish</b> Dory White Fish, check our Sauces HQ section and get inspired + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Meat up</b> Grilled Beef Strips with Brown Rice, Mixed Bell Peppers, Corn, Mushrooms and Light Tomato Teriyaki Sauce		<b>Lean Tenderloin Beef</b> Juicy lean steak grilled to your liking with a choice of Black Pepper or Oyster Sauce + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Playful Chicken</b> Grilled Chicken with Brown Rice mixed with Mixed Bell Peppers, Chopped Broccoli, Carrot, Avocado and recommended Teriyaki Sauce		<b>Helthy Foursome</b> Grilled Salmon with Real Passion Fruit Sauce + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
<b>PM Snacks</b>	<b>Spinach Tortilla Beef Wrap</b> Minced Beef, Julian Onion, Yellow, Red Bell Peppers with Choice of Oyster or Marinara sauce		<b>Veggie Wrap-Avocado</b> Wrapped in Whole Wheat Tortilla Bread! Mixed Beans, Corn, Onion, Red Bell Pepper, and Carrot, Fresh Coriander Sauté with Tomato Sauce and Avocado.		<b>Veggie Wrap-Baked Sweet Potato</b> Wrapped in Whole Wheat Tortilla Bread! Mixed Beans, Corn, Onion, Red Bell Pepper, and Carrot, Fresh Coriander Sauté with Tomato Sauce and Baked Sweet Potato.		<b>BEEF Burger</b> Toasted Whole Grain Bun, Big Lean Beef Lettuce, Onion, Tomato, & Low Fat Cheddar Cheese.		<b>Chicken Burger</b> Toasted Whole Grain Bun, Big Lean Beef Lettuce, Onion, Tomato, & Low Fat Cheddar Cheese.	
	<b>Turkey Bacon Beans</b> Grilled Honey Glazed Turkey Bacon with a mix of Beans, Herbs and a Signature HAYZ spice.		<b>Chicken Burrito</b> Wrapped in Whole Wheat Tortilla Bread! Marinated Grilled Chicken, Romaine Lettuce, Black Beans, Corn, Red Bell Peppers with Light Yogurt Sauce		<b>Tuna Cake</b> Tuna with Mix of Red Onion, White Quinoa, Tomato, Fresh Coriander Leaves and Baked Sweet Potato with dash of Black Pepper.		<b>Open Toast Tuna</b> Tuna mixed with Veggies, Onions, Black Olives, Tomatoes, Herbs & Spices with Light Lemon Sauce Served on Whole Wheat Toast		<b>Healthy Philly Staek</b> Lean Tenderloin Beef Stripes Grilled with Mixed Bell Peppers, Onion, a mix of Spices and Low Fat Sauce in Multi Grain Bread with Low Fat Mozzarella	
<b>Dinner</b>	<b>Chicken Peanut Butter</b> Grilled Chicken with Special Seasoning and a Light Peanut Butter Sauce with Ginger and Garlic in Whole Wheat Bread		<b>Lean &amp; Mean Kofta</b> Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Lean &amp; Mean Kofta</b> Grilled Kofta made from Lean Beef + Choice of Carbs (Sweetpotato, Mixed Quinoa, Brown Rice, Mashed Potato, Mixed Breans) + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Stuffed Chicken</b> Grilled Chicken Stuffed with Turkey Bacon and Low Fat Cheddar Cheese, Topped with Red Cabbage, Lemon Chops and Light Thyme Sauce		<b>Pastel de papa</b> Minced Beef, Mashed potato, Black Olives, Egg White, Corn, Beans and Herbs with Spices	
	<b>Healthy Philly Staek</b> Lean Tenderloin Beef Stripes Grilled with Mixed Bell Peppers, Onion, a mix of Spices and Low Fat Sauce in Multi Grain Bread with Low Fat Mozzarella		<b>Guiltless Spaghetti Bolognese</b> Minced beef, Brown spaghetti, carrot, zucchini, mixed spices and Herbs with tomato sauce.		<b>Stuffed Chicken</b> Grilled Chicken Stuffed with Turkey Bacon and Low Fat Cheddar Cheese, Topped with Red Cabbage, Lemon Chops and Light Thyme Sauce + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		<b>Healthy Philly Staek</b> Lean Tenderloin Beef Stripes Grilled with Mixed Bell Peppers, Onion, a mix of Spices and Low Fat Sauce in Multi Grain Bread with Low Fat Mozzarella		<b>Guiltless Spaghetti Bolognese</b> Minced beef, Brown spaghetti, carrot, zucchini, mixed spices and Herbs with tomato sauce.	
	<b>Turkey Lovers</b> Grilled Turkey Breast with Marinara Sauce in Multi Grain Bread		<b>Chicken Peanut Butter</b> Grilled Chicken with Special Seasoning and a Light Peanut Butter Sauce with Ginger and Garlic in Whole Wheat Bread		<b>Pastel de papa</b> Minced Beef, Mashed potato, Black Olives, Egg White, Corn, Beans and Herbs with Spices		<b>Chicken Peanut Butter</b> Grilled Chicken with Special Seasoning and a Light Peanut Butter Sauce with Ginger and Garlic in Whole Wheat Bread		<b>Salmon Quinoa Bowl</b> Grilled salmon with mixed quinoa, bell peppers, chopped broccoli, chopped zucchini and light tomato teriyaki sauce	
<b>Remarks/ Allergenic note:</b>										