

## Sample Meal Plan: 7-Day Muscle Recovery Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt with berries and granola	Grilled chicken breast with sweet potato and green beans	Baked salmon with quinoa and steamed broccoli	Apple slices with almond butter
Tuesday	Scrambled eggs with spinach and whole wheat toast	Turkey and avocado wrap with mixed greens	Grilled chicken breast with roasted carrots and brown rice	Greek yogurt with honey and walnuts
Wednesday	Smoothie bowl with banana, spinach, and almond milk	Grilled chicken breast with mixed greens and whole wheat pita	Baked chicken thighs with roasted sweet potatoes and green beans	Hard-boiled egg and cherry tomatoes
Thursday	Avocado toast with scrambled eggs and whole wheat bread	Turkey and cheese sandwich on whole wheat bread with carrot sticks	Grilled salmon with quinoa and steamed asparagus	Rice cakes with almond butter and banana slices
Friday	Greek yogurt with berries and granola	Grilled chicken breast with mixed greens and whole wheat wrap	Baked chicken breast with roasted Brussels sprouts and sweet potatoes	Apple slices with peanut butter
Saturday	Smoothie bowl with banana, spinach, and almond milk	Turkey and avocado wrap with mixed greens	Grilled chicken breast with quinoa and steamed broccoli	Greek yogurt with honey and walnuts
Sunday	Scrambled eggs with spinach and whole wheat toast	Grilled chicken breast with mixed greens and whole wheat pita	Baked salmon with roasted carrots and brown rice	Hard-boiled egg and cherry tomatoes

This table provides a quick and easy way to view the sample meal plan, with each day's meals and snacks listed in a concise format.