



## PURE Meal Plan

### Muscle Gain - Week 1

Diet plays a huge part in a muscle-building programme. Our Muscle Gain menu is designed by our team of certified nutritionists and professional chefs, freshly cooked daily. This meal plan provides you with enough protein and nutrients to power you through your training. Plus, you can save the hassle and time on preparing healthy balanced meals!

**Our meals come in four sizes and include two snacks each:**

**Small (1,700 kcal)**

**Medium (1,900 kcal)**

**Large (2,100 kcal)**

**Extra-large (2,300 kcal)**

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#### Day 1

Breakfast: Apple pie oatmeal

Snack 1: Acai smoothie bowl

Lunch: Hunter-style chicken, pilau brown rice, farmer's stir-fried vegetables

Snack 2: Tuna fish balls with tzatziki sauce

Dinner: Ginger orange brown rice, zucchini à la Provençale, slow-roasted beef tenderloin, Bordelaise sauce

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#### Day 2

Breakfast: Plain congee with pork meatballs

Snack 1: Chocolate crispy bar

Lunch: Sautéed green beans, mashed sweet potato, slow-cooked cod in olive oil and basil persillade

Snack 2: Fruit salad

Dinner: Green pea brown rice risotto, slow-cooked chicken breast, brown chicken jus

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#### Day 3

Breakfast: Oatmeal peanut butter bowl

Snack 1: Mango smoothie bowl

Lunch: Chicken tagine with cauliflower tabouleh, mushroom and edamame, chicken tagine sauce

Snack 2: Japanese gyozas

Dinner: Duroc and Iberico pork loin with Duroc sauce, broccoli brown rice, sesame bok choy

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#### Day 4

Breakfast: Asian whole wheat tortilla with stir-fried vegetables and chicken

Snack 1: Chicken satay with peanut sauce

Lunch: Thai stir-fried vegetables, Thai fish cakes, fennel rice with Spigol®, sweet chilli sauce

Snack 2: Blueberry pancakes

Dinner: Blanquette of black truffle turkey, Blanquette sauce

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#### Day 5

Breakfast: 0% fat Greek yoghurt with plum and raisin compote

Snack 1: Chicken nuggets, almond barbecue ketchup

Lunch: Slow-cooked pork tenderloin with Pommery mustard sauce, roasted brussels sprouts fricassee, Mexican brown rice

Snack 2: Scallion pancakes with hoisin sauce

Dinner: Vegetable brown rice, flame-grilled teriyaki salmon Japanese poke bowl, toppings

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#### Day 6

Breakfast: Black rice porridge with chia seed and mango

Snack 1: Fruit salad

Lunch: Artichoke and green beans, vegetable fricassee, spaghetti, Sicilian-style swordfish filet with Sicilian sauce

Snack 2: Rainbow lentil meatballs with Arrabiata sauce

Dinner: Vegetable jardinière, roasted veal topside with morel sauce, black truffle mashed potato



## PURE Meal Plan

### Muscle Gain - Week 2

Our meals come in four sizes and include two snacks each:

**Small (1,700 kcal)**

**Medium (1,900 kcal)**

**Large (2,100 kcal)**

**Extra-large (2,300 kcal)**

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#### Day 1

Breakfast: Blueberry coconut oatmeal

Snack 1: Green papaya salad

Lunch: Caponata Bulgur pilau, slow-cooked pesto chicken, basil chicken jus

Snack 2: 0% fat pineapple passionfruit yoghurt

Dinner: Ginger orange brown rice, turkey meatballs in a creamy red curry sauce, broccolini

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#### Day 2

Breakfast: Fish congee

Snack 1: Fruit salad

Lunch: Polenta lasagna

Snack 2: Chocolate pancakes with strawberry coulis

Dinner: Cantonese-style brown rice, pork char siu, zoodles

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#### Day 3

Breakfast: Cocoa cherry oats with Greek yoghurt, Griotte cherry coulis

Snack 1: Spanish gazpacho

Lunch: Roasted honey thyme parsnips, slow-cooked lemongrass seabream filet, steamed rice, red bell pepper and sea urchin coulis

Snack 2: Fruit salad

Dinner: Miso chicken breast, buckwheat, Hibachi vegetables, brown chicken jus

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#### Day 4

Breakfast: Black rice porridge with chia seed and mango

Snack 1: Fruit salad

Lunch: Pilau rice, Chinese eggplant with garlic sauce, Duroc Iberico pork loin with Sichuan garlic sauce

Snack 2: 0% fat plain Greek yogurt, mango yuzu coulis

Dinner: Chicken pakora, kimchi rice, Mediterranean zucchini noodles, tzatziki sauce

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#### Day 5

Breakfast: Chickpea zucchini soup

Snack 1: Fig cranberry granola, almond panna cotta

Lunch: Hainanese chicken with rice, braised lettuce with peas, roasted cashews

Snack 2: Fruit salad

Dinner: Slow-cooked squid with Armoricaine sauce, roasted cashews, fennel rice with Spigol<sup>®</sup>, roasted artichoke niçoise

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#### Day 6

Breakfast: Chocolate oatmeal with peanut butter

Snack 1: Baked falafel, red onion pickled sambal oelek

Lunch: Quinoa poke bowl, flame-seared tuna, spicy yuzu dressing

Snack 2: Fruit salad

Dinner: Vegetarian spaghetti, plant-based bolognese



## PURE Meal Plan

### Muscle Gain - Week 3

Our meals come in four sizes and include two snacks each:

**Small (1,700 kcal)**

**Medium (1,900 kcal)**

**Large (2,100 kcal)**

**Extra-large (2,300 kcal)**

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#### Day 1

Breakfast: 0% fat yoghurt with mixed berry compote

Snack 1: Fruit salad

Lunch: Mashed green peas, roasted sweet potato, Duroc and Iberico pork loin with charcutière sauce

Snack 2: Tsukune (Japanese chicken skewers)

Dinner: Korean stir-fried beef with rice

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#### Day 2

Breakfast: Chicken congee

Snack 1: Berry parfait

Lunch: Cardamom and raisin brown rice, southwestern sautéed corn, trout filet, Marinierie curry coconut emulsion

Snack 2: Gluten-free banana pancakes

Dinner: Tandoori chicken breast with yoghurt sauce, roasted sweet potato, Mexican brown rice

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#### Day 3

Breakfast: Apple pie oatmeal

Snack 1: Portobello pizzetta

Lunch: Chicken curry, broccoli brown rice, Yasai Itame

Snack 2: 0% fat creamy cucumber yoghurt salad

Dinner: Steamed Whiting fish steak, Marengo garnish, ginger orange brown rice, capers chicken jus

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#### Day 4

Breakfast: Overnight oats, 0% fat yoghurt, red berries

Snack 1: Chocolate mousse

Lunch: Kimchi rice, Provençal cod with herbs, confit tomato jam, Borlotti beans in basil oil

Snack 2: Thai chicken coleslaw with sweet chilli sauce

Dinner: Roasted garden vegetables, carrot brown rice, lightly smoked lemon thyme salmon, lemongrass emulsion sauce

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#### Day 5

Breakfast: Cranberries and seeds with overnight oats

Snack 1: Organic Italian chicken meatballs, homemade creamy tomato sauce

Lunch: Spring navarin of lamb, lamb stew sauce, mixed vegetable garnish

Snack 2: Green papaya salad

Dinner: Chicken with bibimbap salad, lemongrass steamed rice, bibimbap curry sauce

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#### Day 6

Breakfast: Organic chia mango pudding

Snack 1: Fruit salad

Lunch: Peri Peri chicken with Peri Peri sauce, vegetable achar, Mexican brown rice

Snack 2: 0% fat plain Greek yoghurt with strawberry coulis

Dinner: Lemon dill cod, almond black rice, cauliflower purée, homemade mushroom and tomato sauce