hair growth Meal Plan

(around 100 grams of protein & 2000 calories per day)

MONDAY

Breakfast	Lunch	Dinner	Snacks
Scrambled eggs with sautéed spinach and avocado on whole-grain toast	Grilled chicken salad with kale, chard, avocado, and balsamic vinaigrette	Grass-fed beef stir-fry with kale and quinoa	Greek yogurt with berries and a scoop of protein powder

TUESDAY

Breakfast	Lunch	Dinner	Snacks
Omelet with kale, mushrooms, and cheddar; side of berries	Salmon and spinach wrap with avocado; side of berries	Baked mackerel with chard, sweet potato, and a side of grilled shrimp	Strawberries and almond butter

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks
Boiled eggs with chard smoothie (banana + almond milk); Brazil nuts	Shrimp quinoa bowl with sautéed chard and cherry tomatoes	Liver and onions with sautéed spinach and roasted carrots	Avocado slices with sea salt and lemon

THURSAY

Breakfast	Lunch	Dinner	Snacks
Avocado toast with poached eggs and raspberries	Grass-fed beef burger (no bun) with kale salad and avocado	Grilled shrimp with wild rice and steamed spinach	Smoothie with kale, berries, almond butter, and protein powder

FRIDAY

Breakfast	Lunch	Dinner	Snacks
Omelet with kale, cheddar, 3 eggs, and a side of Greek yogurt	Chicken and spinach wrap with side of blackberries	Sardines over sautéed kale with garlic and lemon	Blueberries and a hard-boiled egg

SATURDAY

Breakfast	Lunch	Dinner	Snacks
Greek yogurt with mixed berries and a handful of Brazil nuts	Chicken and spinach wrap with avocado, blackberries, and hard-boiled egg	Salmon fillet with chard and mashed cauliflower	Raspberries with cottage cheese

SUNDAY

Breakfast	Lunch	Dinner	Snacks
Frittata with kale, onions, and goat cheese; side of blueberries	Oyster and mixed greens salad with olive oil dressing	Organ meat stew with carrots, kale, and potatoes	Smoothie with kale, berries, and protein powder