



**HIGH PROTEIN - LOW CARBS  
ATHLETE  
(2400kcal - 3000kcal)**

16th - 22nd March

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Banana bread pancake	Honey garlic shrimp with white rice	Chicken Armadillo with cauliflower mashed	Seed crackers	Pom Rose (pomegranate, rosemary, orange)
TUESDAY	Healthy start omellete with kale. tomato&cucumber	Honey Lime Chicken Skewers with Potato Wedge	Stir fry Beef Szechuan with Bulgur	Mini Sliders	Green Juice (kale, green apple, celery, lemon, mint)
WEDNESDAY	Green crepes	Creamy Garlic Lemon Fish with Brown Rice	Lemon pepper chicken with creamy Fussili Pasta	Tiramisu	Zesty Turmeric Twist (orange, lemon, turmeric, ginger)
THURSDAY	Healthy tuna sandwich with tomato&cucumber	Chicken Nasigoreng	Parmesan chicken strips with Quinoa	Pizza muffins	Vitamin Boost (carrot, orange, apple, spinach, lemon)
FRIDAY	Boiled eggs with hummus	Chicken chowmein noodles	Grilled Salmon with Lemon Butter sauce with Beetmash	Fruit parfait	Carrot Spice Zing (carrot, pineapple, ginger)
SATURDAY	Scrambled egg with bread and Salad	Chicken rolls up with Orzo	Mince Chicken Picadillo	Chocolate peanut butter yogurt bar	Green Juice (kale, green apple, celery, lemon, mint)
SUNDAY	Mocha overnight oats	Grilled Chicken teriyaki with Potato Wedges	Beef Bolognese Spaghetti	Chicken bread roll	Pom Paradise (pomegranate, red apple, lemon)