



ATHLETE
(2400kcal - 3000kcal)

13th - 19th Oct

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Healthy chocolate crepes	Shrimp thai red curry with basil rice	Baked chicken with creamy rissoto	Chocolate & peanut butter cups	Pom rose
TUESDAY	Healthy Egg Shakshuka	Lemon chicken with spanish bulgur	Healthy Beef stew with brown rice vegetables	Key lime bars	Green juice
WEDNESDAY	Peanut butter oatmeal	Baked fish with lebanese freekeh	Chicken Za'atar with sweet potato	strawberry Cheesecake	Carrot spice
THURSDAY	Turkey croissant	Grilled Chicken with Quinoa	Teriyaki chicken skewer with caesar salad	Mini Burger	Energy boost
FRIDAY	Raspberry chia pudding	Chicken with creamy lemon orzo	Korean salmon rice bowl with vegetables	Classic millionaire shortbread	Ice tea
SATURDAY	Spinach scrambled eggs with brown bread	Mince beef bowl with sweet potato mashed	Crusted Sesame chicken with quinoa stir fry	Rocky road bars	Pom Rose
SUNDAY	Healthy Vanilla waffle	Grilled Chicken with brown rice	Chicken Philadelphia with pasta and beetroot salad	Pistachio chocolate bars	Green juice