



ENERGY  
MEAL  
PLANS

HIGH PROTEIN - LOW CARBS  
ATHLETE  
(2000kcal - 2200kcal)

8th- 14th Sept

|           | BREAKFAST                    | LUNCH                                    | DINNER                                     | SNACK                      | DRINKS                                                 |
|-----------|------------------------------|------------------------------------------|--------------------------------------------|----------------------------|--------------------------------------------------------|
| MONDAY    | Chicken puff pastry          | Sweet & sour shrimps with brown rice     | Chicken skillet with Roasted potatoes      | Healthy Pizza Bite         | Carrot Spice Zing (carrot, pineapple, ginger)          |
| TUESDAY   | English breakfast            | Healthy Mongolian beef spaghetti noodles | Garlic Lime chicken tenders & Quinoa       | Chocolate Cake             | Green Juice (kale, green apple, celery, lemon, mint)   |
| WEDNESDAY | Lebanese Breakfast           | Herbs Chicken with Creamy Risotto        | Baked Fish & Mashed Potato Herbs           | Peanut Butter Protein ball | Zesty Turmeric Twist (orange, lemon, turmeric, ginger) |
| THURSDAY  | Cheesy Omelette              | Tuscan chicken with penne pasta          | Chicken & Spanish bulgur                   | Fruit Cup                  | Vitamin Boost (carrot, orange, apple, spinach, lemon)  |
| FRIDAY    | Waffles with blueberry sauce | Pesto chicken with brown rice            | Salmon Poke Bowl with couscous salad salad | Yogurt and fruits bar      | Pom Rose (pomegranate, rosemary, orange)               |
| SATURDAY  | Tuna sandwich                | Chicken Arabiatta With Creamy GF - Pasta | Sesame chicken with roasted potatoes       | healthy mini donut         | Green Juice (kale, green apple, celery, lemon, mint)   |
| SUNDAY    | Chocolate chia pudding       | Herbs chicken with caesar salad          | Pita Bread Chicken Shawarma & Salad        | Quinoa crackers            | Pom Paradise (pomegranate, red apple, lemon)           |