



Athlete's Plan Weekly Menu

2400kCal - 3000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Monday	Eggs & Potato Caserole	Tuscan Fish w/ Mixed Beans & Corn	Pomegranate Chicken & Quinoa Salad w/ Honey Balsamic Vinaigrette Dressing	Chocolate Brownie	Strawberries, Milk, Protein Powder & Peanut Butter
Tuesday	Blueberry Banana Chia Seed Pudding w/ Peanut Butter	Chicken Kabsa w/ Tomato Sauce	Spaghetti Meatballs w/ Cheese	Raspberry Muffin	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
Wednesday	Tropical Protein Overnight Oats w/ Nuts	Citrus Salmon w/ Baked Sweet Potatoes & Creamy Oregano-Thyme Sauce	Mexican Couscous w/ Eggs	Carrot Cake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon, and Water Soaked Oats
Thursday	Hummus w/ Carrot Cucumber Fingers & Toasted Bread	Green Thai Fish Curry w/ Coconut Rice	Grilled Chicken w/ Roasted Potatoes & Lemon-Mustard Sauce	Almond & Dark Chocolate Cake	Banana, Milk and Protein Powder
Friday	Protein Crepe w/ Honey Apple Cinnamon Syrup	Mixed Bean w/ Saffron Rice & Yogurt Sauce	Spinach & Beef Stew w/ Mashed Potatoes	Red Velvet Muffin	Chocolate, Milk, and Protein Powder
Saturday	Egg Rolls w/ Sweet Chilli Sauce	Shrimp Scampi Pasta w/ Veggies	Chicken Taco Bowl w/ Couscous, Corn & Avocado Salsa	Chocolate Peanut Butter Energy Balls	Mixed Berries, Milk and Protein Powder
Sunday	Halloumi Veggie Sandwich	Lemon & Herb Kingfish w/ Roasted Potatoes & Tartare Sauce	Beef & Mixed Bean Zucchini Boats	Lemon Cookies	Blueberry, Cinnamon, Milk and Protein Powder