



# Athlete Weekly Menu

2500kCal - 3000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Egg, Vegetable & Cheese Sandwich	Supreme Fish with Rice, Mushrooms & Peppers	Beef Steak with Spinach & Corn	Chocolate Brownie	Strawberries, Milk, Protein Powder and Peanut Butter
<b>Monday</b>	Nutty Protein Pancakes with Honey	Pan Seared Salmon with Tomato Salsa & Parsley Potatoes	Baked Caribbean Chicken with Couscous Salad & Broccoli	Vanilla Cake	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
<b>Tuesday</b>	Mango & Pear Protein Chia Seed Pudding	Chicken & Chickpea Greek Salad	Middle-Eastern Falafel Bowl	Strawberry Cheesecake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats
<b>Wednesday</b>	Berry Overnight Oats with Nuts	Caramelized Beef with Mashed Potatoes & Green Beans	Chicken Tarragon with Mix Vegetable Rice	Lemon Muffin	Banana, Milk and Protein Powder
<b>Thursday</b>	Mushroom, Spinach & Bell Pepper Omlette with Cheese	Honey Soy-Glazed Fish with Spaghetti & Vegetables	Smoky chicken with Quinoa & Baby Marrow	Red Velvet Cake	Chocolate, Milk, and Protein Powder
<b>Friday</b>	Pomogranate Protein Granola Bowl	Chilli Lemon Pomfret with Roast Potatoes & Broccoli	Chicken parmesan Stuffed Zucchini Boats	Chocolate Swiss Roll	Banana, Strawberry, Milk and Protein Powder
<b>Saturday</b>	Almond Protein Chia Seed with Mix Fruits	Cajun Shrimp with Beetroot Salad	Chicken Guacamole Wholewheat Wrap	Blueberry Muffin	Blueberry, Cinnamon, Milk and Protein Powder