



Athlete Weekly Menu

2500kCal - 3000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Sunday	Mushroom, Bell Pepper & Spinach Omelette with Cheese	White Fish Katsu Curry with Mixed Veggies & Rice	Beef Taco Bowl	Chocolate Brownie	Strawberries, Milk, Protein Powder and Peanut Butter
Monday	Nutty Banana Protein Pancakes with Nuts	Pan Fried Salmon with Parsley Potatoes in Lemon Garlic Sauce	Chipotle Chicken with Lemon Rice & Grilled Baby Marrow	Vanilla Cake	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
Tuesday	Scrambled Eggs with Sauteed Veggies	Grilled Chicken with Biryani Rice & Mix Vegetables	Middle-Eastern Falafel Couscous Bowl	Strawberry Cheesecake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats
Wednesday	Chocolate Protein Overnight Oats with Nuts	Caramelized Beef with Mashed Potatoes & Broccoli	Caribbean Grilled Chicken with Mixed Vegetable & Quinoa Salad	Lemon Muffin	Banana, Milk and Protein Powder
Thursday	Egg & Vegetable Pizza	Fish Cacciatore with Rice & Mixed Vegetables	Mushroom Chicken Skillet with Brown Spaghetti	Red Velvet Cake	Chocolate, Milk, and Protein Powder
Friday	Mixed Berry Protein Granola Bowl	Herb Crusted Kingfish with Roast Potatoes & Peas	Beetroot Chicken Pasta Salad	Chocolate Swiss Roll	Banana, Strawberry, Milk and Protein Powder
Saturday	Mango Protein Chia Seed Pudding	Shrimp Caprese Quinoa Bake	Citrus Chicken Salad	Blueberry Muffin	Blueberry, Cinnamon, Milk and Protein Powder