



# Athlete Weekly Menu

2500kCal - 3000kCal

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Egg, Vegetable & Avocado Sandwich	White Fish with Creamy Mushroom Sauce & Mix Bean Salad	Beef Chipotle Poke Bowl with Rice	Chocolate Brownie	Strawberries, Milk, Protein Powder and Peanut Butter
<b>Monday</b>	Blueberry Protein Pancakes with Nuts	Lemon & Garlic Salmon with Parsley Potatoes & Mix Vegetables	Tandoori Chicken Stir-fry with Vegetables & Couscous Salad	Apple Slices with Peanut Butter	Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup
<b>Tuesday</b>	Coconut Protein Chia Seed Pudding	Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa salad	White Bean Lentil & Vegetable Stew with Lemon Rice	Raspberry Cheesecake	Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats
<b>Wednesday</b>	Nutty Overnight Oats with Mixed Fruits	Kidney Bean & Beef Chili with Cauliflower Rice & Mix Vegetables	Breaded Chicken, Pumpkin & Kale Salad	Fruit Salad with Yogurt	Banana, Milk and Protein Powder
<b>Thursday</b>	Three Cheese Omlette with Vegetables	Pesto Baked Fish with Carrot-Cabbage Salad & Potatoes	Mexican Chicken with Black Bean Salad & Rice	Watermelon Slices	Chocolate, Milk, and Protein Powder
<b>Friday</b>	Protein Waffles with Greek Yogurt	Pan-Seared Snapper with Mash Potatoes & Mix Vegetables	Chicken Mushroom Skillet with Brown Spaghetti	Chocolate Swiss Roll	Banana, Strawberry, Milk and Protein Powder
<b>Saturday</b>	Mango Protein Chia Seed with Mix Fruits	Harissa Shrimp with Mix Vegetable Quinoa Salad	Chicken Avocado Vegetable Club Sandwich	Sweet Potato Chips with Tzatziki Sauce	Blueberry, Cinnamon, Milk and Protein Powder