



Athlete Weekly Menu

2500kCal - 3000kCal

| | BREAKFAST | LUNCH | DINNER | SNACK | DRINK |
|------------------|---|--|--|--|--|
| Sunday | Egg Shakshuka with Sauteed Veggies & Bread | White Fish Coconut stew with Veggies & Rice | Beef Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce | Chocolate Brownie | Strawberries, Milk, Protein Powder and Peanut Butter |
| Monday | Berry Protein Pancakes with Nuts & Honey | Honey Garlic Salmon with Mix Vegetables & Lemon Rice | Harissa Grilled Chicken with Chickpeas & Salsa | Hummus with Carrot | Coffee Beans, Milk, Protein Powder, Cocoa Powder and Maple Syrup |
| Tuesday | Mix Fruit Chia Seed Pudding | Mexican Grilled Chicken with Pasta Salad | Middle-Eastern Falafel Bowl | Raspberry Cheesecake | Banana, Milk, Protein Powder, Dark Chocolate, Cinnamon and Water-Soaked Oats |
| Wednesday | Pomegranate Protein Overnight Oats | Caribbean Beef Stew with Carrots, Cauliflower & Rice | Barbeque chicken with Couscous & Baby Marrow | Fruit Salad with Yogurt | Banana, Milk and Protein Powder |
| Thursday | Spanish Omlette with Bell Peppers, Mushrooms & Cheese | Pesto Fish with Mix Veggies & Roasted Basil Potatoes | Chicken Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad | Watermelon Slices | Chocolate, Milk, and Protein Powder |
| Friday | Fruit & Yogurt Parfait with Nuts | Pan-Seared Snapper with Mash Potato & Mix Vegetables | Pizza Stuffed Peppers | Chocolate Swiss Roll | Banana, Strawberry, Milk and Protein Powder |
| Saturday | Apple Protein Chia Seed Pudding | Tomato Garlic Shrimp with Schezuan Fried Rice | Chicken Piccata with 4 Sweet Potatoes & Mixed Vegetables | Sweet Potato Chips with Tzatziki Sauce | Blueberry, Cinnamon, Milk and Protein Powder |