



ATHLETE

27th - 3rd December

(2400kcal - 3000kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Beetroot waffles with chocolate sauce	Garlic shrimp stir fry with rice	Healthy Chicken Caesar salad	Chocolate pistachio thumbprint cookie	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Korean omelette	Creamy chicken - baby marrow pasta	Beef stew with brown rice	Pineapple cake	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Mango protein overnights oats	Brazilian fish stew with Quinoa	Chicken with shiitake mushroom & mashed potato	Sesame protein balls	Mango Banana (vegan protein, soya milk, mango, banana)
THURSDAY	Healthy spanish tortilla with green salad	Schezwan chicken rice noodles	Herbs chicken with grilled sweet potato	Roasted nuts	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Strawberries - almonds chia pudding	Creamy Cajun stuffed Salmon with couscous	Healthy Spanish grilled chicken & corn-beans	Berries granola bar	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Mexican scrambled eggs	Peanut butter chicken with rice	Beef Stir fry with quinoa	Rice cake with - Peanut butter	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Banana pancakes	Kung Pao chicken noodles	Lemon & black pepper chicken with bulgur	Protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)