

ATHLETIC MENU

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	SIDE DISH	PREWORK OUT SNACK	POSTWORK OUT SNACK
FR	fava beans moudamas: tomato onion garlic parsley fava beans + arabic bread + cherry tomato cucumber & radish	mandi beef w dakous	chicken taouk with boiled vegetables	s/w brown steak	soup spicy tomato	date cake	very berry shake
	3 boiled eggs + arabic bread + cherry tomato cucumber & radish			mexican pizza: jalapeno mushroom corn chicken mozzarella	chef:lettuce chicken turkey mozzatella w chef		
SA	s/w brown mozzarella + cucumber	freekeh chicken:onion tomato cashew capsicum almonds chicken freekes	fish crust w herb & grilled vegetables	pizza wrap : turkey black olives corn mozzarella in brown tortilla bread	red beans: red beans capsicum tomato corn cheese w lemon & vinegar	Slim 'n lite chocolate treat	banana almond shake
	granola bar + milk			stuffed bell peppers: chicken quinoa colored pepper corn tomato onion mozzarella	thai beef : beef slices noodles red beans pepper corn sesame w soya		
SU	croissant turkey & cheese + cherry tomato & cucumber	indian chicken w quinoa	salmon w grilled vegetables	s/w brown turkey w sliced cheese	caprese: lettuce tomato mozzarella w lemon & oil	cranberry orange muffin	vanilla shake
	egg white w broccoli + arabic bread + cherry tomato & cucumber			s/w kashkaval w sun dried tomato	lentils w beetroot: feta red onion coriander parsley green lentil beetroot w garlic lemon & oil		
MO	muesli w almonds + milk	fajita chicken w avocado sauce	steak w mushroom sauce w sundried tomato w boiled vegetables	musabaha wrap: chickpeas tahini lemon juice olive oil tomato pickles radish parsley mint sumak tortilla bread	greek:feta olives cucumber tomato lettuce capsicum w herb vinaigrette	high protein cheese cake w chocolate chip	avocado power shake
	almond pancake w chocolate spread (high protein)			mini chawarma beef: parsley onion sumak pickles beef tahini sauce	tuna:tomato cucumber potato olives tuna w mayo		
TU	mixed berries w dates chia pudding	stuffed chicken: black olives capsicum mushroom corn mozzarella tomato paste basil oregano w potato + ranch dip	fish w boiled vegetables	shrimp tacos:capsicum mozzarella parsley corn cabbage carrots jalapeno soya sauce	soup cream of mushroom	truffle chocolate	banana date shake
	omelette spinach + arabic bread + cherry tomato & cucumber			chicken strips & potato w honey mustard dip	tortilla chicken: mozzarella corn tortilla chicken lettuce black olives w lemon mayo		
WE	labne w chili + 2 slices soya bread + cherry tomato & cucumber	burger beef w bun w potato	chicken with creamy mustard with grilled vegetables	tuna lettuce wrap: green peas carrot parsley onion capsicum cherry tomato	soup yellow lentil	coconut cake	twisted strawberry shake
	parfait : greek yogurt granola strawberry jam			burrito:turkey red beans corn onion cabbage tomato parsley soya sauce	sweet potato: rocket goat cheese dried cranberries walnuts sweet potato w sweet vinegar dressing		

