

ATHLETIC LUNCH BOX

Eating the right balance of nutritious foods can improve athletic performance & metabolism whether you're an elite athlete or just enjoy exercise on a regular basis.

	LUNCH	SALADS / SOUP	SWEET
SU	tofu chunks curry	salad season	peanut butter brownies
	fish w boiled vegetables	salad quinoa avocado & sweet potato bowl	
MO	tagliatelle w chicken & pesto sauce	soup spinach w meat	avocado power shake
	steak w grilled vegetables	salad rocket w parmesan	
TU	kibbe beef w yogurt	soup chicken w corn	peanut power energy bites
	chicken w lemon sauce w boiled vegetables	salad water melon w feta	
WE	fish trabolsieh w rice & dill	salad turkey	twisted strawberry shake
	steak w creamy mustard sauce w grilled vegetables	salad tabboule w quinoa	
TH	chicken taouk w boiled vegetables	salad sesame	rice cake + peanut butter banana
	pasta w rose sauce + chicken on top	salad oriental	
		salad greek	
		salad halloum	
		salad broccoli	
		salad jabalieh	

