



Athlete Meal Plan Program

A Sample Week

2200 - 2300 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Vanilla Protein Strawberry Pancakes (550 Calories)	Turkish Shakshuka with Feta Eggs on Top (540 Calories)	Mexicana Breakfast Turkey Quesadilla (590 Calories)	Cinnamon Apple Pie Oatmeal (550 Calories)	Southwest Tofu Breakfast Bowl (540 Calories)
AM SNACK	Tuna Melt Bites (190 Calories)	Peanut Butter Chia Bites (140 Calories)	Coconut & Cranberry Protein Bar (160 Calories)	Chicken Pizza Bites (170 Calories)	Green Spinach Detox Smoothie (180 Calories)
LUNCH	Korean Beef Bulgogi with Steamed Veggies (650 Calories)	Cheesy Lamb Meatballs with Colorful Veggies (690 Calories)	Beetroot Walnut Chicken Salad (620 Calories)	Crusted Cod and Garlic Vegetables in Creamy Chipotle Sauce (620 Calories)	Chicken Cajun Fiesta Pasta with Grilled Vegetables (700 Calories)
PM SNACK	Sesame Granola with Yoghurt (150 Calories)	Red Pepper Hummus Mini Sandwich (190 Calories)	Ful Medames with Olives (170 Calories)	Italian Bean Soup (200 Calories)	Black Bean and Sausage Quiche (190 Calories)
DINNER	Spiced Chicken Lentil Bowl in Creamy Cilantro Sauce (680 Calories)	Zesty Citronette Shrimp with Squash and Lentils (650 Calories)	Black Sesame Salmon Brown Rice Bowl (670 Calories)	Tikka Chicken Biryani with Pine Seeds and Raisins (680 Calories)	Shrimp Fajita Wrap with Sweet Potato (610 Calories)