

HOW OUR TYPICAL ATHLETIC MEAL PLANNING WEEK LOOKS LIKE
 - CHOOSE/ALTER YOUR PREFERRED PROTEIN ACROSS YOUR DISHES



Days	BREAKFAST	LUNCH	DINNER	AM SNACK	PM SNACK
Sun	Sunshine smoothie bowl (fresh berries and mango smoothie with nuts and seeds) + Mix Nuts Cal-410 P-24.6 C-22g F-9	Chicken Burger Patties + Cauli Mash + Dip Cals:458 F:17 C:47 P:41	Mexican Style Grilled Lean Beef with Bell-Peppers & Onion Cals:337 F:19 C:10 P:53	Fresh coconut water + Dark chocolate Cals-100kcal	Fresh Flavored Almond Milk Cals: 90 F-2.5, P-3, C-12
Mon	Oats & Banana pancakes with dark Choco chip + Maple Syrup + Strawberry Yogurt Whey Protein Shake Cal-445 P-42.7 C-21g F- 11g	Shrimp & Avocado Salad Bowl Cals:481 F:13.6 C:39 P:36	Grilled Herbed Fish + Sauteed Greens Cals: 296 F:11 C:11 P:34	Grilled Haloumi Cals:180 F-19, P-16, C-4	Mango yogurt & chia pudding Cal-120 C-22 P-6 F-3.5
Tue	Caramelized egg and mushroom multigrain sandwich + Banana & Choco Whey Protein Shake Cals:489 P-42g C-24g F-9.5g	Lamb Cutlets with Lettuce Wraps + Asian Sauce Cals:391 F:12 C:29 P:38.6	Chicken Curry + Brown Rice Cals:356 F:11 C:35 P:42	Fresh Flavored Soymilk Cals: 60 F-2, P-3, C-6	Protein Coconut Date Balls Cal-170 P-2.1 C-4 F-2
Wed	Spinach Mushroom & Feta Omelet with baked beans + Strawberry Yogurt Whey Protein Shake Cal-477 P-38.5 F-16.6 C-21g	Tuna Nicoise Salad Bowl Cals:415 F:9.4 C:20.8 P:57.5	Grilled Chicken Breast + Sauteed Greens Cals:352 F:6.8 C:37 P:29.5	Kiwi lemonade Cal- 89	Strawberries & Blueberries Bowl Cals: 55-65
Thu	Green smoothie (spinach+ pineapple+ banana+ pinch of cinnamon + curd) + Fritata Cal-495 F-19g P-41g C-22g	Salmon & Veggies Salad Bowl Cals:363 F:11.9 C:32.2 P:31.8	BLT Sandwich + Steamed Veggies Cals:480 F:24 C:32.2 P:33	Coconut Water with Chia & Mint Cals: 65-75	Pomegranate Bowl Cals:80
Sat	Apple and oats porridge + Omelette Cal-418 C-34 F-27 P-37	Pulled Chicken & Veggies Salad Bowl Cals:483 F:21 C:52 P:36	Grilled Beef Steak + Sauteed veggies Cals:454 F:27 C:7 P:48	Orange and fennel salad Cal- 77kcal	Fish Cakes + Dip Cals: 201 F-16 P-11 C-6

www.homechef.ae

042768245 # 0554211707

customerservice@homechef.ae

www.instagram.com/mealplansbyhomechef

*Approx. Values indicated. It's always advisable to consume additional water when on any specific diet.