



# Athlete Plan [1800-2300 Calories per day] A TYPICAL WEEK

## DAY 1

## DAY 2

## DAY 3

## DAY 4

## DAY 5

BREAKFAST

### SCRAMBLED EGGS WITH SAUTÉED KALE

Scrambled eggs, with turkey bacon, sauteed kale, roasted sweet potato and mushrooms.

### OATS PUDDING WITH BANANA, STRAWBERRY & ROASTED PECANS

Oats made with mashed banana, strawberries and almond milk, topped with roasted pecans, raisin and cinnamon.

### OMELETTE WITH CHEESE, MUSHROOM AND PEPPER WITH FETA SPREAD

Omelette made with sautéed red capsicum, mushrooms, mozzarella and emmental cheese, served with feta cheese spread made with roasted red capsicum and crushed black pepper.

### KCAL BLUEBERRY AND BANANA PANCAKE

High protein pancakes made with smashed banana, blueberry puree, almond flour, coconut, egg whites, skim milk, cinnamon, and vanilla whey protein powder. Served with vanilla yoghurt topping.

### BIG ENGLISH BREAKFAST

Omelette with turkey bacon, baked sweet potato, sautéed mushrooms, grilled tomato and baked white beans.

### CHIA MACADAMIA PUDDING WITH RASPBERRIES & MELON

Chia seed pudding made with almond milk and raspberries, topped with fresh melon, grapes, strawberries and roasted macadamia nuts.

### BREAKFAST PUMPKIN MUFFINS

Gluten-free muffins made with pumpkin, almond flour, cottage cheese, whole eggs, red chili pepper and topped with sunflower seeds, black sesame seeds and parmesan cheese.

### FRESH FRUIT WITH HONEY YOGHURT

Strawberry, kiwi, rock melon served with low fat yoghurt mixed with honey.

### KALE & TOMATO FRITTATA

Frittata made with whole eggs, chopped kale, cherry tomatoes, thyme, emmental and parmesan cheese, served with a sundried tomato sauce.

### WALNUT APPLE MUFFIN WITH FRESH FRUIT

Muffins made with whole wheat flour, almond powder, whole eggs, chopped walnut, mashed banana, honey and olive oil served strawberry, kiwi and rock melon.

AM SNACK

### TURKEY BACON AND CHICKEN ROLL

Grilled Turkey bacon strips stuffed with chicken breast, asparagus and melted cheddar cheese.

### MIX NUT 25G

A mix of walnuts and smoked, lemon and plain almonds.

### HALLOUMI STICKS WITH STRAWBERRY SALSA

Baked halloumi cheese cut into sticks dipped in egg white and almond flour. Served with strawberry salsa made with green chili peppers, coriander leaves and yoghurt.

### CHICKEN BITES

Almond crusted zucchini chicken bites with cheddar cheese center and creamy mustard sauce.

### FOUR SEASON MINI PIZZA

Almond flour, coconut flour and whole wheat pizza base, topped with our homemade tomato sauce, chicken breast, mushrooms, turkey bacon, red capsicum and parmesan cheese.

### FRUIT MIX

Freshly chopped strawberry, kiwi and watermelon.

### CHIPOTLE CHICKEN BITES

Mince chicken, red onion, fresh cilantro, chipotle chili paste, garlic and cheddar cheese rolled into bites. Served with coriander labneh dip.

### SWEET POTATO HUMMUS WITH CUCUMBER

Mashed sweet potato hummus dip with cucumber sticks.

### CHICKEN AND SPINACH PIZZA

Gluten-free cauliflower and parmesan pizza crust topped with homemade tomato sauce, shawarma chicken, sauteed spinach and mozzarella cheese.

### MANGO YOGHURT WITH ALMOND BREAD STICK

Soft almond flour and parmesan bread sticks served with a spicy mango yoghurt dip.

LUNCH

### THAI CURRY WITH CARROT & CHICKEN

Thai curry with chicken breast, carrots, baby spinach and onion, crushed peanut and coriander, topped with fresh chives.

### TURMERIC CHICKEN SOUP

Turmeric chicken soup with chopped onion, celery, carrot and zucchini noodle.

### GLAZED SWEET POTATO AND VEGGIO - SIDE

Sweet potato, pumpkin and carrot cubes with sweet mustard glaze and chopped spring onion.

### TUSCAN SALMON

Cubes of salmon served in a creamy, tuscan style sauce with sundried tomatoes, spinach, broccoli florets and green beans. Topped with strips of fresh capsicum.

### KCAL TEAM SALAD

Fresh broccoli, roasted asparagus, avocados, quinoa, baby spinach, roasted pumpkin seeds, flax seeds, walnuts, sweet potato, grapes, pomegranate seeds, cherry tomatoes, red capsicum, goat cheese with sweet blueberry dressing.

### CAULIFLOWER POTATO MASH

A creamy blend of white potatoes, cauliflower and spring onions.

### TACO CHICKEN BOWL

Spicy cubed chicken breast with quinoa and corn, avocado salsa.

### POWER SOUP

A perfect blended soup of spinach, broccoli, zucchini, green beans, celery, asparagus, onions and garlic.

### SWEET SNOW PEAS WITH RADISH AND CARROT

Steamed snow peas, radish, carrot strips with mango chutney.

### BEEF TOMATILLO SAUCE WITH CAULI RISOTTO

Lean beef with tomatillo sauce, served with cauliflower risotto and garnished with parsley leaves.

### STEAK AND POTATO SOUP

A tangy soup with lean beef cubes, sweet potato, mushrooms, baby marrows, spring onions, low fat cream and mustard.

### ITALIAN VEGGIE MEDLEY

Italian style roasted vegetables with chopped white mushrooms, celery, artichoke hearts, red capsicum, sun dried tomatoes and chiffonade fresh basil.

### TURKEY MEATBALLS AND MASH

Meatballs made with minced turkey breast, parmesan cheese, onions, garlic, parsley, basil and coconut, served with steamed green beans, cauliflower and potato mash and homemade BBQ sauce.

### TEX MEX TURKEY SOUP

Spicy Mexican inspired soup with shredded turkey breast, black beans, chopped tomato, yellow corn, garlic, onions, fresh herbs, low fat cream, and cheddar cheese.

### KCAL GREEN SALAD

Mixed greens, cherry tomatoes, asparagus, red capsicum and cucumber, with yoghurt balsamic dressing.

Menu continues on the next page >>>



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PM SNACK

### MOCHA PEANUT BUTTER BITES

Peanut butter, coffee, chocolate protein powder, almond flour, almond milk, oat powder, cocoa powder and honey.

### RADIANCE FRUIT SALAD

Fresh fruit salad with chopped honey melon, kiwi and pomegranate seeds.

### BAKED CHOCOLATE CHEESECAKE

Cocoa tapioca almond crust, topped with a soft layer of cream cheese and whole eggs.

### ANTIOXIDANT FRUIT SALAD

Fresh fruit salad with chopped pineapple, rock melon and blueberries.

### FIG & DATE COOKIE BAR

Gluten-free cookie made with almond flour, coconut oil and light cream cheese, filled with dried figs, apricots and dates.

### ORANGE AND GRAPEFRUIT

Freshly sliced orange and grapefruit segments.

### CHOCONUT TREATS

Chopped almonds, walnuts, shredded coconut, vanilla whey protein, and sesame seeds, dipped in dark chocolate.

### BASIL, MELON SALAD

Cubes of watermelon, rock melon and honey melon, mixed with rosewater and chopped basil leaves.

### SALTED TAHINI CARAMEL BAR

Layered bar with tahini caramel filling, topped with dark chocolate and chopped pistachios.

### FRUIT MIX

Freshly chopped strawberry, kiwi and watermelon.

DINNER

### PASTA-FREE LASAGNE

Lean minced beef layered with eggplant and homemade tomato sauce, crusted with parmesan cheese.

### HAZELNUT AND PRUNE COOKIES

Hazelnut, egg white, apple sauce, honey, prunes, dark chocolate and vanilla.

### GRILLED EGGPLANT WITH VINAIGRETTE

ven grilled eggplant cubes, feta cheese, fresh mint and coriander leaves with chili garlic lemon dressing.

### LEAFY SIDE

Lollo bionda, red lettuce, romaine lettuce, sliced mango, red capsicum, shredded red cabbage, with a creamy spicy dressing.

### STEAK FAJITA - NO CARB

Marinated beef strips with red, yellow and green capsicum, alongside salsa and sour cream.

### BAKED VEGETABLE VINAIGRETTE

Baked capsicum, carrot, eggplant, and zucchini with rosemary and apple cider vinegar.

### LEMON BLUEBERRY BAR

Almond, coconut, oats, vanilla protein powder base, topped with creamy lemon and blueberry topping.

### FATTOUSH SIDE SALAD

Iceberg lettuce, tomato and cucumber cubes, spring onions, fresh mint, sliced red radish and pomengranate seeds, with pomengranate vinaigrette and zaatar pita crisps.

### SESAME CRUSTED SHRIMP WITH MANGO SALSA

Sesame coated shrimp on top of asian veggie noodles and mixed quinoa with mango salsa.

### COURGETTE ZUCCHINI

Green and yellow zucchini sautéed in olive oil and seasoned with salt & pepper, rosemary and thyme.

### TABBOULEH WITH FETA CHEESE

Tabbouleh made with fresh chopped mint, tomatoes, cucumber, onion, parsley, grapes, pomegranate seeds, feta cheese, quinoa, green capsicum, radish and a lemon vinaigrette.

### SWEET BAKED POTATO

Baked sweet potato cubes with olive oil, salt and pepper.

### MOROCCAN SPICED TILAPIA WITH CAULIBEET MASH

Moroccan spiced tilapia cubes on grilled cherry tomatoes, green and yellow capsicum, served alongside beet, potato and cauliflower mash, garnished with fresh chives.

### ZAATAR ROAST CAULIFLOWER WITH DATES

Cauliflower with zaatar, pine nuts and chopped dates.

### AVOCADO PIE

Creamy avocado filling, on top of a coconut, honey, walnut and chopped date crust.

### SIDE GREEN SALAD

Mixed greens, tomatoes, cucumber with balsamic dressing.

### BEEF STROGANOFF

Lean beef strips, mushrooms and gherkins, in a light creamy mustard sauce.

### GRILLED VEGETABLES

Oven grilled green and yellow zucchini, eggplant, baby corn, mushrooms with olive oil, seasoned with fresh thyme, rosemary, salt and pepper.

### ENERGY BITES

Oats, peanut butter, honey, coconut, flax seeds, grated dark chocolate and vanilla.

### MIXED GREENS SIDE

Mixed greens, tomatoes, cucumber with lemon vinaigrette dressing.

This is just one of thousands of menu combinations, you can easily make changes to your plan using your personal dashboard, putting you in control of what you eat.