

Athleat

REAL, NO NONSENSE FOOD.

Day 1

Hey! This is just a general guideline on how to structure your food. We recommend that you enjoy whichever meal you are getting at whatever time you can conveniently eat. Enjoy and have a great day! (Please Do Not Print)

Breakfast:

Protein Gluten Free French Toast with Cinnamon with a side of Honey
40C 25P 15F

Meal 2:

Athleat Lean Meatloaf with Stuffed Mashed Potato
24C 34P 18F

Meal 3:

Athleat Pesto Salad
25C 34P 18F

Meal 4:

Baked Shrimp and mixed Veg
20C 34P 15F

Substitute Meals and Items (as per Customer Requests Based of Preference)

We aim to do our best to have you try our meals the way they are made or replacing/increasing the protein source/certain ingredients. If one of the meals above completely miss the mark with your preferences they will be substituted accordingly based on your Dislikes and Allergies.

Substitute 1:

Chicken Breast with Red Rice and Mixed Veggies: - 38C 35P 14F

Substitute 2

Overnight Oats with Mixed Fruit Salad 55C 25P 12F

Substitute 3:

Chicken Cubes with Sweet Potato, Carrots Butternut and Zuchini 40C 35P 16F

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Day 2

Hey! This is just a general guideline on how to structure your food. We recommend that you enjoy whichever meal you are getting at whatever time you can conveniently eat. Enjoy and have a great day! (Please Do Not Print)

Breakfast:

Poached Eggs with Spinach and Mixed Greens
18C 15P 12F

Meal 2:

Steak Burrito Bowl with Zucchini, Peppers and Kidney Beans
25C 32P 14F

Meal 3:

Valley Chicken Meatballs with Sweet Potato and Grilled Broccoli
27C 32P 12F

Meal 4:

NilePerch with Roasted Carrots and Parsnips
26C 34P 24F

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Substitute 1:

Chicken teriyaki Bowl 45C 32P 12F

Substitute 2

Chicken Breast with Green Peas 42C 36P 15F

Substitute 3:

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Day 3

Hey! This is just a general guideline on how to structure your food. We recommend that you enjoy whichever meal you are getting at whatever time you can conveniently eat. Enjoy and have a great day! (Please Do Not Print)

Breakfast:

Protein Oatmeal with Almond Milk (Cinnamon Apple and Rock Melon)
45C 28P 12F

Meal 2:

Beef Cubes with Baked Potato and Mixed Vegetables 28C 32P 15F

Meal 3:

Classic Athleat Chicken with Coconut Rice and Veggies
25C 32P 15F

Meal 4:

Grilled Salmon with Mixed Sweet Potato Quinoa and Bean Salad
38C 33P 16F

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Substitute 1:

Gluten Free Chicken Pesto Pasta 65C 38P 18F

Substitute 2:

Classic Chicken with Coconut Rice 45C 32P 12F

Substitute 3:

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Day 4

Hey! This is just a general guideline on how to structure your food. We recommend that you enjoy whichever meal you are getting at whatever time you can conveniently eat. Enjoy and have a great day! (Please Do Not Print)

Breakfast:

Athleat Breakfast Pancakes (Banana)
45C 30P 14F

Meal 2:

Lean Chilli Con Carne
24C 38P 15F

Meal 3:

Athleat Chicken Mushroom tagliatelle
32C 38P 18F

Meal 4:

Athleat Seafood Risotto
28C 34P 14F

Substitute Meals and Items (as per Customer Requests Based of Preference)

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Substitute 1:

Gluten Free Chicken Pesto Pasta 65C 38P 18F

Substitute 2

Chicken Burrito Bowl with Zucchini, Peppers and Kidney Beans 45C 32P 12F

Substitute 3:

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Day 5

Hey! This is just a general guideline on how to structure your food. We recommend that you enjoy whichever meal you are getting at whatever time you can conveniently eat. Enjoy and have a great day! (Please Do Not Print)

Breakfast:

Gluten Free Blueberry Protein Breakfast Muffins
35C 15P 18F

Meal 2:

Sri Lankan Beef Curry
22C 34P 16F

Meal 3:

Cashew Crusted Chicken with Loaded Sweet Potato Cakes
25C 36P 16F

Meal 4:

Grilled NilePerch with Mashed Potato and Green Peas.
28C 32P 12F

Substitute Meals and Items (as per Customer Requests Based of Preference)

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Substitute 1:

Chicken Quinoa Bowl 48C 35P 16F

Substitute 2:

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Substitute 3:

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