

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 and a side of Honey
40C 25P 15F

Meal 2:

Athleat Lean Meatloaf with Stuffed Mashed Potato
50C 34P 18F

Meal 3:

Athleat Pesto Pasta
65C 38P 18F

Meal 4:

Baked Shrimp with White Rice and mixed Veg
45C 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 Zucchini 40C 35P 16F

Athleat

REAL, NO NONSENSE FOOD.

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
45C 32P 14F

Meal 3:

Valley Chicken Meatballs with Sweet Potato and Grilled Broccoli
37C 32P 12F

Meal 4:

NilePerch with Roasted Carrots and Parsnips
36C 34P 24F

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 teriyaki Bowl 45C 32P 12F

Substitute 2

Chicken Breast with Green Peas 42C 36P 15F

Substitute 3:

-

Athleat

REAL, NO NONSENSE FOOD.

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 38C 32P 15F

Meal 3:

Classic Athleat Chicken with Coconut Rice and Veggies
45C 32P 15F

Meal 4:

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

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:

Gluten Free Chicken Pesto Pasta 65C 38P 18F

Substitute 2:

Classic Chicken with Coconut Rice 45C 32P 12F

Substitute 3:

Athleat

REAL, NO NONSENSE FOOD.

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
55C 38P 15F

Meal 3:

Athleat Chicken Mushroom tagliatelle
65C 38P 18F

Meal 4:

Athleat Seafood Risotto
60C 34P 14F

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:

Gluten Free Chicken Pesto Pasta 65C 38P 18F

Substitute 2

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

Substitute 3:

-

Athleat

REAL, NO NONSENSE FOOD.

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
52C 34P 16F

Meal 3:

Cashew Crusted Chicken with Loaded Sweet Potato Cakes
45C 36P 16F

Meal 4:

Grilled NilePerch with Mashed Potato and Green Peas.
38C 32P 12F

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 Quinoa Bowl 48C 35P 16F

Substitute 2:

-

Substitute 3:

-