

Meal Prep Menu

These types of meal preps I would cater around your dietary needs with your nutritionist and/or trainer.

Sample Weekly Menu Carb Cycling		
07.24.16-08.30.16		
DATE	GAME SCHEDULE	DAILY MENU
Mon 07.24.16	LOW CARBS (LAD 7:10PM)	<u>BREAKFAST: Egg whites, oatmeal & turkey bacon LUNCH: Beef Satay w/veggie quinoa DINNER: Asian Chicken w/ Mixed Veggies</u>
Tue 07.25.16	LOW CARBS (LAD 5:40 PM)	<u>BREAKFAST: Sausage, grapefruit & egg whites LUNCH: Turkey white bean chili & kale DINNER: Beef Shank w/ Brussel sprouts</u>
Wed 07.26.16	NORMAL DAY (LAD 1:10 PM)	<u>BREAKFAST: Canadian Turkey Bacon, egg whites & waffles LUNCH: Chicken & Veggie Kabobs DINNER: Baked Herb Chicken & Green beans</u>
Thur 07.27.16	HIGH CARBS (HOU 7:10PM)	<u>BREAKFAST: Chicken sausage, egg white & hash browns LUNCH: Turkey Burger w/ avocado & sweet potato fries DINNER: Jerk Chicken w/Zucchini</u>
Fri 07.28.16	HIGH CARBS (HOU 7:10PM)	<u>BREAKFAST: Breakfast Burrito w/ grapefruit LUNCH: Grilled Chicken w/Pesto pasta DINNER: Lemon Pepper Chicken Thighs & Asparagus</u>
Sat 07.29.16	LOW CARBS (HOU 12:40PM)	<u>BREAKFAST: Bacon, egg & Cheese sandwich w/ grapefruit LUNCH: Burrito bowl w/ cilantro rice DINNER: Chili Steak tips w/ grilled assorted vegetables</u>
Sun 07.30.16	OFF	<u>TBD</u>



Sample Meal Prep Weekly Food Menu

08.14.16 – 08.20.16		
DATE	SNACKS	DAILY MENU
Monday 08.14.16	Nut & Fruit trail mix	<u>BREAKFAST: Sausage Egg & Cheese Sandwich w/grapefruit LUNCH Spanish Chicken w/ brown rice DINNER: Meatloaf w/ Mushroom risotto</u>
Tuesday 08.15.16	Hummus & Vegetables	<u>BREAKFAST: Turkey Bacon Egg white Frittata LUNCH: Chicken Fajitas DINNER: Baked spiced fish w/ vegetables</u>
Wednesday 08.16.16	HB Eggs & Fruit	<u>BREAKFAST: Fresh Fruit & Maple Oatmeal LUNCH: White bean Turkey Chili DINNER: Greek Beef Kabobs w/kale & cucumber salad</u>
Thursday 08.17.16	Celery & Carrots w/ Greek yogurt	<u>BREAKFAST: Gluten-Free Waffles & Chicken sausage LUNCH: Spicy chicken sausage pilaf DINNER: cilantro lime chic w/ grilled veggies</u>
Friday 08.18.16	Banana & PNB	<u>BREAKFAST: Eggs Benedict LUNCH: Grilled Fish Kabobs w/ quinoa DINNER: Beef & broccoli</u>
Saturday 08.19.16	Protein Bar	<u>BREAKFAST: Gluten Free cereal w/ fruit LUNCH: Grilled Chicken Kabobs DINNER: Pan fried snapped w/ sautéed greens</u>
Sunday 08.20.16	Apple & Almonds	<u>BREAKFAST: Omelet w/ potatoes LUNCH: Oven Roasted Tky Sandwich w/veggie chips DINNER: Cheat day surprise</u>

