

SAMPLE MENUS

ATHLETES



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**All menus are 100%
customized for each client.**

You receive a new menu to review and approve every week. These are some sample menus we've prepared recently.



ATHLETES

For professional and amateur athletes who need to build lean muscle and endurance.

Designed for clients who want to boost their workouts and stamina while participating in their sport. We work with trainers and provide meals based on their specific recommendations for each athlete.

MONDAY LUNCH

HERBES DE PROVENCE-CRUSTED BRANZINO AND FINGERLINGS

Our fish comes from Greece where it's raised in sea pens. Served skin on with a dusting of herbs and a side of fingerling potatoes.

SAUTÉED KALE

A superfood that tastes super.

MONDAY DINNER

GARLIC-CURRY CHICKEN THIGHS WITH YOGURT SAUCE

Yogurt gets used in two ways in this delectable chicken dish: as a tenderizing marinade and mixed with the pan juices to create a rich sauce for serving.

CURRIED LENTILS WITH TOMATOES AND SPINACH

Tender red lentils with vegetables.

TUESDAY LUNCH

CHICKEN AND RICE BURRITO BOWLS

Organic chicken, black beans, corn, and rice topped with cheese.

GREEN SALAD WITH A RED WINE VINAIGRETTE BALSAMIC VINAIGRETTE

TUESDAY DINNER

VIETNAMESE SHAKING BEEF

Grass-fed NY Strip steaks are thinly sliced, seared quickly and served atop an arugula and radicchio salad with an Asian-inspired sauce.

CAULIFLOWER "RICE"

WEDNESDAY

LUNCH

CIDER-GLAZED CHICKEN BREASTS

Pan-roasted organic boneless breasts with a savory pan sauce.

BROCCOLI RICE

Aromatic jasmine rice with shaved broccoli florets.

DINNER

FISH WITH LEMON CREAM SAUCE

Wild-caught snapper with a light, lemony sauce.

SAUTÉED CABBAGE

Thinly sliced cabbage sautéed until tender.

THURSDAY

LUNCH

GROUND TURKEY QUINOA BOWL

Organic turkey, quinoa, black beans and vegetables combine for a tasty main dish.

ROASTED BROCCOLI

Oven-roasted florets.

DINNER

CAJUN BARBECUED SHRIMP

Sautéed Shrimp served in a light and spicy Cajun Shrimp Sauce.

CREAMY MASHED CAULIFLOWER

A low-carb alternative to mashed potatoes.

FRIDAY

LUNCH

CHICKEN POMODORO

Tender organic chicken cutlets with a light tomato cream sauce.

SIMPLE GREEN BEANS

Steamed green beans with ghee or butter.

DINNER

HEARTY VEGETABLE CHILI WITH RED BEANS

AIP CARROT "FRIES"

These delectable carrots are oven roasted and seasoned with anti-inflammatory spices.