



The Cave Meal Prep Week One Menu

DAY 1		CALORIES	PROTEIN	CARBS	FATS	DAY 4		CALORIES	PROTEIN	CARBS	FATS	DAY 7		CALORIES	PROTEIN	CARBS	FATS
BREAKFAST	Coconut Yoghurt & Raspberry Macadamia Power Bowl	459	7.1	4.8	45.6	BREAKFAST	Scrambled Eggs & Sweet Potato	451	27.8	14.5	30.7	BREAKFAST	Veggie Scramble Breakfast Bowl	335	14.4	23.5	27.3
SNACK 1	Banana & Coconut Balls	300	12.8	15.6	19.9	SNACK 1	Cacao Bliss Balls	247	9	12.6	17.3	SNACK 1	Hazelnut Protein Shake	268	22.4	8	15.3
LUNCH	Beet & Fennel Salad	346	15.7	16.2	24.5	LUNCH	Huntress Pie	337	30.9	21.7	13.1	LUNCH	Italian Tuna & Cauliflower Rice Salad	444	29.9	13.3	29.4
SNACK 2	Apple & Cashews	301	6.4	14.7	17.9	SNACK 2	Coconut Macadamia Yoghurt Snack	378	4.8	15.1	33.1	SNACK 2	Almond Butter Cinnamon Toast	154	4.1	17.6	7.5
DINNER	Salmon Burgers	391	35.9	14.1	22.3	DINNER	Chicken & Basil Meatballs w/green Beans & Broccoli	453	43.4	20.7	18.9	DINNER	Chili Stuffed Sweet Potato	450	41.1	31.8	17.5
		1797	77.9	65.4	130.2			1866	115.9	84.6	113.1			1651	111.9	94.2	97
DAY 2		CALORIES	PROTEIN	CARBS	FATS	DAY 5		CALORIES	PROTEIN	CARBS	FATS						
BREAKFAST	Spicy Spanish Omelette	426	32.9	6.6	29.1	BREAKFAST	Coconut Yoghurt & Raspberry Macadamia Power Bowl	459	7.1	4.8	45.6						
SNACK 1	Banana Delight	233	5.6	24.5	11.3	SNACK 1	Candied Pecans	275	5	4	26.3						
LUNCH	Chicken Kale Caesar salad	333	33.3	17	15.3	LUNCH	Brown Rice & Chicken Super Bowl	490	50.5	58.1	5.0						
SNACK 2	Nutty Snack Attack	252	7.8	4.8	22.2	SNACK 2	Coconut Yoghurt & Raspberries	270	2.3	8.5	23.9						
DINNER	Steak Fajita Bowl	512	43.2	9.9	33.4	DINNER	Turkey Chili Zoodles	449	45.1	21.6	17.2						
		1756	122.8	62.8	111.3			1943	110	97	118						
DAY 3		CALORIES	PROTEIN	CARBS	FATS	DAY 6		CALORIES	PROTEIN	CARBS	FATS						
BREAKFAST	Veggie Scramble Breakfast Bowl	335	14.4	23.5	27.3	BREAKFAST	Spicy Spanish Omelette	426	32.9	6.6	29.1						
SNACK 1	Boiled Eggs and Almonds	309	18.6	1.7	25.4	SNACK 1	Carrot Sticks w/Almond Butter	222	5.3	11.4	17.8						
LUNCH	Chicken Chilli w/Seasonal Vegetables	434	39.2	19.9	19	LUNCH	Chicken Curry	308	13.5	23.9	19.9						
SNACK 2	Hazelnut Protein Shake	268	22.4	8	15.3	SNACK 2	Crispy Kale Chips	240	17.9	2.6	14.4						
DINNER	Chicken & Basil Meatballs w/ Green Beans & Broccoli	453	43.4	20.7	18.9	DINNER	Teriyaki Chicken w/Sweet Potato & Broccoli	439	43	19.8	12.8						
		1799	138	73.8	105.9			1635	112.6	64.3	94						