

ATHELITE MEALS

**CREATING DISHES TO STRENGTHEN THE MIND,
BODY AND SOUL FOR ATHLETE IN YOU**



- **CHEF PREPARED MEAL**

Foods are never frozen or canned

- **WELL-BALANCED WITH LEAN PROTEINS, COMPLEX CARBOHYDRATES AND FIBROUS VEGGIES**

Hand-picked, high, quality nutritious eats

- **WEEKLY MENUS**

Designed with variety in mind for the athlete in you

- **TIMELY BI-WEEKLY DELIVERY**

Lunch and diner safely delivered to you Sunday / Meals for Mon - Wed Wednesday / Meals or Wed - Fri

- **DIVERSIFIED FLAVORS**

Creative Soflo cuisine inspired by local eats comes together at Athelite meals

CONTACT US

(305) 873-7175

**INFO@ATHELITEMEALS.COM
ATHELITEMEALS.COM**

FOOTBALL 6 DAYS A WEEK, 2 MEALS A DAY, REGULAR SEASON \$1200

SOCCER/BASKETBALL 6 DAYS A WEEK, 2 MEALS A DAY \$1500

FOOTBALL PLAYOFFS \$120 A WEEK. PAID IN ADVANCE

**PAYMENT PLANS AVAILABLE
\$50 OFF IF PAID IN FULL**

Sample

MEAL PLAN MENU



MENU ITEMS ARE SUBJECT TO CHANGE ON A WEEKLY BASIS



Lunch

MONDAY

MEATBALL SUB

WHEAT BREAD /
CHIPS

TUESDAY

TUNA COB SALAD

FFRESH ROMAINE
/BOLIED EGG /
CUCUMBERS
/CHERRY TOMATOES
/BACON BITS

WEDNESDAY

LEMON PEPPER
CHICKEN BITS

YELLOW RICE /
SWEET POTATOES

THURSDAY

PULLED PORK BBQ
SANDWICH

WHITE BREAD / CORN
ON THE COBB

FRIDAY

SHREDDED CHICKEN
BURRITO

BROWN RICE /
BLACKS BEANS /
SHREDDED LETTUCE /
CHEESE / SOUR
CREAM

Dinner

MONDAY

TERIYAKI PINEAPPLE
CHICKEN CHUNKS

WHITE RICE / BAKED
SWEET PLANTAINS

TUESDAY

BEE TACO BOWLS

WHITE RICE /BLACK
BEANS / CORN /
GROUND BEEF / PICO
DE GALLO

WEDNESDAY

SPAGHETTI

MEAT SAUCE /
CAESAR SALAD /
BREAD ROLL

THURSDAY

GRILLED CHICKEN

MASHED SWEET
POTATO / GRILLED
ASPARAGUS

FRIDAY

FETTUCCINE ALFREDO

CHICKEN / BROCOLI /
SIDE SALAD / DINNER
ROLL

DRINKS | All meals will be accompanied with a drink
*Pleasure inquire about vegetarian options