

Triathlete Training Menu

Brought to you by Press'd Juice Bar & Kitchen, Winter Garden, FL

Please let us know if you have any special dietary needs or any food allergies.

NAME/ CELL #

DAY 1

Breakfast

16oz Organic Cold Pressed Juice

(Pick One) Soaked Oats Breakfast Bowl:

(Contains apple, banana, pecans, raisins, dark maple syrup, cinnamon, chia seeds and lemon)

- Regular as noted above
 PB&J Soaked Oats (Oats, Peanut Butter, wild berry Jam)

OR

Coconut Probiotic Parfait: Granola, Honey, Strawberries, and Blueberries

OR

Cinnamon Roll

Snack (Pick One)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
 Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
 Cinnamon Roll
 Brownie: Vegan Gluten free allergy friendly
 Pretzel
 Raspberry Chia Almond Chia Cacao Chia Mango Chia

Lunch

Consists of a premium quality protein of Steak or chicken with garlic Hummus:

- Steak
 Chicken

(Pick One)

- In a whole wheat wrap
 On a spinach and herb wrap
 On top of spring mix, veggies, and nuts or seeds

(Pick One)

Soups

- Split Pea Red Lentil Mushroom White Beans

OR

Salads

- Moroccan Cous Cous Quinoa Salad Pesto Pasta Summer Pasta
 Chickpea Salad White Bean Salad Chixless Salad

Snack (Pick one)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
 Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
 Cinnamon Roll
 Brownie: Vegan Gluten free allergy friendly
 Raspberry Chia Almond Chia Cacao Chia Mango Chia
 Pretzel

DAY 2

Breakfast

16oz Organic Cold Pressed Juice

(Pick One) Soaked Oats Breakfast Bowl:

(Contains apple, banana, pecans, raisins, dark maple syrup, cinnamon, chia seeds and lemon)

- Regular as noted above
 PB&J Soaked Oats (Oats, Peanut Butter, wild berry Jam)

OR

- Coconut Probiotic Parfait: Granola, Honey, Strawberries, and Blueberries

OR

- Cinnamon Roll

Snack (Pick One)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
 Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
 Cinnamon Roll
 Brownie: Vegan Gluten free allergy friendly
 Pretzel
 Raspberry Chia Almond Chia Cacao Chia Mango Chia

Lunch

Consists of a premium quality protein of Steak or chicken with garlic Hummus:

- Steak
- Chicken

(Pick One)

- In a whole wheat wrap
- On a spinach and herb wrap
- On top of spring mix, veggies, and nuts or seeds

(Pick One)

Soups

- Split Pea
- Red Lentil
- Mushroom
- White Beans

OR

Salads

- Moroccan Cous Cous
- Quinoa Salad
- Pesto Pasta
- Summer Pasta
- Chickpea Salad
- White Bean Salad
- Chixless Salad

Snack (Pick one)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Raspberry Chia
- Almond Chia
- Cacao Chia
- Mango Chia
- Pretzel

DAY 3

Breakfast

16oz Organic Cold Pressed Juice

(Pick One) Soaked Oats Breakfast Bowl:

(Contains apple, banana, pecans, raisins, dark maple syrup, cinnamon, chia seeds and lemon)

- Regular as noted above
- PB&J Soaked Oats (Oats, Peanut Butter, wild berry Jam)

OR

- Coconut Probiotic Parfait: Granola, Honey, Strawberries, and Blueberries

OR

- Cinnamon Roll

Snack (Pick One)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Pretzel
- Raspberry Chia Almond Chia Cacao Chia Mango Chia

Lunch

Consists of a premium quality protein of Steak or chicken with garlic Hummus:

- Steak
- Chicken

(Pick One)

- In a whole wheat wrap
- On a spinach and herb wrap
- On top of spring mix, veggies, and nuts or seeds

(Pick One)

Soups

- Split Pea Red Lentil Mushroom White Beans

OR

Salads

- Moroccan Cous Cous Quinoa Salad Pesto Pasta Summer Pasta
- Chickpea Salad White Bean Salad Chixless Salad

Snack (Pick one)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Raspberry Chia Almond Chia Cacao Chia Mango Chia
- Pretzel

DAY 4

Breakfast

16oz Organic Cold Pressed Juice

(Pick One) Soaked Oats Breakfast Bowl:

(Contains apple, banana, pecans, raisins, dark maple syrup, cinnamon, chia seeds and lemon)

- Regular as noted above
- PB&J Soaked Oats (Oats, Peanut Butter, wild berry Jam)

OR

- Coconut Probiotic Parfait: Granola, Honey, Strawberries, and Blueberries

OR

- Cinnamon Roll

Snack (Pick One)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Pretzel
- Raspberry Chia Almond Chia Cacao Chia Mango Chia

Lunch

Consists of a premium quality protein of Steak or chicken with garlic Hummus:

- Steak
- Chicken

(Pick One)

- In a whole wheat wrap
- On a spinach and herb wrap
- On top of spring mix, veggies, and nuts or seeds

(Pick One)

Soups

- Split Pea Red Lentil Mushroom White Beans

OR

Salads

- Moroccan Cous Cous Quinoa Salad Pesto Pasta Summer Pasta
- Chickpea Salad White Bean Salad Chixless Salad

Snack (Pick one)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips

- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Raspberry Chia Almond Chia Cacao Chia Mango Chia
- Pretzel

DAY 5

Breakfast

16oz Organic Cold Pressed Juice

(Pick One) Soaked Oats Breakfast Bowl:

(Contains apple, banana, pecans, raisins, dark maple syrup, cinnamon, chia seeds and lemon)

- Regular as noted above
- PB&J Soaked Oats (Oats, Peanut Butter, wild berry Jam)

OR

- Coconut Probiotic Parfait: Granola, Honey, Strawberries, and Blueberries

OR

- Cinnamon Roll

Snack (Pick One)

- Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
- Energy Bites: Oats, pecans, peanut butter, chia, flax, dates, and cacao chips
- Cinnamon Roll
- Brownie: Vegan Gluten free allergy friendly
- Pretzel
- Raspberry Chia Almond Chia Cacao Chia Mango Chia

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(Pick One)

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- On top of spring mix, veggies, and nuts or seeds

(Pick One)

Soups

Split Pea Red Lentil Mushroom White Beans

OR

Salads

Moroccan Cous Cous Quinoa Salad Pesto Pasta Summer Pasta
 Chickpea Salad White Bean Salad Chixless Salad

Snack (Pick one)

Power Ball: Dates, walnuts, almonds, cinnamon, pink Salt, and mixed Seeds
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 Cinnamon Roll
 Brownie: Vegan Gluten free allergy friendly
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 Pretzel