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 alergy 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 Beens OR

Salads
Maroccan 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 alergy 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 alergy 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 Beens
OR
Salads
Maroccan 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 alergy friendly
Raspberry Chia Almond Chia Cacao Chia Mango Chia
Pretzel
DAY 3
Breakfast
16oz Organic Cold Pressed Juice
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(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 State of the Control of the Contr
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 alergy 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 Beens
OR
Salads
Maroccan 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 alergy friendly
Raspberry Chia Almond Chia Cacao Chia Mango Chia
Pretzel
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## 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
Conservation of the Conser
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 alergy friendly
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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 Beens
OR
Salads
Maroccan 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 alergy 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 alergy friendly
Pretzel  Raspherry Chia Almond Chia Cacao Chia Mango Chia
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Lunch
Consists of a premium quality protein of Steak or chicken with garlic Hummus:
Steak
Chicken (Bick One)
(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)

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OR
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Salad Chixless Salad
(Pick one)
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