



Athlete
LUNCHBOX
healthy recipes & meal prep
@athletelunchbox athletelunchbox.com

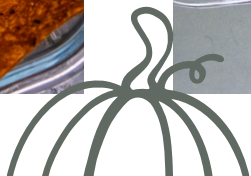
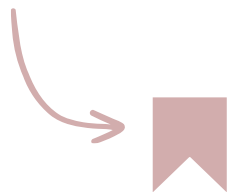


Weekly Meal Plan

Breakfast, Lunch and Snacks done in 50 minutes

WEEK 5 2025

save for later



Breakfast



Peaches and Cream Overnight Oats

1 serving, 5 minutes

Ingredients:

- ½ cup Rolled oats
- 2 tbsp chia seeds, *optional*
- 1 cup vanilla Greek yoghurt
- 2 tablespoon milk
- 30 g (1 scoop) vanilla protein, *optional*
- 5 g creatine, *optional*
- 1 peach, *diced*

Equipment:

- Overnight Oats Jar optional

Instructions:

1. Mix together all ingredients except for the peach. You may need extra milk if the yoghurt mixture doesn't cover all the oats well. Add diced oats on top.
2. Keep overnight oats in airtight container overnight and up to 4 days.

[Full Recipe including nutritional information, tips & tricks etc.](#)

Athlete
LUNCHBOX



Lunch

Cashew Chicken with Rice

~4 servings, 30 minutes

Ingredients (stir fry):

- 1 cup rice (cooked your way or see my top tips) or 3 cups cooked
- 500 g chicken, cut 1 inch pieces
- 1 tbsp cornflour
- 1 onion, diced
- 1 small zucchini, sliced
- 1 red capsicum, sliced
- 2 carrots, sliced
- $\frac{3}{4}$ cup cashews
- 1 tbsp sesame oil (or neutral oil)

Ingredients (sauce):

- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup hoisin sauce
- 2 tbsp sweet chilli sauce, *optional*
- $\frac{1}{4}$ cup mirin
- 3 cloves garlic, *minced*
- 1 tbsp sesame oil (or neutral oil)

Instructions:

1. Begin rice. Cook rice as you desire or there's more in a specific post which includes different methods.
2. While the rice is cooking, mix sauce ingredients together. Add 1 tablespoon of sauce and the cornflour to the diced chicken. Toss and let it marinade for 10 minutes.
3. Heat up $\frac{1}{2}$ the oil in a wok or large pan on medium heat. Add onions and cook until fragrant (approx. 5 minutes).
4. Add the remainder of the oil and then the chicken. Allow the outside to turn white (approx. 5 minutes).
5. Add the rest of the vegetables and give it a good mix. Cook for 5 minutes.
6. Add the sauce and allow it to come to a simmer, reduce heat and add $\frac{1}{2}$ the cashews. Stir.
7. Serve the stir fry with the rice, garnish with the rest of the cashews.

[Full Recipe including nutritional information, substitutions etc.](#)

Athlete
LUNCHBOX



Snack

Scallion Cream Cheese & Homemade Tortilla Chips

~4 servings, 30 minutes

Ingredients (Tortilla Chips:

- 4 large wraps, sliced
- 1 tbsp olive oil
- 1 tbsp everything but the bagel seasoning

Ingredients (Cream Cheese Dip):

- 250 g (1 cup) cream cheese, *softened*
- ¼ cup spring onion, *finely sliced*
- 2 clove garlic, *thinly diced or minced*
- 1 tbsp everything but the bagel seasoning

Instructions:

1. Slice tortillas into desired shape for chips.
2. Toss sliced tortillas in olive oil and seasoning until well coated.
3. Place tortilla chips on a lined tray and add to the oven at 180C (360F). Remove and move around every 10 minutes to ensure even browning. Bake until golden brown (approx. 20-30 minutes).
4. Mix all cream cheese ingredients together until combined.

[Full Recipe including nutritional information, substitutions etc.](#)

Athlete
LUNCHBOX

Dinner Options

with clickable links



[Pumpkin & Feta
Risotto](#)



[Beef Pad See Ew](#)



[Sheet Pan Chicken
Fajitas](#)



[Teriyaki Chicken
Poke Bowl](#)

Shopping List

Fresh produce

3 Peaches
1 Onion
1 Zucchini
1 Red Capsicum
2 Carrots
1 Head Garlic
Spring Onion

Proteins

500g Chicken Breast/Thigh

Cold items

Vanilla Yoghurt
Milk
250g (1 cup) Cream Cheese

Bakery

Tortilla Wraps

Pantry

Rolled Oats
Chia Seeds
Rice
Cashews
Soy sauce
Hoisin Sauce
Sweet Chilli Sauce
Mirin

Freezer

