

THE TITAN MEAL PLAN

Meal	Description
Breakfast	
Power toast	Smashed avocado on brown bread with feta cheese, tomato and two eggs.
Salty but spicy	Smashed avocado on brown bread with tomato, bacon, two eggs and a kick of hot sauce!
Big S	Smashed avocado on brown bread with smoked salmon and walnuts.
Shroomie	Smashed avocado on brown bread with mushroom, spinach, parmesan cheese and two eggs.
Scrambled eggs	Scrambled eggs on brown bread
High-protein pancakes	Delicious high-protein pancakes served with berries, powdered sugar and low-calorie maple flavored syrup.
High-protein acai bowl	Acai berry puree blended with whey protein served with granola, banana, berries, passionfruit, bee pollen and chia seeds.
Lunch	
Chicken Buddha bowl	Packed full of vegetables, quinoa, avocado, chicken, hummus, curry mayonnaise, walnuts and a dash of vinaigrette.
Salmon Buddha bowl	Packed full of vegetables, quinoa, avocado, smoked salmon, hummus, curry mayonnaise, walnuts and a dash of vinaigrette.
Low-fat vegetable curry	Made with coconut milk, basmati rice, chickpeas, seeds and a fried flour tortilla.
Chicken corn fritter	Corn fritter with chicken, avocado, vegetables and beetroot dip.
Salmon corn fritter	Corn fritter with salmon, avocado, vegetables and beetroot dip.