

1. ***Meat-Based***

- Grilled Steak & Veggies
- Chicken Stir-Fry
- Turkey Meatballs

High-protein meals centered on chicken, beef, and turkey. Great for gymgoers and quick reheats.

2. ***Pasta-Based***

- Chicken Alfredo
- Veggie Pesto Penne
- Tomato Basil Spaghetti

Warm and hearty pastas, with a focus on simplistic sauces and lots of carbs for energy.

3. ***Plant-Based***

- Chickpea Power Bowl
- Tofu Katsu Curry
- Lentil Bolognese

Vegan and vegetarian friendly meal options, that still fulfill protein and macronutrient requirements.