

FUEL YOUR INNER CHAMP

Fadi El Khatib is more than a basketball legend, award-winning gym founder, and motivational speaker, he's a creator of champions.

Alongside his wife, Hana, he lives the mindset every day:
focus, fuel, consistency, and teamwork.
Now, together with Right Bite, they bring that mindset to your plate.



FADI EL KHATIB × right bite

CHAMP MEAL PLAN

BREAKFAST

DAY 1



Bacon
Egg Cheese

DAY 2



Baked Crepes

DAY 3



Sfiha Breakfast

DAY 4



Rancheros Eggs

DAY 5



Emental and
Spinach Crepes

MORNING
BEVERAGE



Blackberry
Yoghurt



Low Fat Milk



Low Fat Laban



Apricot
Yoghurt



Strawberry
Yoghurt

MORNING
FRUIT SNACK



Anti-inflammatory
Support



Green Grapes



Vitamin C Boost



Metabolism Booster



Antioxidant Booster

LUNCH



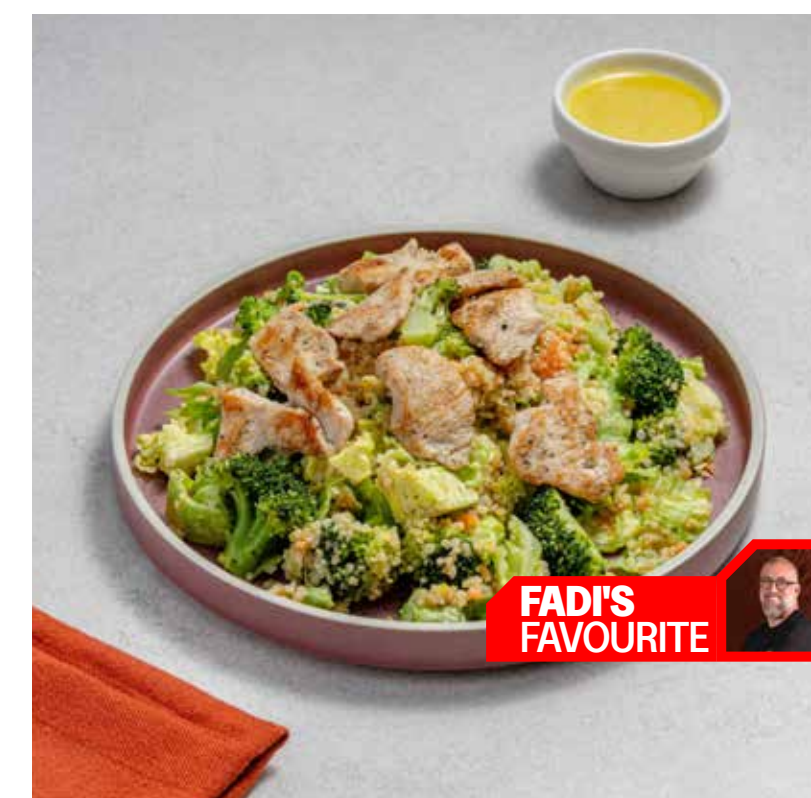
Koussa
Mashi



Kafta
With Vegetables



Moghrabia



Honey Mustard
Chicken Salad



Yogurt
Koussa

FADI EL KHATIB × right bite

CHAMP MEAL PLAN

AFTERNOON
SNACK

DAY 1



New York
Banana Pudding

DAY 2



Vegan Peanut
Butter Granola

DAY 3



Vegetable Crudités
with Hummus Dip

DAY 4



Chocolate Pumpkin
Truffles

DAY 5



Chocolate
Brownie

DINNER



Patata
Soufle



Stroganof



Chicken Freekeh



Burghol
Bel banadoura



Djaj
Bel Fern

SIDES



Mutabbal Bathinjan



Yalenji Vine Leaves



Super Grain
Bean Soup



Fattoush



Batersh