

# Active Protein: 02/05/21 – 08/05/21

We create food that works with your body, not against it. This is why all our food is cooked from scratch using the best quality ingredients. All our food is wheat, dairy and refined sugar free. This 1,800 kcal package provides you with a rich source of nutrients made up of whole grains, legumes, vegetables, fruits, nuts and seeds. All our meat and eggs are free range and hormone free. Each day your package contains a shot of ginger and herbal tea.

## SUNDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Rye bread with smashed avocado, slow roasted tomato's, eggs  
**SNACK:** Red pepper butterbean dip  
**LUNCH:** Quinoa tabbouleh with shish tawook  
**NUTS:** Walnuts  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Lentil and mushroom Shepherd's pie with broccoli  
**DESSERT:** Salted caramel cookie dough bars

## MONDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACK:** Edamame  
**LUNCH:** Salmon, peas and asparagus salad with an apple cider vinaigrette  
**NUTS:** Cashews  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Chicken Kofta with quinoa, broccoli  
**DESSERT:** Chocolate chip cookie

## TUESDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Pecan and coconut granola with coconut yogurt and berries  
**SNACK:** Beetroot Humus  
**LUNCH:** Chicken, Butternut squash, pomegranate & quinoa salad with dressing  
**NUTS:** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Tepsi- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT:** Lemon cheesecake

## WEDNESDAY

**MORNING JUICE:** Hulk  
**BREAKFAST:** Sweet potato frittata with red pepper and tomato sauce  
**SNACK:** Zaatar and butterbean dip  
**LUNCH:** Raw Pad Thai with tamari chicken with almond butter satay  
**NUTS:** Toasted sunflower seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT:** Banana Bread

## THURSDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACK:** Hummus pea and edamame pot  
**LUNCH:** Chicken and cashew cream salad with roast peppers  
**NUTS:** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Dosa with chicken keema  
**DESSERT:** Sweet potato brownies

## FRIDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Cranberry and almond granola w compote & coconut yogu  
**SNACK:** Edamame  
**LUNCH:** Balsamic roasted chicken and vegetables with quinoa  
**NUTS:** Cashews  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Chicken, Moroccan Tagine with brown rice  
**DESSERT:** Cookie dough bites

## SATURDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter and maple syrup  
**SNACK:** Hummus with carrots  
**LUNCH:** Chipotle chicken bowl with cauliflower rice, black beans, corn a  
**NUTS:** Almonds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Turkeymeat ball bolognese and courgetti  
**DESSERT:** Blueberry Cheesecake

