

Protein Menu: 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 1,500 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
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
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
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
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
DINNER: Dosa with chicken keema
DESSERT: Sweet potato brownies

FRIDAY

MORNING JUICE: When the beet drops
BREAKFAST: Cranberry and almond granola w compote & coconut yog
SNACK: Edamame
LUNCH: Balsamic roasted chicken and vegetables with quinoa
NUTS: Cashews
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 and
NUTS: Almonds
DINNER: Turkeymeat ball bolognese and courgetti
DESSERT: Blueberry Cheesecake

