

Protein Menu: 12/09/21 – 18/09/21

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: So fresh and so green
BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote
SNACK: Edamame
LUNCH: Chicken super grain salad with and balsamic dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Prawn, sweet potato and coconut dahl
DESSERT: Lemon Cheesecake

MONDAY

MORNING JUICE: Vitamin C
BREAKFAST: Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACK: Beetroot Humus
LUNCH: Quinoa tabbouleh with shish tawook
NUTS: Toasted tamari pumpkin seeds
DINNER: Smoky baked beans with sweetcorn fritters
DESSERT: Salted caramel cookie dough bars

TUESDAY

MORNING JUICE: Hulk
BREAKFAST: Bircher Muesli
SNACK: Spinach and butterbean dip with crudités
LUNCH: Salmon, peas and asparagus salad with an apple cider vinaigrette
NUTS: Toasted sunflower seeds
DINNER: Dosa with chicken keema
DESSERT: Sweet potato brownies

WEDNESDAY

MORNING JUICE: When the beet drops
BREAKFAST: Red pepper and broccoli frittata with red pepper sauce
SNACK: Hummus pea and edamame pot
LUNCH: Raw Pad Thai with tamari chicken with almond butter satay
NUTS: Almonds
DINNER: Tepsi- chicken, aubagine, tomato, potato and chickpea stew
DESSERT: Cookie dough bites

THURSDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Spinach and butterbean dip with crudités
LUNCH: Salmon fish cakes with green slaw and coconut dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Turkeymeat ball bolognese and courgetti
DESSERT: Chocolate chip cookie

FRIDAY

MORNING JUICE: When the beet drops
BREAKFAST: Cranberry and almond granola w compote & coconut yog
SNACK: Edamame
LUNCH: Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS: Almonds
DINNER: Turkey meatball with apricot and sweet corn chilli
DESSERT: Banana Bread

SATURDAY

MORNING JUICE: Vitamin C
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Hummus with carrots
LUNCH: Chicken mexican pepper stuffed sweet potato
NUTS: Toasted sunflower seeds
DINNER: Chicken Kofta with quinoa, broccoli
DESSERT: Blueberry cheesecake

