

Protein Menu: 10/10/21 – 16/10/21

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: Vitamin C
BREAKFAST: Cranberry and almond granola w compote & coconut yogurt
SNACK: Hummus with carrots
LUNCH: Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Chicken Thai green curry with brown rice
DESSERT: Salted caramel cookie dough bars

MONDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACK: Spinach and butterbean dip with crudité's
LUNCH: Chicken, Butternut squash, pomegranate & quinoa salad with dressing
NUTS: Walnuts
DINNER: Smoky baked beans with sweetcorn fritters
DESSERT: Blueberry cheesecake

TUESDAY

MORNING JUICE: Hulk
BREAKFAST: Bircher Muesli
SNACK: Hummus pea and edamame pot
LUNCH: Miso Marinated Salmon, with green beans and wild rice
NUTS: Toasted tamari pumpkin seeds
DINNER: Chunky chicken broth
DESSERT: Sweet potato brownies

WEDNESDAY

MORNING JUICE: When the beet drops
BREAKFAST: Quinoa egg muffins with oven baked tomato
SNACK: Red pepper and butterbean dip
LUNCH: Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS: Toasted sunflower seeds
DINNER: Turkeymeat ball bolognese and courgetti
DESSERT: Banana Bread

THURSDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Beetroot Humus
LUNCH: Prawn rainbow poke bowl
NUTS: Cashews
DINNER: Dosa with chicken keema
DESSERT: Chocolate chip cookie

FRIDAY

MORNING JUICE: Vitamin C
BREAKFAST: Pecan and coconut granola with coconut yogurt and berries
SNACK: Edamame
LUNCH: Quinoa tabbouleh with shish tawook
NUTS: Toasted sunflower seeds
DINNER: Turkey meatball with apricot and sweet corn chilli
DESSERT: Cookie dough bites

SATURDAY

MORNING JUICE: When the beet drops
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Zaatar and butterbean dip
LUNCH: Chicken mexican pepper stuffed sweet potato
NUTS: Walnuts
DINNER: Chicken, Moroccan Tagine with quinoa
DESSERT: Lemon Cheesecake

