

Protein Menu: 17/10/21 – 23/10/21

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: Sweet potato frittata with red pepper and tomato sauce
SNACK: Hummus with carrots
LUNCH: Chicken and cashew cream salad with roast peppers
NUTS: Toasted tamari pumpkin seeds
DINNER: Chicken butternut squash curry with brown rice
DESSERT: Chocolate chip cookie

MONDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote
SNACK: Edamame
LUNCH: Seared Tuna Niçoise Salad
NUTS: Almonds
DINNER: Chicken Kofta with quinoa, broccoli
DESSERT: Lemon Cheesecake

TUESDAY

MORNING JUICE: Hulk
BREAKFAST: Pecan and coconut granola with coconut yogurt and berries
SNACK: Beetroot Humus
LUNCH: Chicken super grain salad with and balsamic dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Prawn and sweet potato broth
DESSERT: Banana Bread

WEDNESDAY

MORNING JUICE: When the beet drops
BREAKFAST: Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACK: Spinach and butterbean dip with crudités
LUNCH: Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa
NUTS: Toasted sunflower seeds
DINNER: Lentil pasta with mushroom duxelle
DESSERT: Cookie dough bites

THURSDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Hummus pea and edamame pot
LUNCH: Salmon fish cakes with green slaw and coconut dressing
NUTS: Walnuts
DINNER: Turkey meatball with apricot and sweet corn chilli
DESSERT: Sweet potato brownies

FRIDAY

MORNING JUICE: Vitamin C
BREAKFAST: Red pepper and broccoli frittata with red pepper sauce
SNACK: Edamame
LUNCH: Chinese chicken, broccoli, hibiscus cabbage, wild rice w almond
NUTS: Toasted sunflower seeds
DINNER: Chunky chicken broth
DESSERT: Blueberry cheesecake

SATURDAY

MORNING JUICE: When the beet drops
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Zaatar and butterbean dip
LUNCH: Chicken, Butternut squash, pomegranate & quinoa salad with dr
NUTS: Walnuts
DINNER: Tepsi- chicken, aubergine, tomato, potato and chickpea stew
DESSERT: Salted caramel cookie dough bars

