

Active Protein: 20/11/21 – 27/11/21

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: Vitamin C

BREAKFAST: Rye bread w smashed avocado and slow roasted tomato's, eggs

SNACK: Zaatar and butterbean dip

LUNCH: Chicken, Butternut squash, pomegranate & quinoa salad with dressing

NUTS: Toasted tamari pumpkin seeds

AFTERNOON DRINK: Chocolate cashew mylk

DINNER: Chicken Kofta with quinoa, broccoli

DESSERT: Salted caramel cookie dough bars

MONDAY

MORNING JUICE: Vitamin C

BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote

SNACK: Edamame

LUNCH: Prawn rainbow poke bowl

NUTS: Toasted tamari pumpkin seeds

AFTERNOON DRINK: Cashew mylk

DINNER: Chunky chicken broth

DESSERT: Blueberry cheesecake

TUESDAY

MORNING JUICE: Hulk

BREAKFAST: Cranberry and almond granola w compote & coconut yogurt

SNACK: Hummus pea and edamame pot

LUNCH: Chicken, artichoke, potatoes and green bean salad

NUTS: Almonds

AFTERNOON DRINK: Chocolate cashew mylk

DINNER: Chicken butternut squash curry with brown rice

DESSERT: Cookie dough bites

WEDNESDAY

MORNING JUICE: When the beet drops

BREAKFAST: Red pepper and broccoli frittata with red pepper sauce

SNACK: Red pepper and butterbean dip

LUNCH: Miso Marinated Salmon, with green beans and wild rice

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 with carrots

LUNCH: Chicken Mujadara: rice, lentils & crispy onions w green slaw & co

NUTS: Toasted tamari pumpkin seeds

AFTERNOON DRINK: Cashew mylk

DINNER: Chicken, Moroccan Tagine with quinoa

DESSERT: Sweet potato brownies

FRIDAY

MORNING JUICE: Vitamin C

BREAKFAST: Pecan and coconut granola with coconut yogurt and berries

SNACK: Edamame

LUNCH: Chicken super grain salad with and balsamic dressing

NUTS: Toasted sunflower seeds

AFTERNOON DRINK: Chocolate cashew mylk

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: Spinach and butterbean dip with crudité's

LUNCH: Chicken mexican pepper stuffed sweet potato

NUTS: Almonds

AFTERNOON DRINK: Cashew mylk

DINNER: Prawn and sweet potato broth

DESSERT: Salted caramel bars

