

Protein Menu: 21/11/21 - 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 1,500 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: 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
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
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
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
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 & dressing
NUTS: Toasted tamari pumpkin seeds
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
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 crudités
LUNCH: Chicken mexican pepper stuffed sweet potato
NUTS: Almonds
DINNER: Prawn and sweet potato broth
DESSERT: Salted caramel bars

