

Active Protein: 01/08/22 – 07/08/22

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.

MONDAY	<p>MORNING JUICE: So fresh and so green BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote SNACK: Hummus with carrots LUNCH: Raw Pad Thai with tamari chicken with almond butter satay NUTS: Toasted tamari pumpkin seeds AFTERNOON DRINK: Chocolate cashew mylk DINNER: 5 bean turkey chilli with hassleback potato DESSERT: Chocolate chip cookie</p>
TUESDAY	<p>MORNING JUICE: Vitamin C BREAKFAST: Rye bread with smashed avocado and slow roasted tomato's, eggs SNACK: Edamame LUNCH: Salmon, peas and asparagus salad with an apple cider vinaigrette NUTS: Cashews AFTERNOON DRINK: Cashew mylk DINNER: Tepsi- chicken, aubagine, tomato, potato and chickpea stew DESSERT: Sweet potato brownies</p>
WEDNESDAY	<p>MORNING JUICE: When the beet drops BREAKFAST: Cranberry and almond granola w compote & coconut yogurt SNACK: Hummus pea and edamame pot LUNCH: Prawn rainbow poke bowl NUTS: Toasted sunflower seeds AFTERNOON DRINK: Chocolate cashew mylk DINNER: Dosa with chicken keema DESSERT: Banana Bread</p>
THURSDAY	<p>MORNING JUICE: Hulk BREAKFAST: Sweet Potato Frittata with red pepper and tomato sauce SNACK: Beetroot Humus LUNCH: Zaatar chicken salad with rocket, green beans & apple cider dressing NUTS: Almonds AFTERNOON DRINK: Cashew mylk DINNER: Grilled hamour with lemon, asparagus, quinoa risotto DESSERT: Salted caramel cookie dough bars</p>

FRIDAY	<p>MORNING JUICE: Vitamin C BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup SNACK: Edamame LUNCH: Chipotle chicken bowl with cauliflower rice, black beans, corn and NUTS: Toasted tamari pumpkin seeds AFTERNOON DRINK: Cashew mylk DINNER: Chicken Kofta with quinoa, broccoli DESSERT: Cookie dough bites</p>
SATURDAY	<p>MORNING JUICE: So fresh and so green BREAKFAST: Pecan and coconut granola with coconut yogurt and berries SNACK: Beetroot Humus LUNCH: Salmon fish cakes with green slaw and coconut dressing NUTS: Almonds AFTERNOON DRINK: Chocolate cashew mylk DINNER: Lasagne - lentil Bolognese with creamy bechamel sauce DESSERT: Cookie dough bites</p>
SUNDAY	<p>MORNING JUICE: When the beet drops BREAKFAST: Chocolate chip banana pancakes with strawberries and maple syrup SNACK: Edamame LUNCH: Chicken, artichoke, potatoes and green bean salad NUTS: Toasted tamari pumpkin seeds AFTERNOON DRINK: Cashew mylk DINNER: Chicken, Moroccan Tagine with brown rice DESSERT: Lemon cheesecake</p>

