

Protein Menu: 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 1,500 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.

Monday

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
DINNER: 5 bean turkey chilli with hassleback potato
DESSERT: Chocolate chip cookie

Tuesday

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
DINNER: Tepsi- chicken, aubagine, tomato, potato and chickpea stew
DESSERT: Sweet potato brownies

Wednesday

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
DINNER: Dosa with chicken keema
DESSERT: Banana Bread

Thursday

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
DINNER: Grilled hamour with lemon, asparagus, quinoa risotto
DESSERT: Salted caramel cookie dough bars

Friday

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 salsa
NUTS: Toasted tamari pumpkin seeds
DINNER: Chicken Kofta with quinoa, broccoli
DESSERT: Cookie dough bites

Saturday

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
DINNER: Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT: Cookie dough bites

Sunday

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
DINNER: Chicken, Moroccan Tagine with brown rice
DESSERT: Lemon cheesecake

