

Protein 21/11/22 - 27/11/22

We create a 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. 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
SNACKS Edamame
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted sunflower seeds
DINNER Tepsi- chicken, aubagine, tomato, potato and chickpea stew
DESSERT Banana Bread

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Zaatar and butterbean dip
LUNCH Salmon, peas and asparagus salad with an apple cider vinaigrette
NUTS Walnuts
DINNER Chicken Kofta with quinoa, broccoli
DESSERT Chocolate chip cookie

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Toasted tamari pumpkin seeds
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Lemon cheesecake

Thursday

MORNING JUICE Hulk
BREAKFAST Sweet Potato Frittata with red pepper and tomato sauce
SNACKS Hummus pea and edamame pot
LUNCH Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa
NUTS Almonds
DINNER Grilled hamour with lemon, asparagus, quinoa risotto
DESSERT Sweet potato brownies

Friday

MORNING JUICE So fresh and so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted tamari pumpkin seeds
DINNER Turkeymeat ball bolognese and courgetti
DESSERT Salted caramel cookie dough bars

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Beetroot Humus
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Almonds
DINNER 5 bean turkey chilli with hasselback potato
DESSERT Lemon cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Quinoa tabbouleh with shish tawook
NUTS Toasted tamari pumpkin seeds
DINNER Chicken Thai red curry with brown rice
DESSERT Cookie dough bites