

# Active Protein 05/12/22 - 11/12/22

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 1,800 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** Hummus with carrots  
**LUNCH** Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken Kofta with quinoa, broccoli  
**DESSERT** Chocolate chip cookie

## 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  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken Thai green curry with brown rice  
**DESSERT** Banana Bread

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Turkeymeat ball bolognese and courgetti  
**DESSERT** Chocolate covered strawberries

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Sweet Potato Frittata with red pepper and tomato sauce  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Chicken super grain salad with balsamic dressing.  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Prawn and sweet potato broth  
**DESSERT** Salted caramel cookie dough bars

## Friday

**MORNING JUICE** So fresh and so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Edamame  
**LUNCH** Salmon fish cakes with green slaw and coconut dressing  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken butternut squash curry with brown rice  
**DESSERT** Salted caramel cookie dough bars

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Raw Pad Thai with tamari chicken with almond butter satay  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** 5 bean turkey chilli with hassleback potato  
**DESSERT** Lemon cheesecake

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken Thai red curry with brown rice  
**DESSERT** Cookie dough bites