

Active Protein 23/01/23 - 29/01/23

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 Zaatar and butterbean dip
LUNCH Chicken and cashew cream salad with roast peppers
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE When the beet drops
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Edamame
LUNCH Seared Tuna Niçoise Salad
NUTS Cashews
AFTERNOON DRINK Cashew Mylk
DINNER Chunky chicken broth
DESSERT Sweet potato brownies

Wednesday

MORNING JUICE Vitamin C
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Hummus pea and edamame pot
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted sunflower seeds
AFTERNOON DRINK 0
DINNER Chicken and aubagine stuffed red peppers
DESSERT Banana Bread

Thursday

MORNING JUICE Hulk
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Walnuts
AFTERNOON DRINK 0
DINNER Chicken butternut squash curry with brown rice
DESSERT Chocolate covered strawberries

Friday

MORNING JUICE So fresh and so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Chicken super grain salad with balsamic dressing.
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Grilled hamour with Courgette canaolli in a rich tomatoe sauce
DESSERT Salted caramel cookie dough bars

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Beetroot Humus
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Chicken Kofta with quinoa, broccoli
DESSERT Blueberry Cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Edamame
LUNCH Balsamic roasted chicken and vegetables with quinoa
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil Pasta with mushroom duxelles
DESSERT Cookie dough bites