

# 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 1,500 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** Zaatar and butterbean dip  
**LUNCH** Chicken and cashew cream salad with roast peppers  
**NUTS** Toasted tamari pumpkin seeds  
**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  
**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  
**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  
**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 and balsamic dressing.  
**NUTS** Toasted tamari pumpkin seeds  
**DINNER** Grilled hamour with Courgette canaollni 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  
**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  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Cookie dough bites