

Protein 06/02/23 - 12/02/23

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 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 Grilled hamour with lemon, asparagus, quinoa risotto
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Hummus pea and edamame pot
LUNCH Prawn Rainbow Poke Bowl
NUTS Almonds
DINNER Chicken and aubagine stuffed red peppers
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Red pepper hummus dip
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Toasted sunflower seeds
DINNER Lentil Pasta with mushroom duxelles
DESSERT Sweet potato brownies

Thursday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Edamame
LUNCH Mexican chicken stuffed sweet potato
NUTS Walnuts
DINNER Chunky chicken broth
DESSERT Banana Bread

Friday

MORNING JUICE So fresh and so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Toasted tamari pumpkin seeds
DINNER Chicken meatballs in a coconut curry
DESSERT Cookie dough bites

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Spinach and butterbean dip with crudités
LUNCH Seared Tuna Niçoise Salad
NUTS Cashews
DINNER Dosa with chicken keema
DESSERT Blueberry Cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted tamari pumpkin seeds
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Cookie dough bites