

Protein 13/03/23 - 19/03/23

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 Hummus with carrots
LUNCH Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa
NUTS Toasted tamari pumpkin seeds
DINNER Chicken butternut squash curry with brown rice
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Edamame
LUNCH Salmon, asparagus, carrots and hazelnut salad
NUTS Almonds
DINNER Chicken and aubagine stuffed red peppers
DESSERT Banana Bread

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Red pepper hummus dip
LUNCH Prawn Rainbow Poke Bowl
NUTS Toasted sunflower seeds
DINNER Lentil Pasta with mushroom duxelles
DESSERT Chocolate covered strawberries

Thursday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus pea and edamame pot
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Walnuts
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 Beetroot Hummus
LUNCH Chinese chicken, broccoli, hibisci cabbage, wild rice w almond butter
NUTS Toasted tamari pumpkin seeds
DINNER Chicken meatballs in a coconut curry
DESSERT Lemon cheesecake

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 Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Blueberry Cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Balsamic roasted chicken and vegetables with quinoa
NUTS Toasted tamari pumpkin seeds
DINNER Chicken Thai green curry with brown rice
DESSERT Banana Bread