

Active Protein 22/05/23 - 28/05/23

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 so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Edamame
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Dosa with chicken keema
DESSERT Salted caramel cookie dough bars

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Red pepper hummus dip
LUNCH Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Chicken and aubagine stuffed red peppers
DESSERT Chocolate chip cookie

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Hummus pea and edamame pot
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted sunflower seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Prawn and sweet potato broth
DESSERT Banana Bread

Thursday

MORNING JUICE Hulk
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Beetroot Humus
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Cashews
AFTERNOON DRINK Cashew Mylk
DINNER Chicken and coconut rice with roasted vegetables and tahini dressing
DESSERT Sweet potato brownies

Friday

MORNING JUICE Vitamin C
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Chicken and cashew cream salad with roast peppers
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Grilled hamour with lemon, asparagus, quinoa risotto
DESSERT Blueberry Cheesecake

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Spinach and butterbean dip with crudités
LUNCH Mexican chicken stuffed sweet potato
NUTS Cashews
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean turkey chilli with hassleback potato
DESSERT Cookie dough bites

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Beetroot Humus
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Chicken butternut squash curry with brown rice
DESSERT Lemon cheesecake