

# 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 1,500 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** 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  
**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  
**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  
**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  
**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  
**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  
**DINNER** 5 bean turkey chilli with hasselback 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  
**DINNER** Chicken butternut squash curry with brown rice  
**DESSERT** Lemon cheesecake