

Active Protein 18/09/23 - 24/09/23

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 Quinoa tabbouleh with shish tawook
NUTS Toasted sunflower seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Turkeymeat ball bolognese and courgetti
DESSERT Dark chocolate, strawberry fudge bar

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Beetroot Humus
LUNCH Salmon, peas and asparagus salad with an apple cider vinaigrette
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Chicken and coconut rice with roasted vegetables and tahini dressing
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE So fresh so green
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Zaatar and butterbean dip
LUNCH Detox salad roasted chicken kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Prawn and sweet potato broth
DESSERT Chocolate chip cookie

Thursday

MORNING JUICE When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Hummus with carrots
LUNCH Prawn Rainbow Poke Bowl
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimichurri Dressing
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Toasted sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Sweet potato brownies

Saturday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus with carrots
LUNCH Chicken super grain salad with and balsamic dressing.
NUTS Cashews
AFTERNOON DRINK Cashew Mylk
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE So fresh so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Chicken, Moroccan Tagine with brown rice
DESSERT Salted caramel cookie dough bars