

# 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 1,500 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** Quinoa tabbouleh with shish tawook  
**NUTS** Toasted sunflower seeds  
**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  
**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  
**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  
**DINNER** Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri 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  
**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  
**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  
**DINNER** Chicken, Moroccan Tagine with brown rice  
**DESSERT** Salted caramel cookie dough bars