

Protein 25/09/23 - 01/10/23

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 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Toasted sunflower seeds
DINNER Chicken butternut squash curry with brown rice
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Hummus with carrots
LUNCH Seared Tuna Niçoise Salad
NUTS Almonds
DINNER Chunky chicken broth
DESSERT Salted caramel cookie dough bars

Wednesday

MORNING JUICE Hulk
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Hummus pea and edamame pot
LUNCH Mexican chicken stuffed sweet potato
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken and aubagine stuffed red peppers
DESSERT Blueberry Cheesecake

Thursday

MORNING JUICE When the beet drops
BREAKFAST Quinoa egg muffins
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Chinese chicken, broccoli, hibiscus cabbage, wild rice w almond butter
NUTS Almonds
DINNER Turkey meatball with apricot and sweet corn chilli
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
NUTS Toasted sunflower seeds
DINNER Chicken Thai red curry with brown rice
DESSERT Sweet potato brownies

Saturday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Zaatar and butterbean dip
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Cashews
DINNER 5 bean turkey chilli with hasselback potato
DESSERT Dark chocolate, strawberry fudge bar

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Salmon, asparagus, carrots and hazelnut salad
NUTS Almonds
DINNER Lentil Pasta with mushroom duxelles
DESSERT Chocolate covered strawberries