

# Active Protein 20/11/23 - 26/11/23

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** Vitamin C  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's, eggs  
**SNACKS** Hummus with carrots  
**LUNCH** Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Turkey meatball with apricot and sweet corn chilli  
**DESSERT** Sweet potato brownies

## Tuesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Prawn, artichoke, green bean and potatoes salad  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Teps- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT** Blueberry Cheesecake

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Prawn and sweet potato broth  
**DESSERT** Dark chocolate, strawberry fudge bar

## Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Quinoa egg muffins  
**SNACKS** Red pepper hummus dip  
**LUNCH** Baked Falafel, with shredded salad and a tahini dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken meatballs in a coconut curry  
**DESSERT** Banana Bread

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Salmon super grain salad with and balsamic dressing.  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Chocolate chip cookie

## Saturday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Mexican chicken stuffed sweet potato  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Grilled hamour with lemon, asparagus, quinoa risotto  
**DESSERT** Cookie dough bites

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Balsamic roasted chicken and vegetables with quinoa  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chocolate covered strawberries  
**DESSERT** Banana Bread