

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 1,500 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 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
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
DINNER Tepsi- 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
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
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
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
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
DINNER Chocolate covered strawberries
DESSERT Banana Bread