

Active Protein 12/02/24 - 18/02/24

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 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Red pepper hummus dip
LUNCH Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Chicken and coconut rice with roasted vegetables and tahini dressing
DESSERT Lemon cheesecake

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Balsamic roasted chicken and vegetables with quinoa
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Turkeymeat ball bolognese and courgetti
DESSERT Banana Bread

Wednesday

MORNING JUICE Hulk
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Edamame
LUNCH Mexican chicken stuffed sweet potato
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Dosa with chicken keema
DESSERT Sweet Potato Brownie

Thursday

MORNING JUICE When the beet drops
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 Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil Pasta with mushroom duxelles
DESSERT Chocolate covered strawberries

Friday

MORNING JUICE So fresh so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Salmon super grain salad with and balsamic dressing.
NUTS Toasted sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER Grilled hamour with Courgette canaolli in a rich tomatoe sauce
DESSERT Cookie dough bites

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Chinese chicken, broccoli, hibisci cabbage, wild rice w almond butter
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Chicken Kofta with quinoa, broccoli
DESSERT Salted caramel cookie dough bars

Sunday

MORNING JUICE Hulk
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Prawn, asparagus, carrots and hazelnut salad
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Chicken Thai red curry with brown rice
DESSERT Dark chocolate, strawberry fudge bar