

# 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 1,500 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** 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  
**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  
**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  
**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  
**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  
**DINNER** Grilled hamour with Courgette canaollni 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  
**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  
**DINNER** Chicken Thai red curry with brown rice  
**DESSERT** Dark chocolate, strawberry fudge bar