

# Active Protein 01/04/24 - 07/04/24

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** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled hamour with lemon, asparagus, quinoa risotto  
**DESSERT** Blueberry Cheesecake

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Quinoa egg muffins  
**SNACKS** Beetroot Humus  
**LUNCH** Prawn Rainbow Poke Bowl  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken Thai green curry with brown rice  
**DESSERT** Chocolate chip cookie

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Prawn, Sweet potato and coconut dahl  
**DESSERT** Salted caramel cookie dough bars

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Spinach and butterbean dip with crudités  
**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** Chocolate covered strawberries

## Friday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Mexican chicken stuffed sweet potato  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Turkeymeat ball bolognese and courgetti  
**DESSERT** Dark chocolate, strawberry fudge bar

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Prawn super grain salad with and balsamic dressing.  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tepsi- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT** Banana Bread

## Sunday

**MORNING JUICE** Hulk  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Hummus with carrots  
**LUNCH** Chicken and cashew cream salad with roast peppers  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil and mushroom Shepherd's pie with broccoli  
**DESSERT** Cookie dough bites