

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 1,500 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 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
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
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
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
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
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
DINNER Teps- 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
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Cookie dough bites