

Protein 24/03/24 - 30/03/24

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 Vitamin C
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Hummus with carrots
LUNCH Prawn, artichoke, green bean and potatoes salad
NUTS Cashews
DINNER 5 bean turkey chilli with hasselback potato
DESSERT Sweet potato brownies

Tuesday

MORNING JUICE Hulk
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Prawn and sweet potato broth
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Red pepper hummus dip
LUNCH Seared Tuna Niçoise Salad
NUTS Almonds
DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE So fresh so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Beetroot Humus
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Grilled hamour with Courgette canaollni in a rich tomatoe sauce
DESSERT Banana Bread

Friday

MORNING JUICE Hulk
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Toasted sunflower seeds
DINNER Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri Dressing
DESSERT Cookie dough bites

Saturday

MORNING JUICE When the beet drops
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Spinach and butterbean dip with crudités
LUNCH Balsamic roasted chicken and vegetables with quinoa
NUTS Almonds
DINNER Turkey meatball with apricot and sweet corn chilli
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Salmon, asparagus, carrots and hazelnut salad
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken and Potato Florentine
DESSERT Salted caramel cookie dough bars