

Protein 20/05/24 - 26/05/24

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 Edamame
LUNCH Quinoa tabbouleh with shish tawook
NUTS Walnut
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Quinoa egg muffins
SNACKS Hummus with carrots
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 meatballs in a coconut curry
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE Hulk
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Almonds
DINNER Grilled hamour with Courgette canaolnini in a rich tomatoe sauce
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE When the beet drops
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Hummus pea and edamame pot
LUNCH Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Dosa with chicken keema
DESSERT Cookie dough bites

Friday

MORNING JUICE So fresh so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Beetroot Humus
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Cashews
DINNER Lentil Pasta with mushroom duxelles
DESSERT Banana Bread

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Spinach and butterbean dip with crudités
LUNCH Salmon, peas and asparagus salad with an apple cider vinaigrette
NUTS Almonds
DINNER Chicken and Potato Florentine
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE Hulk
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Chicken Niçoise Salad
NUTS Toasted Tamari Pumpkin seeds
DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Salted caramel cookie dough bars