

# Active Protein 10/06/24 - 16/06/24

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** Vitamin C  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's, eggs  
**SNACKS** Edamame  
**LUNCH** Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Chocolate chip cookie

## Tuesday

**MORNING JUICE** Hulk  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Red pepper hummus dip  
**LUNCH** Salmon, peas and asparagus salad with an apple cider vinaigrette  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Dosa with chicken keema  
**DESSERT** Blueberry Cheesecake

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Quinoa egg muffins  
**SNACKS** Hummus with carrots  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Prawn, Sweet potato and coconut dahl  
**DESSERT** Cookie dough bites

## Thursday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**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** Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri Dressing  
**DESSERT** Salted caramel cookie dough bars

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Turkeymeat ball bolognese and courgetti  
**DESSERT** Chocolate covered strawberries

## Saturday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Beetroot Humus  
**LUNCH** Chicken super grain salad with and balsamic dressing.  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Grilled hamour with Courgette canaollni in a rich tomatoe sauce  
**DESSERT** Dark chocolate, strawberry fudge bar

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Salmon, asparagus, carrots and hazelnut salad  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken Thai green curry with brown rice  
**DESSERT** Banana Bread