

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 1,500 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 Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Edamame
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Walnut
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
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
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
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
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
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
DINNER Chicken Thai green curry with brown rice
DESSERT Banana Bread