

Protein 08/07/24 - 14/07/24

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 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Zaatar and butterbean dip
LUNCH Chinese chicken, broccoli, hibiscus cabbage, wild rice w almond butter
NUTS Walnut
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Cookie dough bites

Tuesday

MORNING JUICE Hulk
BREAKFAST Sweet Potato Frittata with red pepper and tomato sauce
SNACKS Red pepper hummus dip
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 Kofta with quinoa, broccoli
DESSERT Banana Bread

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus with carrots
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Almonds
DINNER Lentil Pasta with mushroom duxelles
DESSERT Blueberry Cheesecake

Thursday

MORNING JUICE So fresh so green
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Edamame
LUNCH Miso Marinated Salmon, with green beans and wild rice
NUTS Toasted Tamari Pumpkin seeds
DINNER Teps- chicken, aubergine, tomato, potato and chickpea stew
DESSERT Salted caramel cookie dough bars

Friday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Chicken super grain salad with and balsamic dressing.
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 Mexican chicken stuffed sweet potato
NUTS Almonds
DINNER Chicken, Moroccan Tagine with brown rice
DESSERT Dark chocolate, strawberry fudge bar

Sunday

MORNING JUICE When the beet drops
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken and Potato Florentine
DESSERT Sweet potato brownies