

# Active Protein 29/07/24 - 04/08/24

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** Hulk  
**BREAKFAST** Sweet Potato Frittata with red pepper and tomato sauce  
**SNACKS** Hummus with carrots  
**LUNCH** Seared Tuna Niçoise Salad  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** 5 bean turkey chilli with Corn Bread Muffin  
**DESSERT** Chocolate chip cookie

## Tuesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Prawn, Sweet potato and coconut dahl  
**DESSERT** Salted caramel cookie dough bars

## Wednesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Edamame  
**LUNCH** Salmon & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken and aubagine stuffed red peppers  
**DESSERT** Dark chocolate, strawberry fudge bar

## Thursday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled hamour with Courgette canaollni in a rich tomatoe sauce  
**DESSERT** Lemon cheesecake

## Friday

**MORNING JUICE** Hulk  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Beetroot Humus  
**LUNCH** Salmon super grain salad with and balsamic dressing.  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tepsi- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT** Chocolate covered strawberries

## Saturday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Turkey meatball with apricot and sweet corn chilli  
**DESSERT** Banana Bread

## Sunday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Mexican chicken stuffed sweet potato  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken, Moroccan Tagine with brown rice  
**DESSERT** Cookie dough bites