

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 1,500 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 Hulk
BREAKFAST Sweet Potato Frittata with red pepper and tomato sauce
SNACKS Hummus with carrots
LUNCH Seared Tuna Niçoise Salad
NUTS Walnut
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
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
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
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
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
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
DINNER Chicken, Moroccan Tagine with brown rice
DESSERT Cookie dough bites