

Protein 02/09/24 - 08/09/24

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 Zaatar and butterbean dip
LUNCH Mexican chicken stuffed sweet potato
NUTS Walnut
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE So fresh so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Prawn and sweet potato broth
DESSERT Blueberry Cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Spinach and butterbean dip with crudités
LUNCH Chinese chicken, broccoli, hibiscus cabbage, wild rice w almond butter
NUTS Almonds
DINNER Turkey meatball with apricot and sweet corn chilli
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE Hulk
BREAKFAST Quinoa egg muffins
SNACKS Beetroot Humus
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken and aubergine stuffed red peppers
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Chicken and cashew cream salad with roast peppers
NUTS Cashews
DINNER Grilled hamour with Courgette canaollni in a rich tomatoe sauce
DESSERT Cookie dough bites

Saturday

MORNING JUICE So fresh so green
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Hummus with carrots
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Almonds
DINNER Chicken meatballs in a coconut curry
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Salmon, peas and asparagus salad with an apple cider vinaigrette
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken Thai green curry with brown rice
DESSERT Sweet potato brownies