

Protein 16/09/24 - 22/09/24

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 Hulk
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Hummus with carrots
LUNCH Chicken, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarett
NUTS Walnut
DINNER Chicken butternut squash curry with brown rice
DESSERT Salted caramel cookie dough bars

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Prawn Rainbow Poke Bowl
NUTS Toasted Tamari Pumpkin seeds
DINNER Grilled hamour with lemon, asparagus, quinoa risotto
DESSERT Blueberry Cheesecake

Wednesday

MORNING JUICE So fresh so green
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Baked Falafel, with shredded salad and a tahini dressing
NUTS Almonds
DINNER Chunky chicken broth
DESSERT Banana Bread

Thursday

MORNING JUICE When the beet drops
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus pea and edamame pot
LUNCH Salmon, asparagus, carrots and hazelnut salad
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken and coconut rice with roasted vegetables and tahini dressing
DESSERT Dark chocolate, strawberry fudge bar

Friday

MORNING JUICE Hulk
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Cashews
DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Cookie dough bites

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Beetroot Humus
LUNCH Balsamic roasted chicken and vegetables with quinoa
NUTS Almonds
DINNER Chicken Thai green curry with brown rice
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Prawn, artichoke, green bean and potatoes salad
NUTS Toasted Tamari Pumpkin seeds
DINNER Turkeymeat ball bolognese and courgetti
DESSERT Chocolate chip cookie