

# Active Protein 07/10/24 - 13/10/24

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** Vitamin C  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Raw Pad Thai with tamari chicken with almond butter satay  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** 5 bean turkey chilli with Corn Bread Muffin  
**DESSERT** Sweet potato brownies

## Tuesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Red pepper and broccoli frittata with red pepper sauce  
**SNACKS** Red pepper hummus dip  
**LUNCH** Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Lemon cheesecake

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Baked Falafel, with shredded salad and a tahini dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled hamour with lemon, asparagus, quinoa risotto  
**DESSERT** Salted caramel cookie dough bars

## Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Beetroot Humus  
**LUNCH** Prawn, artichoke, green bean and potatoes salad  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken butternut squash curry with brown rice  
**DESSERT** Banana Bread

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Chicken, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarett  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chunky chicken broth  
**DESSERT** Chocolate chip cookie

## Saturday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Hummus with carrots  
**LUNCH** Balsamic roasted chicken and vegetables with quinoa  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken meatballs in a coconut curry  
**DESSERT** Cookie dough bites

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Salmon, asparagus, carrots and hazelnut salad  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled hamour with Courgette canaolli in a rich tomatoe sauce  
**DESSERT** Dark chocolate, strawberry fudge bar