

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 1,500 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 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Raw Pad Thai with tamari chicken with almond butter satay
NUTS Walnut
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
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
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
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 vinegarette
NUTS Cashews
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
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
DINNER Grilled hamour with Courgette canaollni in a rich tomatoe sauce
DESSERT Dark chocolate, strawberry fudge bar