

Protein 21/10/24 - 27/10/24

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 Hulk
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Edamame
LUNCH Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
NUTS Walnut
DINNER Chicken and coconut rice with roasted vegetables and tahini dressing
DESSERT Salted caramel cookie dough bars

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Sweet Potato Frittata with red pepper and tomato sauce
SNACKS Hummus with carrots
LUNCH Quinoa tabbouleh with shish tawook
NUTS Toasted Tamari Pumpkin seeds
DINNER Prawn and sweet potato broth
DESSERT Chocolate chip cookie

Wednesday

MORNING JUICE So fresh so green
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Miso Marinated Salmon, with green beans and wild rice
NUTS Almonds
DINNER Turkey meatball with apricot and sweet corn chilli
DESSERT Lemon cheesecake

Thursday

MORNING JUICE When the beet drops
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Beetroot Humus
LUNCH Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Grilled hamour with Courgette canaollni in a rich tomatoe sauce
DESSERT Chocolate covered strawberries

Friday

MORNING JUICE Hulk
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Cashews
DINNER Chicken meatballs in a coconut curry
DESSERT Sweet potato brownies

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Spinach and butterbean dip with crudités
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Almonds
DINNER Chicken and Potato Florentine
DESSERT Cookie dough bites

Sunday

MORNING JUICE So fresh so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa
NUTS Toasted Tamari Pumpkin seeds
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Dark chocolate, strawberry fudge bar