

Protein 28/10/24 - 03/11/24

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 When the beet drops
BREAKFAST Rye bread with smashed avocado and slow roasted tomato's, eggs
SNACKS Hummus pea and edamame pot
LUNCH Prawn, asparagus, carrots and hazelnut salad
NUTS Walnut
DINNER Chunky chicken broth
DESSERT Sweet potato brownies

Tuesday

MORNING JUICE Hulk
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Chicken, artichoke, potatoes and green bean salad
NUTS Toasted Tamari Pumpkin seeds
DINNER Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri Dressing
DESSERT Banana Bread

Wednesday

MORNING JUICE Vitamin C
BREAKFAST Red pepper and broccoli frittata with red pepper sauce
SNACKS Spinach and butterbean dip with crudités
LUNCH Zaatar chicken salad with rocket, green beans & apple cider dressing
NUTS Almonds
DINNER Prawn, Sweet potato and coconut dahl
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE So fresh so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Red pepper hummus dip
LUNCH Salmon fish cakes with green slaw and coconut dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken meatballs in a coconut curry
DESSERT Blueberry Cheesecake

Friday

MORNING JUICE When the beet drops
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Mexican chicken stuffed sweet potato
NUTS Cashews
DINNER 5 bean turkey chilli with Corn Bread Muffin
DESSERT Cookie dough bites

Saturday

MORNING JUICE Hulk
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 butternut squash curry with brown rice
DESSERT Salted caramel cookie dough bars

Sunday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus with carrots
LUNCH Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER Chicken Thai green curry with brown rice
DESSERT Chocolate chip cookie