

# Active Protein 02/12/24 - 08/12/24

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** So fresh so green  
**BREAKFAST** Sweet Potato Frittata with red pepper and tomato sauce  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Prawn Rainbow Poke Bowl  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** 5 bean turkey chilli with Corn Bread Muffin  
**DESSERT** Lemon cheesecake

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Edamame  
**LUNCH** Balsamic roasted chicken and vegetables with quinoa  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Prawn, Sweet potato and coconut dahl  
**DESSERT** Banana Bread

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Salmon, peas and asparagus salad with an apple cider vinaigrette  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Mexican Style Oaxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimichurri Dressing  
**DESSERT** Salted caramel cookie dough bars

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Prawn and sweet potato broth  
**DESSERT** Dark chocolate, strawberry fudge bar

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Raw Pad Thai with tamari chicken with almond butter satay  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Chocolate chip cookie

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Beetroot Humus  
**LUNCH** Baked Falafel, with shredded salad and a tahini dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken butternut squash curry with brown rice  
**DESSERT** Sweet potato brownies

## Sunday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Hummus with carrots  
**LUNCH** Chicken super grain salad with and balsamic dressing.  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chicken Thai red curry with brown rice  
**DESSERT** Chocolate covered strawberries