

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 1,500 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 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
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
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
DINNER Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri 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
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
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
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
DINNER Chicken Thai red curry with brown rice
DESSERT Chocolate covered strawberries