

# Active Protein 18/11/24 - 24/11/24

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 1,800 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** Hulk  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Turkey meatball with apricot and sweet corn chilli  
**DESSERT** Chocolate chip cookie

## Tuesday

**MORNING JUICE** Vitamin C  
**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** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken meatballs in a coconut curry  
**DESSERT** Lemon cheesecake

## Wednesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Red pepper and broccoli frittata with red pepper sauce  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT** Salted caramel cookie dough bars

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Hummus with carrots  
**LUNCH** Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chunky chicken broth  
**DESSERT** Sweet potato brownies

## Friday

**MORNING JUICE** Hulk  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled hamour with Courgette canaolli in a rich tomatoe sauce  
**DESSERT** Chocolate covered strawberries

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Salmon super grain salad with and balsamic dressing.  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**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** Beetroot Humus  
**LUNCH** Mexican chicken stuffed sweet potato  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tepsi- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT** Banana Bread