

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 1,500 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 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
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
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
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
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
DINNER Grilled hamour with Courgette canaollni 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
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
DINNER Tepsi- chicken, aubagine, tomato, potato and chickpea stew
DESSERT Banana Bread