

# Protein 09/12/24 - 15/12/24

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** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**NUTS** Walnut  
**DINNER** Turkeymeat ball bolognese and courgetti  
**DESSERT** Cookie dough bites

Tuesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Red pepper and broccoli frittata with red pepper sauce  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Quinoa tabbouleh with shish tawook  
**NUTS** Toasted Tamari Pumpkin seeds  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Blueberry Cheesecake

Wednesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Red pepper hummus dip  
**LUNCH** Prawn, asparagus, carrots and hazelnut salad  
**NUTS** Almonds  
**DINNER** Chunky chicken broth  
**DESSERT** Sweet potato brownies

Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's, eggs  
**SNACKS** Beetroot Humus  
**LUNCH** Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**DINNER** Grilled hamour with Courgette canaollni in a rich tomatoe sauce  
**DESSERT** Banana Bread

Friday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Hummus with carrots  
**LUNCH** Salmon super grain salad with and balsamic dressing.  
**NUTS** Cashews  
**DINNER** Chicken meatballs in a coconut curry  
**DESSERT** Chocolate covered strawberries

Saturday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Almonds  
**DINNER** Teps- chicken, aubagine, tomato, potato and chickpea stew  
**DESSERT** Dark chocolate, strawberry fudge bar

Sunday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Salmon fish cakes with green slaw and coconut dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**DINNER** Chicken and Potato Florentine  
**DESSERT** Salted caramel cookie dough bars