

# Protein 03/02/25 - 09/02/25

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. Breakfast, Lunch and Dinner # 1 is the pre-planned meal for the week.

## Monday

MORNING JUICE **Hulk**  
BREAKFAST #1 **Cranberry and almond granola w compote & coconut yogurt**  
BREAKFAST #2 **Veggie Scrambled Eggs w Hashbrown & Turkey Bacon**  
BREAKFAST #3 **GF Protein Pancakes w Maple Syrup**  
SNACKS **Roasted Cauli Bites w Tahini Dressing**  
LUNCH #1 **Salmon super grain salad with and balsamic dressing.**  
LUNCH #2 **Casablanca Salad w Grilled Chicken & Pomegranate Dressing**  
LUNCH #3 **Pesto Chicken Quinoa Balls w Buckwheat & Roasted Vegetables**  
NUTS **Walnut**  
DINNER #1 **Chunky chicken broth**  
DINNER #2 **Sundried Tomato Chicken w Buckwheat & Grilled Vegetables**  
DINNER #3 **Chicken Taco Bowl w Tomato Salsa**  
DESSERT **Chocolate chip cookie**

## Tuesday

MORNING JUICE **When the beet drops**  
BREAKFAST #1 **Quinoa egg muffins**  
BREAKFAST #2 **GF Egg Avocado Bowl**  
BREAKFAST #3 **GF Pumpkin Waffles w Caramel Sauce**  
SNACKS **Red pepper and butterbean dip and celery sticks**  
LUNCH #1 **Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing**  
LUNCH #2 **Greek Chickenballs w House Green Salad**  
LUNCH #3 **GF Spicy Chicken Sandwich**  
NUTS **Toasted Tamari Pumpkin seeds**  
DINNER #1 **Prawn, Sweet potato and coconut dahl**  
DINNER #2 **Salmon Ragout w Brown Rice & Veggies**  
DINNER #3 **Chicken Bowl**  
DESSERT **Banana Bread**

## Wednesday

MORNING JUICE **So fresh so green**  
BREAKFAST #1 **Blueberry Oat Bread with Almond Butter, and berry compote**  
BREAKFAST #2 **GF Wholesome Waffle w Scrambled Eggs**  
BREAKFAST #3 **GF Blueberry & Banana Pancakes w Honey**  
SNACKS **Lemon Tahini Dip with Mixed Veggie Sticks**  
LUNCH #1 **Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing**  
LUNCH #2 **Cream of Dory Rice Bowl**  
LUNCH #3 **Chicken Poke Bowl**  
NUTS **Almonds**  
DINNER #1 **Chicken butternut squash curry with brown rice**  
DINNER #2 **Chicken Bibimbap & Roasted Tomato & Basil Soup**  
DINNER #3 **GF Pink Penne Chicken Pasta**  
DESSERT **Sweet potato brownies**

## Thursday

MORNING JUICE **Vitamin C**  
BREAKFAST #1 **Rye bread with smashed avocado and slow roasted tomato's, eggs**  
BREAKFAST #2 **GF Basil Smash Avo Toast**  
BREAKFAST #3 **GF Blueberry & Banana Pancakes**  
SNACKS **Pumpkin Hummus w Quinoa Crackers**  
LUNCH #1 **Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa**  
LUNCH #2 **Chili Chicken Bowl**  
LUNCH #3 **Chicken Makloubeh**  
NUTS **Toasted Tamari Sunflower seeds**  
DINNER #1 **Chicken Kofta with quinoa, broccoli**  
DINNER #2 **Mexican Fish w Rainbow Quinoa & Roasted Broccoli**  
DINNER #3 **GF Chicken Alfredo Pasta**  
DESSERT **Lemon cheesecake**

## Friday

MORNING JUICE **Hulk**  
BREAKFAST #1 **Vegan Banana Pancakes with peanut butter & maple syrup**  
BREAKFAST #2 **Egg Omelette w GF Toast**  
BREAKFAST #3 **GF Cinnamon Sugar Churro Waffles**  
SNACKS **Hummus pea and edamame pot**  
LUNCH #1 **Balsamic roasted chicken and vegetables with quinoa**  
LUNCH #2 **Creamy Sundried Tomato Chicken w Millet & Mixed Veggies**  
LUNCH #3 **Moroccan Chermoula Fish w Quinoa**  
NUTS **Cashews**  
DINNER #1 **Turkeymeat ball bolognese and courgetti**  
DINNER #2 **Chicken Stroganoff w Brown Rice & Veggies**  
DINNER #3 **Chinese Chicken w Broccoli & Basmati Rice**  
DESSERT **GF Vanilla Muffin**

## Saturday

MORNING JUICE **When the beet drops**  
BREAKFAST #1 **Pecan and coconut granola with coconut yogurt and berries**  
BREAKFAST #2 **Bombay Scrambled Eggs w GF Toast**  
BREAKFAST #3 **GF Pancake w Chocolate Sauce**  
SNACKS **Spinach and butterbean dip with crudités**  
LUNCH #1 **Baked Falafel, with shredded salad and a tahini dressing**  
LUNCH #2 **Sweet Chili Chicken Bowl**  
LUNCH #3 **Chicken Wasabi Salad**  
NUTS **Almonds**  
DINNER #1 **Grilled hamour with lemon, asparagus, quinoa risotto**  
DINNER #2 **GF Shrimp Spinach Pasta**  
DINNER #3 **Flavored Chicken Mince w Potatoes, Carrots & Broccoli**  
DESSERT **Cookie dough bites**

## Sunday

MORNING JUICE **So fresh so green**  
BREAKFAST #1 **Chocolate chip banana pancakes with strawberries and maple syrup**  
BREAKFAST #2 **Bombay Scrambled Eggs w GF Toast**  
BREAKFAST #3 **GF Pancake w Chocolate Sauce**  
SNACKS **Zaatar and butterbean dip**  
LUNCH #1 **Chinese chicken, broccoli, hibisc cabbage, wild rice w almond butter**  
LUNCH #2 **Sweet Chili Chicken Bowl**  
LUNCH #3 **Chicken Wasabi Salad**  
NUTS **Toasted Tamari Pumpkin seeds**  
DINNER #1 **Grilled hamour with lemon, asparagus, quinoa risotto**  
DINNER #2 **GF Shrimp Spinach Pasta**  
DINNER #3 **Flavored Chicken Mince w Potatoes, Carrots & Broccoli**  
DESSERT **Salted caramel cookie dough bars**