

# Active Protein 20/01/25 - 26/01/25

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 1,800 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. Breakfast, Lunch and Dinner # 1 is the pre-planned meal for the week.

## Monday

MORNING JUICE So fresh so green  
BREAKFAST #1 Blueberry Oat Bread with Almond Butter, and berry compote  
BREAKFAST #2 Egg GF Sandwich  
BREAKFAST #3 Chocolate Chia Mousse  
SNACKS Hummus with carrots  
LUNCH #1 Zaatar chicken salad with rocket, green beans & apple cider dressing  
LUNCH #2 Grilled Chicken Salad  
LUNCH #3 Taco Chicken Quinoa Bowl  
NUTS Walnut  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Chicken and aubagine stuffed red peppers  
DINNER #2 Himalayan Salt Seasoned Chicken with Lemon Mustard Sauce and Halved Paprika Potatoes  
DINNER #3 Chicken Hashweh w Cinnamon Rice and Tomato-Coriander Salsa  
DESSERT Salted caramel cookie dough bars

## Tuesday

MORNING JUICE Vitamin C  
BREAKFAST #1 Rye bread with smashed avocado and slow roasted tomato's, eggs  
BREAKFAST #2 Potatoes & Mushroom Frittata  
BREAKFAST #3 Banana Waffles w Caramel Sauce  
SNACKS Edamame  
LUNCH #1 Salmon & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing  
LUNCH #2 Chicken Salad w Cara Cara Oranges, Roasted Butternut Squash & Walnut  
LUNCH #3 Paprika Grilled Chicken & Edamame w Lentil Rice & Carrots  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Chicken Thai green curry with brown rice  
DINNER #2 Korean Braised Chicken w Jasmine Rice & Veggies  
DINNER #3 Mexican Grilled Chicken Bowl w Roasted Potatoes  
DESSERT Banana Bread

## Wednesday

MORNING JUICE Hulk  
BREAKFAST #1 Cranberry and almond granola w compote & coconut yogurt  
BREAKFAST #2 Spanish Omelette w Baked Beans  
BREAKFAST #3 Red Velvet Pancakes w Coconut Cream Glaze  
SNACKS Red pepper hummus dip  
LUNCH #1 Raw Pad Thai with tamari chicken with almond butter satay  
LUNCH #2 Asian Chicken Bowl  
LUNCH #3 Baked Salmon w Quinoa, Broccoli & Guacamole  
NUTS Almonds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Prawn and sweet potato broth  
DINNER #2 Chicken Zaatar w Black Beans, Rice & Tomato-Cucumber on the side  
DINNER #3 Chicken Chilli in Smoked BBQ Sauce w Roasted Potatoes & Broccoli  
DESSERT Chocolate chip cookie

## Thursday

MORNING JUICE When the beet drops  
BREAKFAST #1 Sweet Potato Frittata with red pepper and tomato sauce  
BREAKFAST #2 Green Pesto Eggs w Bacon & Mushroom  
BREAKFAST #3 Honey Flapjack Pancake  
SNACKS Zaatar and butterbean dip  
LUNCH #1 Salmon, asparagus, carrots and hazelnut salad  
LUNCH #2 Stir Fry Chicken with Rice Noodles Carrots and Red Peppers  
LUNCH #3 Hummus Grilled Chicken-Spinach Bowl  
NUTS Toasted Tamari Sunflower seeds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Chicken and coconut rice with roasted vegetables and tahini dressing  
DINNER #2 Grilled Mahi Mahi w Mango Lime Sauce, Brown Rice, baked Broccoli & Capsicum  
DINNER #3 Lemon Roasted Chicken Julienne w Kabuli Rice, Tomato Sauce & Mixed Vegetables  
DESSERT Blueberry Cheesecake

## Friday

MORNING JUICE So fresh so green  
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup  
BREAKFAST #2 Egg GF Sandwich  
BREAKFAST #3 Cinnamon Roll Pancakes w Maple  
SNACKS Spinach and butterbean dip with crudites  
LUNCH #1 Chicken, cranberry, brusselsprou and quinoa bowl with a mustard apple cider vinegarett  
LUNCH #2 Apple Spinach Salad w Grilled Chicken  
LUNCH #3 Seared Fish w Sundried Tomato Cream Sauce, Roasted Vegetables & Quinoa  
NUTS Cashews  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Lentil and mushroom Shepherd's pie with broccoli  
DINNER #2 Peri-Peri Chicken Chunks w Brown Rice & Sweet Corn  
DINNER #3 Dragon Chicken w Capsicum & Jasmine Rice  
DESSERT Chocolate covered strawberries

## Saturday

MORNING JUICE Vitamin C  
BREAKFAST #1 Pecan and coconut granola with coconut yogurt and berries  
BREAKFAST #2 Passion Fruit Chia Pudding  
BREAKFAST #3 Breakfast Omelette GF Sandwich  
SNACKS Hummus pea and edamame pot  
LUNCH #1 Mexican chicken stuffed sweet potato  
LUNCH #2 Thai Mango Salad w Grilled Chicken  
LUNCH #3 Chicken GF Sandwich w Sweet Potato Wedges  
NUTS Almonds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Tepsí- chicken, aubagine, tomato, potato and chickpea stew  
DINNER #2 Chicken & Coconut Milk Adobo w Steamed Green Beans & Brown Rice  
DINNER #3 Chiang Mai Style Turkey Meatballs in Coconut Red Curry Sauce  
DESSERT Sweet potato brownies

## Sunday

MORNING JUICE Hulk  
BREAKFAST #1 Vegan Banana Pancakes with peanut butter & maple syrup  
BREAKFAST #2 Passion Fruit Chia Pudding  
BREAKFAST #3 Breakfast Omelette GF Sandwich  
SNACKS Tahini Dip w Cucumber Crudites  
LUNCH #1 Salmon, peas and asparagus salad with an apple cider vinaigrette  
LUNCH #2 Thai Mango Salad w Grilled Chicken  
LUNCH #3 Chicken GF Sandwich w Sweet Potato Wedges  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Chicken, Moroccan Tagine with brown rice  
DINNER #2 Baked Fish Tagine w Pistachio Buckwheat  
DINNER #3 Chiang Mai Style Turkey Meatballs in Coconut Red Curry Sauce  
DESSERT Cookie dough bites