

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 1,500 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 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
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
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
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
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, brusselsproat and quinoa bowl with a mustard apple cider vinaigrette
LUNCH #2 Apple Spinach Salad w Grilled Chicken
LUNCH #3 Seared Fish w Sundried Tomato Cream Sauce, Roasted Vegetables & Quinoa
NUTS Cashews
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
DINNER #1 Tepsi- 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
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