

# Active Protein 17/02/25 - 23/02/25

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 1,800 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 English Breakfast  
BREAKFAST #2 Rye Bread With Smashed Avocado And Slow Roasted Tomato'S, Eggs  
BREAKFAST #3 Key Lime Overnight Oats  
SNACKS Hummus pea and edamame pot  
LUNCH #1 Chicken, cranberry, brusselsproot and quinoa bowl with a mustard apple cider vinegarette  
LUNCH #2 Thai Chicken Salad  
LUNCH #3 Gf Cajun Grilled Chicken Sandwich  
NUTS Walnut  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Mediterranean Mushroom Rice Bowl W Grilled Chicken  
DINNER #2 Peri Peri Fish  
DINNER #3 Prawn and sweet potato broth  
DESSERT Banana Bread

## Tuesday

MORNING JUICE Vitamin C  
BREAKFAST #1 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl)  
BREAKFAST #2 Mushroom Omelette & Sweet Potato  
BREAKFAST #3 Cranberry And Almond Granola W Compote & Coconut Yogurt  
SNACKS Veggie Taco Pot  
LUNCH #1 Quinoa & Roasted Beetroot Salad With Chicken  
LUNCH #2 Salmon, peas and asparagus salad with an apple cider vinaigrette  
LUNCH #3 Gf Pesto Pasta Chicken With Roasted Bell Peppers  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Gf Herbed Salmon Soba Noodle Stir-Fry  
DINNER #2 Tepsi- Chicken, Aubergine, Tomato, Potato and Chickpea Stew  
DINNER #3 Massaman Chicken Curry & Jasmine Rice  
DESSERT Sesame Dates & Coconut Energy Balls

## Wednesday

MORNING JUICE Hulk  
BREAKFAST #1 Red Pepper And Broccoli Frittata With Red Pepper Sauce  
BREAKFAST #2 Baked Sweet Potato With Chickpeas & Chopped Nuts  
BREAKFAST #3 Mango Chia Seed Pudding & Almonds  
SNACKS Zaatar and butterbean dip  
LUNCH #1 Lemon Pepper Shrimps  
LUNCH #2 Creamy Chicken With Wild Rice  
LUNCH #3 Salmon fish cakes with green slaw and coconut dressing  
NUTS Almonds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Chicken meatballs in a coconut curry  
DINNER #2 Dill Salmon With Herbed Mash & Asparagus  
DINNER #3 Classic Chilli Con Carne [Chicken]  
DESSERT Chocolate chip cookie

## Thursday

MORNING JUICE When the beet drops  
BREAKFAST #1 Double Baked Eggs With Sausage Hash  
BREAKFAST #2 Blueberry Oat Bread with Almond Butter, and berry compote  
BREAKFAST #3 Vegan Oatmeal Apple Pancake  
SNACKS Red pepper hummus dip  
LUNCH #1 Miso Marinated Salmon, with green beans and wild rice  
LUNCH #2 Gf Cajun Grilled Chicken Sandwich  
LUNCH #3 Golden Turmeric Chicken Risotto  
NUTS Toasted Tamari Sunflower seeds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Fish Piccata And Roasted Cauliflower  
DINNER #2 Dosa with chicken keema  
DINNER #3 Gf Herbed Chicken Soba Noodle Stir-Fry  
DESSERT Gf Cranberry Brownie

## Friday

MORNING JUICE So fresh so green  
BREAKFAST #1 Vegan Banana Pancakes With Peanut Butter & Maple Syrup  
BREAKFAST #2 Mushroom Omelette & Sweet Potato  
BREAKFAST #3 Gf Egg Salad & Avocado Sandwich  
SNACKS Mushroom & Kale Egg Bites  
LUNCH #1 Cajun Shrimp Power Bowl With Guacamole (Quinoa)  
LUNCH #2 Chicken and cashew cream salad with roast peppers  
LUNCH #3 Zesty Lemon Quinoa With Chicken  
NUTS Cashews  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Turkey meatball with apricot and sweet corn chilli  
DINNER #2 Chicken Saloona With Green Beans  
DINNER #3 Massaman Fish Curry & Jasmine Rice  
DESSERT Blueberry Cheesecake

## Saturday

MORNING JUICE Vitamin C  
BREAKFAST #1 Mushroom Omelette & Sweet Potato  
BREAKFAST #2 Pecan And Coconut Granola With Coconut Yogurt And Berries  
BREAKFAST #3 English Breakfast  
SNACKS Beetroot Humus  
LUNCH #1 Thai Chicken Salad  
LUNCH #2 Dill Salmon With Herbed Mash & Asparagus  
LUNCH #3 Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing  
NUTS Almonds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Peri Peri Chicken  
DINNER #2 Gf Herbed Shrimp Soba Noodle Stir-Fry  
DINNER #3 Grilled hamour with Courgette canaolnli in a rich tomatoe sauce  
DESSERT Cinnamon & Apple Muffin

## Sunday

MORNING JUICE Hulk  
BREAKFAST #1 Mango Chia Seed Pudding & Almonds  
BREAKFAST #2 Double Baked Eggs With Sausage Hash  
BREAKFAST #3 Chocolate chip banana pancakes with strawberries and maple syrup  
SNACKS Spinach and butterbean dip with crudités  
LUNCH #1 Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
LUNCH #2 Lemon Pepper Fish  
LUNCH #3 Chicken Piccata And Roasted Cauliflower  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Chicken Saloona With Green Beans  
DINNER #2 Mexican Style Oaxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimichurri Dressing  
DINNER #3 Mediterranean Mushroom Rice Bowl W Grilled Chicken  
DESSERT Cookie dough bites