

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 1,500 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 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, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
LUNCH #2 Thai Chicken Salad
LUNCH #3 Gf Cajun Grilled Chicken Sandwich
NUTS Walnut
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
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
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
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
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
DINNER #1 Peri Peri Chicken
DINNER #2 Gf Herbed Shrimp Soba Noodle Stir-Fry
DINNER #3 Grilled hamour with Courgette canaolnini 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
DINNER #1 Chicken Saloona With Green Beans
DINNER #2 Mexican Style Oxacan bowl with Chicken: Cabbage, sweet potato and candied pecans with Chimuchurri Dressing
DINNER #3 Mediterranean Mushroom Rice Bowl W Grilled Chicken
DESSERT Cookie dough bites