

Protein 10/03/25 - 16/03/25

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 Vanilla Overnight Oats With Nuts & Berries
BREAKFAST #2 Vegetable Frittata
BREAKFAST #3 Spinach Omelette With Broccoli
SNACKS Hummus pea and edamame pot
LUNCH #1 Chicken and cashew cream salad with roast peppers
LUNCH #2 Mexican Chicken Tacos
LUNCH #3 Quinoa & Roasted Beetroot-Chicken Salad
NUTS Walnut
DINNER #1 Vietnamese Chicken Stew With Soba Noodles & Bok Choy
DINNER #2 Chicken Stroganoff With Creamy Mash
DINNER #3 Grilled hamour with Courgette canaolini in a rich tomatoe sauce
DESSERT Kunafa Energy Balls - Pistachio

Tuesday

MORNING JUICE Vitamin C
BREAKFAST #1 Braised Beans & Fried Eggs With Asparagus
BREAKFAST #2 Acai Smoothie
BREAKFAST #3 Cornbread muffins with avocado and slow roasted tomato's, eggs
SNACKS Mini Spinach Quiche
LUNCH #1 Wild Rice Salad With Cauliflower (Chicken)
LUNCH #2 Miso Marinated Salmon, with green beans and wild rice
LUNCH #3 Teriyaki Salmon With Spinach & Quinoa
NUTS Toasted Tamari Pumpkin seeds
DINNER #1 Chicken meatballs in a coconut curry
DINNER #2 Gf Chicken Tomato Spaghetti
DINNER #3 Creamy Truffle & Chicken Risotto
DESSERT Banana Bread

Wednesday

MORNING JUICE Hulk
BREAKFAST #1 Coconut & Flax Pancake
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #3 Lemon Roasted Chicken With Hummus & Gf Bread
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH #1 Lemon Dill Shrimp & Quinoa With Bok Choy
LUNCH #2 Quinoa Tabbouleh With Za'Atar Chicken
LUNCH #3 Chicken, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
NUTS Almonds
DINNER #1 Chicken Crockpot With Dairy Free Sauce, Mushrooms, Crushed Green Peas & White Rice
DINNER #2 Lasagne - lentil Bolognese with creamy bechamel sauce
DINNER #3 Grilled Chicken With Mushroom Quinotto
DESSERT Peanut Butter Bar

Thursday

MORNING JUICE When the beet drops
BREAKFAST #1 Red pepper and broccoli frittata with red pepper sauce
BREAKFAST #2 Overnight Oats With Chia And Blueberries
BREAKFAST #3 Raspberry Fruit Bowl
SNACKS Chicken & Lentil Soup
LUNCH #1 Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
LUNCH #2 Gf Korean-Style Chicken Egg Wrap
LUNCH #3 Gf Butter Chicken Wrap & Mint Chutney
NUTS Toasted Tamari Sunflower seeds
DINNER #1 Italian Chicken Meatball Marinara With Gf Pasta
DINNER #2 Sicilian Chicken & Roasted Baby Potatoes With Veggies
DINNER #3 Prawn and sweet potato broth
DESSERT Sweet potato brownies

Friday

MORNING JUICE ABC Juice
BREAKFAST #1 Blueberry Muffin
BREAKFAST #2 Gf Egg & Veggie Wrap
BREAKFAST #3 Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH #1 Chicken Keema With Roasted Squash & Quinoa
LUNCH #2 Honey Mustard Chicken With Asian Slaw & Gf Sandwich
LUNCH #3 Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Cashews
DINNER #1 5 bean turkey chilli with hassleback potato
DINNER #2 Creamy Truffle & Chicken Risotto
DINNER #3 Chicken Tikka Masala With Jeera Pulao & Dal Tadka
DESSERT Sea-Salted Quinoa Pecan Brittle

Saturday

MORNING JUICE So fresh so green
BREAKFAST #1 Acai Smoothie
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Beetroot Humus
LUNCH #1 Teriyaki Salmon With Spinach & Quinoa
LUNCH #2 Salmon, peas and asparagus salad with an apple cider vinaigrette
LUNCH #3 Mexican Chicken Tacos
NUTS Almonds
DINNER #1 Cashew Chicken Curry With Steamed Broccoli & Rice
DINNER #2 Chicken and coconut rice with roasted vegetables and tahini dressing
DINNER #3 Vietnamese Chicken Stew With Soba Noodles & Bok Choy
DESSERT Seasonal Fruit Pot

Sunday

MORNING JUICE Vitamin C
BREAKFAST #1 Cornbread muffins with avocado and slow roasted tomato's, eggs
BREAKFAST #2 Vegan Banana Pancakes with peanut butter & maple syrup
BREAKFAST #3 Braised Beans & Fried Eggs With Asparagus
SNACKS Zaatar and butterbean dip
LUNCH #1 Salmon fish cakes with green slaw and coconut dressing
LUNCH #2 Quinoa & Roasted Beetroot-Chicken Salad
LUNCH #3 Wild Rice Salad With Cauliflower (Chicken)
NUTS Toasted Tamari Pumpkin seeds
DINNER #1 Chicken Shish Tawook With Tomato Rice & Grilled Veggies
DINNER #2 Kung Pao Chicken With Jasmine Rice & Crispy Broccoli
DINNER #3 Tepsi- chicken, aubagine, tomato, potato and chickpea stew
DESSERT Chocolate chip cookie