

# Active Protein 24/03/25 - 30/03/25

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 1,800 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 ABC Juice  
BREAKFAST #1 Truffle Spinach Frittata With Spiced Sweet Potato  
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries  
BREAKFAST #3 Gf Chickpea Toast With Poached Egg & Sauteed Spinach  
SNACKS Red pepper and butterbean dip and celery sticks  
LUNCH #1 Salmon & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing  
LUNCH #2 Gf Asian Slaw Chicken Sandwich  
LUNCH #3 Greek Souvlaki With Quinoa Pilaf (Chicken)  
NUTS Walnut  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Classic French Chicken Stew With Mashed Potato  
DINNER #2 Tepsi- chicken, aubagine, tomato, potato and chickpea stew  
DINNER #3 Sumac-Crusted Salmon With Pistachio, Brown Rice & Steamed Veggies  
DESSERT Chocolate chip cookie

## Tuesday

MORNING JUICE So fresh so green  
BREAKFAST #1 Sweet Potato Frittata with red pepper and tomato sauce  
BREAKFAST #2 Gf Banana Pancake With Coconut Cream  
BREAKFAST #3 Dates & Mango Bircher Muesli  
SNACKS Edamame & Nut Pot  
LUNCH #1 Mediterranean Chicken Salad  
LUNCH #2 Chinese chicken, broccoli, hibisci cabbage, wild rice w almond butter  
LUNCH #3 Super-Green Salad With Quinoa & Shrimps  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Turkeymeat ball bolognese and courgetti  
DINNER #2 Cilantro Lime Fish With Sweet Potato & Mushrooms  
DINNER #3 Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast  
DESSERT Mango & Coconut Energy Balls

## Wednesday

MORNING JUICE Dates & Almond Smoothie  
BREAKFAST #1 Nutty Cocoa Overnight Oats  
BREAKFAST #2 Gf Cinnamon Pancake With Apple-Cranberry Sauce  
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote  
SNACKS Edamame Cream With Egg  
LUNCH #1 Chipotle Chicken With Cauli Pilaf & Pineapple Salsa  
LUNCH #2 Kale Chicken Salad With Maple Dressing  
LUNCH #3 Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
NUTS Almonds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Korean Bulgogi Fried Rice (Chicken)  
DINNER #2 Lime Chili Chicken Bowl (Brown Rice) With Guacamole & Corn Chips  
DINNER #3 Prawn, Sweet potato and coconut dahl  
DESSERT Crunchy Seed & Chocolate Bites

## Thursday

MORNING JUICE Beetroot-Orange Juice  
BREAKFAST #1 Mediterranean Omelette  
BREAKFAST #2 Cornbread muffins with avocado and slow roasted tomato's, eggs  
BREAKFAST #3 Almond Butter Banana Toast On Gf Bread  
SNACKS Toasted Chickpea Salad  
LUNCH #1 Balsamic roasted chicken and vegetables with quinoa  
LUNCH #2 Thai Basil Chicken With Quinoa & Fried Egg  
LUNCH #3 Mediterranean Salmon Fillet With Olive-Quinoa & Buttered Veggies  
NUTS Toasted Tamari Sunflower seeds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Peri-Peri Seabass With Sweet Potato & Broccoli Mash  
DINNER #2 Chicken Kofta with quinoa, broccoli  
DINNER #3 Chicken Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney  
DESSERT Sweet potato brownies

## Friday

MORNING JUICE Vitamin C  
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup  
BREAKFAST #2 Oatmeal With Banana, Walnuts & Cinnamon  
BREAKFAST #3 Vegetable Omelette With Gf Toast & Sriracha Mayo  
SNACKS Spinach and butterbean dip with crudités  
LUNCH #1 Greek Souvlaki With Quinoa Pilaf (Chicken)  
LUNCH #2 Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
LUNCH #3 Japanese Chicken Katsu With Tonkatsu Sauce, Brown Rice & Shredded Cabbage  
NUTS Cashews  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Chicken, Moroccan Tagine with brown rice  
DINNER #2 Gf Classic Spaghetti Bolognese (Chicken)  
DINNER #3 Sumac-Crusted Salmon With Pistachio, Brown Rice & Steamed Veggies  
DESSERT Peanut Butter, Chocolate & Granola Protein Bar

## Saturday

MORNING JUICE So fresh so green  
BREAKFAST #1 Gf Chickpea Toast With Poached Egg & Sauteed Spinach  
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt  
BREAKFAST #3 Gf Banana Pancake With Coconut Cream  
SNACKS Hummus pea and edamame pot  
LUNCH #1 Super-Green Salad With Quinoa & Shrimps  
LUNCH #2 Chipotle Shrimp With Cauli Pilaf & Pineapple Salsa  
LUNCH #3 Chicken and cashew cream salad with roast peppers  
NUTS Almonds  
AFTERNOON DRINK Cashew Mylk  
DINNER #1 Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast  
DINNER #2 Chicken Thai green curry with brown rice  
DINNER #3 Creamy Butter Chicken With Basmati Rice & Cauliflower  
DESSERT Gf Berries Lemon Cheesecake

## Sunday

MORNING JUICE When the beet drops  
BREAKFAST #1 Dates & Mango Bircher Muesli  
BREAKFAST #2 Mediterranean Omelette  
BREAKFAST #3 Vegan Banana Pancakes with peanut butter & maple syrup  
SNACKS Beetroot Humus  
LUNCH #1 Mexican chicken stuffed sweet potato  
LUNCH #2 Mediterranean Chicken Salad  
LUNCH #3 Kale Chicken Salad With Maple Dressing  
NUTS Toasted Tamari Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER #1 Cilantro Lime Chicken Steak With Sweet Potato & Mushrooms  
DINNER #2 Mediterranean Chicken With Olive-Quinoa & Buttered Veggies  
DINNER #3 Lentil Pasta with mushroom duxelles  
DESSERT Banana Bread