

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 1,500 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 **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**
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**
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**
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**
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 crudites**
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**
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**
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**
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**