

Active Protein 21/04/25 - 27/04/25

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
- Sweet Potato Frittata with red pepper and tomato sauce
- BREAKFAST #2
- Gf Chickpea Toast With Poached Egg & Sauteed Spinach
- BREAKFAST #3
- Coconut Yogurt Granola With Nuts & Dried Fruits
- SNACKS
- Edamame Cream With Egg
- LUNCH # 1
- Kale Chicken Salad With Maple Dressing
- LUNCH # 2
- Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
- LUNCH # 3
- Lime Chili Chicken Bowl (Brown Rice)) With Guacamole & Corn Chips
- NUTS
- Walnut
- AFTERNOON DRINK
- Cashew Mylk
- DINNER # 1
- Korean Bulgogi Fried Rice (Chicken)
- DINNER # 2
- Peri-Peri Seabass With Sweet Potato & Broccoli Mash
- DINNER # 3
- Chicken and aubagine stuffed red peppers
- DESSERT
- Mixed Nuts & Granola Bites

Tuesday

- MORNING JUICE
- Carrot & Orange Juice
- BREAKFAST #1
- Nutty Cocoa Overnight Oats
- BREAKFAST #2
- Mediterranean Omelette
- BREAKFAST #3
- Cornbread muffins with avocado and slow roasted tomato's, eggs
- SNACKS
- Beetroot Humus
- LUNCH # 1
- Seared Tuna Niçoise Salad
- LUNCH # 2
- Super-Green Salad With Quinoa & Shrimps
- LUNCH # 3
- Thai Basil Chicken With Quinoa & Fried Egg
- NUTS
- Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK
- Chocolate cashew mylk
- DINNER # 1
- Japanese Chicken Katsu With Tonkatsu Sauce, Brown Rice & Shredded Cabbage
- DINNER # 2
- Chicken meatballs in a coconut curry
- DINNER # 3
- Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast
- DESSERT
- Peanut Butter, Chocolate & Granola Protein Bar

Wednesday

- MORNING JUICE
- Hulk
- BREAKFAST #1
- Truffle Spinach Frittata With Spiced Sweet Potato
- BREAKFAST #2
- Pecan and coconut granola with coconut yogurt and berries
- BREAKFAST #3
- Gf Chicken Tikka Wrap
- SNACKS
- Toasted Chickpea Salad
- LUNCH # 1
- Greek Souvlaki With Quinoa Pilaf (Chicken)
- LUNCH # 2
- Mediterranean Chicken Salad
- LUNCH # 3
- Salmon fish cakes with green slaw and coconut dressing
- NUTS
- Almonds
- AFTERNOON DRINK
- Chocolate cashew mylk
- DINNER # 1
- Turkeymeat ball bolognese and courgetti
- DINNER # 2
- Chicken Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney
- DINNER # 3
- Classic French Chicken Stew With Mashed Potato
- DESSERT
- Crunchy Seed & Chocolate Bites

Thursday

- MORNING JUICE
- Beetroot-Orange Juice
- BREAKFAST #1
- Vegetable Omelette With Gf Toast & Sriracha Mayo
- BREAKFAST #2
- Gf Banana Pancake With Coconut Cream
- BREAKFAST #3
- Blueberry Oat Bread with Almond Butter, and berry compote
- SNACKS
- Red pepper and butterbean dip and celery sticks
- LUNCH # 1
- Salmon super grain salad with and balsamic dressing.
- LUNCH # 2
- Chipotle Chicken With Cauli Pilaf & Pineapple Salsa
- LUNCH # 3
- Gf Asian Slaw Chicken Sandwich
- NUTS
- Toasted Tamari Sunflower seeds
- AFTERNOON DRINK
- Cashew Mylk
- DINNER # 1
- Gf Classic Spaghetti Bolognese (Chicken)
- DINNER # 2
- Chicken butternut squash curry with brown rice
- DINNER # 3
- Cilantro Lime Fish With Sweet Potato & Mushrooms
- DESSERT
- Chocolate chip cookie

Friday

- MORNING JUICE
- Abc Juice
- BREAKFAST #1
- Chocolate chip banana pancakes with strawberries and maple syrup
- BREAKFAST #2
- Almond Butter Banana Toast On Gf Bread
- BREAKFAST #3
- Gf Chickpea Toast With Poached Egg & Sauteed Spinach
- SNACKS
- Spinach and butterbean dip with crudités
- LUNCH # 1
- Mediterranean Chicken With Olive-Quinoa & Buttered Veggies
- LUNCH # 2
- Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
- LUNCH # 3
- Super-Green Salad With Quinoa & Shrimps
- NUTS
- Cashews
- AFTERNOON DRINK
- Chocolate cashew mylk
- DINNER # 1
- Sumac-Crusted Salmon With Pistachio, Brown Rice & Steamed Veggies
- DINNER # 2
- Creamy Butter Chicken With Basmati Rice & Cauliflower
- DINNER # 3
- Prawn and sweet potato broth
- DESSERT
- Gf Chocolate Financiers

Saturday

- MORNING JUICE
- Dates & Almond Smoothie
- BREAKFAST #1
- Mediterranean Omelette
- BREAKFAST #2
- Truffle Spinach Frittata With Spiced Sweet Potato
- BREAKFAST #3
- Cranberry and almond granola w compote & coconut yogurt
- SNACKS
- Zaatar and butterbean dip
- LUNCH # 1
- Lime Chili Chicken Bowl (Brown Rice)) With Guacamole & Corn Chips
- LUNCH # 2
- Thai Basil Chicken With Quinoa & Fried Egg
- LUNCH # 3
- Salmon, peas and asparagus salad with an apple cider vinaigrette
- NUTS
- Almonds
- AFTERNOON DRINK
- Cashew Mylk
- DINNER # 1
- Chicken Kofta with quinoa, broccoli
- DINNER # 2
- Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast
- DINNER # 3
- Korean Bulgogi Fried Rice (Chicken)
- DESSERT
- Gf Berries Lemon Cheesecake

Sunday

- MORNING JUICE
- Apple-Cinnamon Water
- BREAKFAST #1
- Dates & Mango Bircher Muesli
- BREAKFAST #2
- Vegan Banana Pancakes with peanut butter & maple syrup
- BREAKFAST #3
- Gf Cinnamon Pancake With Apple-Cranberry Sauce
- SNACKS
- Hummus pea and edamame pot
- LUNCH # 1
- Chicken, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
- LUNCH # 2
- Greek Souvlaki With Quinoa Pilaf (Chicken)
- LUNCH # 3
- Mediterranean Chicken Salad
- NUTS
- Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK
- Chocolate cashew mylk
- DINNER # 1
- Cilantro Lime Chicken Steak With Sweet Potato & Mushrooms
- DINNER # 2
- Chicken and coconut rice with roasted vegetables and tahini dressing
- DINNER # 3
- Chipotle Shrimp With Cauli Pilaf & Pineapple Salsa
- DESSERT
- Mango & Coconut Energy Balls