

Active Protein 12/05/25 - 18/05/25

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 Orange Juice
BREAKFAST #1 Mango Chia Seed Pudding & Almonds
BREAKFAST #2 Rye bread with smashed avocado and slow roasted tomato's, eggs
BREAKFAST #3 English Breakfast
SNACKS Zaatar and butterbean dip
LUNCH #1 Chicken and cashew cream salad with roast peppers
LUNCH #2 Quinoa & Roasted Beetroot Salad With Chicken
LUNCH #3 Gf Cajun Grilled Chicken Sandwich
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER #1 Chicken Saloona With Green Beans
DINNER #2 Turkey meatball with apricot and sweet corn chilli
DINNER #3 Gf Herbed Salmon Soba Noodle Stir-Fry
DESSERT Banana Bread

Tuesday

MORNING JUICE When the beet drops
BREAKFAST #1 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #2 Double Baked Eggs With Sausage Hash
BREAKFAST #3 Gf Egg Salad & Avocado Sandwich
SNACKS Mushroom & Kale Egg Bites
LUNCH #1 Thai Chicken Salad
LUNCH #2 Cajun Shrimp Power Bowl With Guacamole (Quinoa)
LUNCH #3 Prawn, artichoke, green bean and potatoes salad
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER #1 Chicken, Lentil and mushroom Shepherd's pie with broccoli
DINNER #2 Creamy Shrimp With Wild Rice
DINNER #3 Gf Pesto Pasta Chicken With Roasted Bell Peppers
DESSERT Cinnamon & Apple Muffin

Wednesday

MORNING JUICE Pineapple-Cucumber Fresh
BREAKFAST #1 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl)
BREAKFAST #2 Key Lime Overnight Oats
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Green Peas Velouté
LUNCH #1 Lemon Pepper Shrimps
LUNCH #2 Chicken, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegaretté
LUNCH #3 Golden Turmeric Chicken Risotto
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER #1 Dill Salmon With Herbed Mash & Asparagus
DINNER #2 Classic Chilli Con Carne [Chicken]
DINNER #3 Prawn and sweet potato broth
DESSERT Salted caramel cookie dough bars

Thursday

MORNING JUICE Beetroot-Orange Juice
BREAKFAST #1 Sweet Potato Frittata with red pepper and tomato sauce
BREAKFAST #2 Mushroom Omelette & Sweet Potato
BREAKFAST #3 Vegan Oatmeal Apple Pancake
SNACKS Red pepper hummus dip
LUNCH #1 Fish Piccata And Roasted Cauliflower
LUNCH #2 Zesty Lemon Quinoa With Chicken
LUNCH #3 Salmon, asparagus, carrots and hazelnut salad
NUTS Toasted Tamar Sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER #1 Chicken Thai green curry with brown rice
DINNER #2 Massaman Fish Curry & Jasmine Rice
DINNER #3 Chicken Saloona With Green Beans
DESSERT Sesame Dates & Coconut Energy Balls

Friday

MORNING JUICE So fresh so green
BREAKFAST #1 Gf Egg Salad & Avocado Sandwich
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #3 Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Beetroot Humus
LUNCH #1 Chicken, Butternut squash, pomegranate & quinoa salad w pomegranate dressing
LUNCH #2 Peri Peri Fish
LUNCH #3 Gf Herbed Shrimp Soba Noodle Stir-Fry
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER #1 Mediterranean Mushroom Rice Bowl W Grilled Chicken
DINNER #2 Chicken meatballs in a coconut curry
DINNER #3 Creamy Shrimp With Wild Rice
DESSERT Gf Cranberry Brownie

Saturday

MORNING JUICE Citrus Power Juice
BREAKFAST #1 Double Baked Eggs With Sausage Hash
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt
BREAKFAST #3 Key Lime Overnight Oats
SNACKS Thin Chicken Soup
LUNCH #1 Cajun Shrimp Power Bowl With Guacamole (Quinoa)
LUNCH #2 Salmon fish cakes with green slaw and coconut dressing
LUNCH #3 Thai Chicken Salad
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER #1 Gf Pesto Pasta Chicken With Roasted Bell Peppers
DINNER #2 Dill Salmon With Herbed Mash & Asparagus
DINNER #3 Chicken and aubagine stuffed red peppers
DESSERT Dark chocolate, strawberry fudge bar

Sunday

MORNING JUICE Hulk
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup
BREAKFAST #2 Bircher Muesli - oats, apple, sunflower seeds
BREAKFAST #3 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl)
SNACKS Spinach and butterbean dip with crudités
LUNCH #1 Quinoa & Roasted Beetroot Salad With Chicken
LUNCH #2 Chicken Piccata And Roasted Cauliflower
LUNCH #3 Chicken Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER #1 Classic Chilli Con Carne [Chicken]
DINNER #2 Chicken and Potato Florentine
DINNER #3 Massaman Fish Curry & Jasmine Rice
DESSERT Cookie dough bites