

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 1,500 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 **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**
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 Tamari Pumpkin seeds**
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 vinegarett**
LUNCH #3 **Golden Turmeric Chicken Risotto**
NUTS **Almonds**
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 Tamari Sunflower seeds**
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**
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**
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 Tamari Pumpkin seeds**
DINNER #1 **Classic Chilli Con Carne [Chicken]**
DINNER #2 **Chicken and Potato Florentine**
DINNER #3 **Massaman Fish Curry & Jasmine Rice**
DESSERT **Cookie dough bites**