

Protein

19/05/25 - 25/05/25

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
- Abc Juice
- BREAKFAST #1
- Truffle Spinach Frittata With Spiced Sweet Potato
- BREAKFAST #2
- Cranberry and almond granola w compote & coconut yogurt
- BREAKFAST #3
- Gf Banana Pancake With Coconut Cream
- SNACKS
- Red pepper and butterbean dip and celery sticks
- LUNCH # 1
- Beetroot, lentil, edamame salad and salmon with agave mustard dressing
- LUNCH # 2
- Greek Souvlaki With Quinoa Pilaf (Chicken)
- LUNCH # 3
- Thai Basil Chicken With Quinoa & Fried Egg
- NUTS
- Walnut
- DINNER # 1
- Chicken Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney
- DINNER # 2
- Peri-Peri Seabass With Sweet Potato & Broccoli Mash
- DINNER # 3
- Chicken butternut squash curry with brown rice
- DESSERT
- Chocolate chip cookie

Tuesday

- MORNING JUICE
- Carrot & Orange Juice
- BREAKFAST #1
- Gf Chicken Tikka Wrap
- BREAKFAST #2
- Gf Saffron Pancake
- BREAKFAST #3
- Blueberry Oat Bread with Almond Butter, and berry compote
- SNACKS
- Edamame Cream With Egg
- LUNCH # 1
- Super-Green Salad With Quinoa & Grilled Chicken
- LUNCH # 2
- Quinoa tabbouleh with shish tawook
- LUNCH # 3
- Japanese Chicken Katsu With Tonkatsu Sauce, Brown Rice & Shredded Cabbage
- NUTS
- Toasted Tamari Pumpkin seeds
- DINNER # 1
- Chicken Thai red curry with brown rice
- DINNER # 2
- Sumac-Crusted Salmon With Pistachio, Brown Rice & Steamed Veggies
- DINNER # 3
- Lime Chili Chicken Bowl (Brown Rice)) With Guacamole & Corn Chips
- DESSERT
- Gf Chocolate Financiers

Wednesday

- MORNING JUICE
- So fresh so green
- BREAKFAST #1
- Quinoa egg muffins
- BREAKFAST #2
- Mediterranean Omelette
- BREAKFAST #3
- Nutty Cocoa Overnight Oats
- SNACKS
- Edamame & Nut Pot
- LUNCH # 1
- Mediterranean Chicken Salad
- LUNCH # 2
- Cilantro Lime Fish With Sweet Potato & Mushrooms
- LUNCH # 3
- Raw Pad Thai with tamari chicken with almond butter satay
- NUTS
- Almonds
- DINNER # 1
- Classic French Chicken Stew With Mashed Potato
- DINNER # 2
- 5 bean turkey chilli with hassleback potato
- DINNER # 3
- Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast
- DESSERT
- Mango & Coconut Energy Balls

Thursday

- MORNING JUICE
- Hulk
- BREAKFAST #1
- Gf Cinnamon Pancake With Apple-Cranberry Sauce
- BREAKFAST #2
- Coconut Yogurt Granola With Nuts & Dried Fruits
- BREAKFAST #3
- Cornbread muffins with avocado and slow roasted tomato's, eggs
- SNACKS
- Hummus with carrots
- LUNCH # 1
- Detox salad roasted salmon kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
- LUNCH # 2
- Gf Asian Slaw Chicken Sandwich
- LUNCH # 3
- Kale Chicken Salad With Maple Dressing
- NUTS
- Toasted Tamari Sunflower seeds
- DINNER # 1
- Chipotle Shrimp With Cauli Pilaf & Pineapple Salsa
- DINNER # 2
- Creamy Butter Chicken With Basmati Rice & Cauliflower
- DINNER # 3
- Dosa with chicken keema
- DESSERT
- Sweet potato brownies

Friday

- MORNING JUICE
- Vitamin C
- BREAKFAST #1
- Gf Chickpea Toast With Poached Egg & Sauteed Spinach
- BREAKFAST #2
- Chocolate chip banana pancakes with strawberries and maple syrup
- BREAKFAST #3
- Dates & Mango Bircher Muesli
- SNACKS
- Zaatar and butterbean dip
- LUNCH # 1
- Mediterranean Salmon Fillet With Olive-Quinoa & Buttered Veggies
- LUNCH # 2
- Buddha Bowl Cumin spiced prawns Roasted sweet potato, chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
- LUNCH # 3
- Thai Basil Chicken With Quinoa & Fried Egg
- NUTS
- Cashews
- DINNER # 1
- Grilled hamour with Courgette canaollni in a rich tomatoe sauce
- DINNER # 2
- Korean Bulgogi Fried Rice (Chicken)
- DINNER # 3
- Gf Classic Spaghetti Bolognese (Chicken)
- DESSERT
- Gf Berries Lemon Cheesecake

Saturday

- MORNING JUICE
- When the beet drops
- BREAKFAST #1
- Pecan and coconut granola with coconut yogurt and berries
- BREAKFAST #2
- Vegetable Omelette With Gf Toast & Sriracha Mayo
- BREAKFAST #3
- Gf Banana Pancake With Coconut Cream
- SNACKS
- Thin Chicken Soup
- LUNCH # 1
- Super-Green Salad With Quinoa & Grilled Chicken
- LUNCH # 2
- Greek Souvlaki With Quinoa Pilaf (Chicken)
- LUNCH # 3
- Seared Tuna Niçoise Salad
- NUTS
- Almonds
- DINNER # 1
- Peri-Peri Seabass With Sweet Potato & Broccoli Mash
- DINNER # 2
- Turkeymeat ball bolognese and courgetti
- DINNER # 3
- Lime Chili Chicken Bowl (Brown Rice)) With Guacamole & Corn Chips
- DESSERT
- Crunchy Seed & Chocolate Bites

Sunday

- MORNING JUICE
- So fresh so green
- BREAKFAST #1
- Gf Saffron Pancake
- BREAKFAST #2
- Vegan Banana Pancakes with peanut butter & maple syrup
- BREAKFAST #3
- Oatmeal With Banana, Walnuts & Cinnamon
- SNACKS
- Spinach and butterbean dip with crudités
- LUNCH # 1
- Zaatar chicken salad with rocket, green beans & apple cider dressing
- LUNCH # 2
- Cilantro Lime Chicken Steak With Sweet Potato & Mushrooms
- LUNCH # 3
- Mediterranean Chicken Salad
- NUTS
- Toasted Tamari Pumpkin seeds
- DINNER # 1
- Sumac-Crusted Salmon With Pistachio, Brown Rice & Steamed Veggies
- DINNER # 2
- Creamy Pasta Chicken Alfredo (Gluten Free) With Gf Garlic Toast
- DINNER # 3
- Lasagne - lentil Bolognese with creamy bechamel sauce
- DESSERT
- Peanut Butter, Chocolate & Granola Protein Bar