



MEAL PREP MENU

DINNER/LUNCH

MIDDLE EASTERN GRILLED CHICKEN THIGHS WITH CHICKPEA MEDLEY	Grilled Chicken thighs, served with roasted chickpeas with chilli/garlic and middle eastern spices. Lime zested greek yoghurt plus green salad on the side <i>(850kcal, 60g protein, 32g Carbs, 68g Fat, Fibre 12.1g)</i>
SHREDDED CHICKEN MEZZE WITH FLATBREADS	Shredded chicken served with tahini yoghurt, taboulleh and flatbreads <i>(950kcal, Protein 84.2g, Carbs 60g, Fat 51.2g Fibre 10.3g)</i>
SALMON WITH BEETROOT PUREE	Roasted Salmon served with a beetroot puree and green quinoa salad. <i>(663kcal, Protein 41.8g, Carbs 77.2g, Fat 22.4G, Fibre 12.4g)</i>
COURGETTE & FETA CHICKPEA RIGATONI	Rigatoni tossed with sautéed courgette, chickpeas, crumbled feta and fresh parsley and a light chick stock reduction. <i>(650g Calories, 25g Protein, 60g Carbs, 30g Fat, 10g Fibre)</i>
SEABASS WITH SMOKED TOMATO PESTO & LENTILS	Pan seared seabass served over smoked tomato pesto, with a side of green salad and braised lentils. <i>(700g Calories, 50g Protein, 30g Carbs, 42g Fat, 10g Fibre)</i>
PUMPKIN SOUP WITH ORZO	A hearty seasonal pumpkin soup, served with crunchy pumpkins seeds and grated parmesan <i>(219kcal, Protein 9.6g, Carbs 31.7g, Fat 6.3g, Fibre 1.7g)</i>

SWEET TREATS

TAHINI DARK CHOCOLATE COOKIES	These cookies are rich, nutty and dairy-free, with healthy fats from tahini and antioxidants from dark chocolate. A more nourishing treat option with no added sugar. (Per cookie, 120g Calories, 2g Protein, 13g Carbs, 7g Fat, 2g Fibre).
LABNEH BANANA BREAD	Moist, wholesome banana bread made with ripe bananas, labneh and a hint of brown butter. (220g Calories, 5g Protein, 28g Carbs, 9g Fat, 2g Fibre).

BREAKFAST

TROPICAL BIRCHER MUESLI WITH BERRIES,, PASSION FRUIT AND COCONUT	Rollled oats and dried fruits soaked in apple infused yoghurt and orange juice, served with passionfruit and toasted coconut flakes <i>(309kcal, Protein 14.2g, Carbs 40.9g, Fat 11.7g, Fibre 6.7g)</i>
BREAKFAST BURRITO	Burrito with scrambled egg, avocado, spring onion and jalepenos, served with a harissa aioli. <i>(529kcal, Protein 21g, Carbs, 38.2g, Fat 32.2g, Fibre 6.4g)</i>
BANANA PROTEIN PANCAKES	<i>pancakes packed with protein and flavour, greek yoghurt and berries on the side. (429kcal, Protein 32.7g, Carbs 49.7g, Fat 10.3g, fibre 7.2g)</i>

WEEKLY ESSENTIALS

LIFE CHANGING BREAD	Nutritious blend of seeds oats and almonds, its gluten free and vegan. Perfect to have with meals, sandwiches or just with some jam. <i>(per slice 181kcal, Protein 5.1g, Carbs 5.6g, Fat 16.4g, Fibre 7.2g)</i>
COCONUT PROTEIN BALLS	Whether a pre-workout fuel or a afternoon snack, these healthy flavourful protein balls carry you through a busy day. <i>(74.6kcal, Protein 2.5g, Carbs 9.2g, Fat, 3.6g, Fibre 2.7g)</i>

