We create 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 1800kcal package supplies the perfect combination of nutrients for those leading an active lifestyle, while still leaving you feeling light and well balanced. High in protein, this delicious package is specifically designed to help keep you energised throughout the day, as well as aiding recovery after exercise or a day on your feet.

**MONDAY**
- **MORNING JUICE:** Cool Greens
- **BREAKFAST:** Goji granola with oat milk & berries
- **SNACK:** Red pepper hummus with cucumber & carrots
- **LUNCH:** Squash, salmon & dukkah salad
- **NUTS:** Cashews
- **DINNER:** Thai green prawn curry with broccoli & pak choi
- **PUDDING:** Coconut truffle
- **EVENING DRINK:** Cashew milk

**TUESDAY**
- **MORNING JUICE:** Fabulously Focused
- **BREAKFAST:** Roasted veg frittata with spinach
- **SNACK:** Beetroot hummus with radish crudités
- **LUNCH:** Peking sweet potato salad
- **NUTS:** Tamari seeds
- **DINNER:** Chickpea, chicken & lentil stew
- **PUDDING:** Cacao slice
- **EVENING DRINK:** Cashew milk

**WEDNESDAY**
- **MORNING JUICE:** Super Spirulina
- **BREAKFAST:** Buckwheat muesli with almond milk & berries
- **SNACK:** BBQ sweet potato chunks
- **LUNCH:** Roasted chicken with peas & griddled baby gem
- **NUTS:** Almonds
- **DINNER:** Sri Lankan prawn & squash curry
- **PUDDING:** Tahini truffle
- **EVENING DRINK:** Cashew milk

**THURSDAY**
- **MORNING JUICE:** Fabulously Focused
- **BREAKFAST:** Smoked salmon egg wrap
- **SNACK:** Roasted root veggies
- **LUNCH:** Cauli caponata with pesto
- **NUTS:** Tamari seeds
- **DINNER:** Broccoli, fennel & prawn broth
- **PUDDING:** Pistachio truffle
- **EVENING DRINK:** Cashew milk

**FRIDAY**
- **MORNING JUICE:** Green Machine
- **BREAKFAST:** Hazelnut muesli with oat milk & berries
- **SNACK:** Hummus with celery sticks
- **LUNCH:** Courgette, king prawns & salsa verde
- **NUTS:** Cashews
- **DINNER:** Chicken chilli con carne with guacamole
- **PUDDING:** Cacao mousse
- **EVENING DRINK:** Cashew milk

**SATURDAY**
- **MORNING JUICE:** Bright & Beautiful
- **BREAKFAST:** Almond bircher with blueberries
- **SNACK:** White bean mash with cucumber & pepper
- **LUNCH:** Aubergine, chicken & chickpea salad with tahini dressing
- **NUTS:** Almonds
- **DINNER:** Sweetcorn & turkey meatball chowder
- **PUDDING:** Coconut macaroon
- **EVENING DRINK:** Cashew milk