

The Vitality, wk. Dec 09

MONDAY

All that jazz	almond milk, chia, honey, bananas, dates, peanuts, almond butter 30g carbs, 8g fiber, 10g protein, 30g fat
Sourdough chicken ciabatta	ciabatta, chicken, vegan red pepper sauce, avocado, tomatoes, rocket 70g carbs, 11g fiber, 39g protein, 35g fat
Oat biscuits	greens, quinoa, turkey, cucumbers, strawberries, carrots, onions, avocado,
Rainbow salad	raisins, walnuts, berry dressing 45g carbs, 8g fiber, 24g protein, 30g fat

TUESDAY

Forever avocado	sourdough, avocado, tomatoes, feta, black sesame, micro greens, lemon 30g carbs, 10g fiber, 8g protein, 17g fat
Mongolian noodles	rice noodles, carrots, broccoli, mushrooms, beef, soy sauce, onions, garlic 60g carbs, 5g fiber, 45g protein, 15g fat
Snix	vegan pumpkin soup + orzo, rocket, fennel, tomatoes, kale, radish, figs,
Pumpkin soup + 1/2 orzo salad	avocado, walnuts, vegan sauce 34g carbs, 10g fiber, 6g protein, 22g fat

WEDNESDAY

Sunshine press	sourdough bun, pesto, sundried tomatoes, cucumber, avocado, cashew cream 54g carbs, 8g fiber, 8g protein, 20g fat
Mexican rice	rice, chicken, red pepper, onions, corn, mushrooms, tomato sauce 50g carbs, 3g fiber, 35g protein, 7g fat
Halawa	
Thai crunch	GF noodles, kale, carrots, cabbage, radish, coriander, green onions, shrimp, sesame, peanut soy sauce 45g carbs, 9g fiber, 27g protein, 30g fat

THURSDAY

Classic oatmeal	oats, chia, almond milk, raisins, apple syrup, banana, peanut butter, chocolate 50g carbs, 10g fiber, 9g protein, 17g fat
Bazella	rice, peas, carrots, coriander, meat 65g carbs, 9g fiber, 30g protein, 7g fat
Fruit salad	
The warrior	wrap, eggs, hummus, Zaatar, olives, pickles, side veggies 40g carbs, 6g fiber, 22g protein, 15g fat

FRIDAY

Double cream sandwich	brown baguette, white cheese, veggies 30g carbs, 2g fiber, 15g protein, 5g fat
Salmon burger	salmon, leeks, red pepper, parsley, eggs, vegan mayo dill sauce, cucumber, rocket, side salad 55g carbs, 8g fiber, 20g protein, 33g fat
choco cookie	
Cozy salad	brown rice, sweet potatoes, chickpeas, broccoli, cabbage, spinach, cranberries, almonds, feta, mustard tahini vinaigrette 45g carbs, 9g fiber, 23g protein, 25g fat