

The Vitality, wk. of Jan 20

MONDAY

All That Jazz	almond milk, chia, honey, bananas, dates, peanuts, nut butter 30g carbs, 8g fiber, 10g protein, 30g fat
Chicken Quesadilla	wrap, chicken, red pepper, onions, corn, mushrooms, tomato sauce, mozzarella 65g carbs, 6g fiber, 40g protein, 15g fat
Choco cookie	greens, quinoa, turkey, cucumbers, strawberries, carrots, onions, avocado, raisins, walnuts, berry dressing
Turkey salad	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, 38g protein, 15g fat
Halawa bomb	chicken olive & orzo soup + 1/2 ciabatta with feta, chilli, olives, red pepper, walnuts, zaatar, rocket
Chicken soup + 1/2 ciabatta	55g carbs, 5g fiber, 27g protein, 20g fat

WEDNESDAY

Sunshine press	sourdough, pesto, tomatoes, cucumber, avocado, halloumi, cashew cream 54g carbs, 8g fiber, 22g protein, 20g fat
Sweet n sour shrimp	red pepper, onions, mushrooms, shrimp, sesame, green onions, basmati rice, sweet n sour sauce with tomatoes, unrefined cane sugar and soy sauce
lemon cupcake	45g carbs, 3g fiber, 23g protein, 13g fat
Kimchi salad	chicken, cabbage, carrots, cucumber, kimchi, sesame, light chilli sauce 10g carbs, 4g fiber, 23g protein, 35g fat

THURSDAY

Classic oatmeal	oats, chia, almond milk, raisins, banana, peanut butter, DF choco drops 50g carbs, 10g fiber, 9g protein, 17g fat
Chicken platter	chicken, mashed potatoes, DF mushroom sauce, corn, carrots 45g carbs, 3g fiber, 35g protein, 10g fat
bounty bar	brown rice, sweet potatoes, chickpeas, broccoli, cabbage, spinach, cranberries, almonds, feta, mustard vinaigrette
Cozy salad	45g carbs, 9g fiber, 23g protein, 25g fat

FRIDAY

Eggs n avocado	brown baguette, eggs, avocado, mustard, lettuce, tomatoes 30g carbs, 2g fiber, 14g protein, 10g fat
Black rice & fish	fish, black rice, green onions, coriander, sweet pepper, avocado yogurt dip 45g carbs, 4g fiber, 28g protein, 15g fat
Oat biscuits	
Hummus halloumi wrap	wrap, lentil hummus, pepper, zucchini, spinach, tomato, halloumi, walnuts 45g carbs, 8g fiber, 22g protein, 23g fat