

# The Vitality, wk. of Feb 24

## MONDAY

Mash Up	Sourdough toasts, avocado, cranberries, walnuts, turkey 55g carbs, 8g fiber, 15g protein, 22g 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
1/2 not lazy cake	45g carbs, 3g fiber, 23g protein, 13g fat
Chicken soup + 1/2 feta ciabatta	chicken olive orzo soup  feta, chilli, olives, red pepper, walnuts, zaatar, rocket 55g carbs, 5g fiber, 27g protein, 20g fat

## TUESDAY

Omelette	eggs, mushrooms, side veggies 4g carbs, 2g fiber, 22g protein, 20g fat
Chicken ciabatta	ciabatta, chicken, vegan red pepper sauce, avocado, tomatoes, rocket, side salad 70g carbs, 11g fiber, 39g protein, 35g fat
Fruit salad	
Tokyo salad	cabbage, spinach, carrots, glass noodles, cucumbers, tomatoes, corinader, mint, edemame, ginger and miso dressing 45g carbs, 10g fiber, 8g protein, 45g fat

## WEDNESDAY

Halloumi crepe	premium wheat, eggs, almond milk, dill, pesto, halloumi, tomatoes, zaatar leaves 45g carbs, 2g fiber, 16g protein, 4g fat
Mongolian noodles	rice noodles, carrots, broccoli, mushrooms, beef, soy sauce, onions, garlic 60g carbs, 5g fiber, 38g protein, 15g fat
Choco bomb	arugula, tuna, coriander, avocado, edamame, quinoa, onions, tomatoes, yoghurt sauce
Tuna salad	25g carbs, 6g fiber, 30g protein, 45g fat

## THURSDAY

Forever avocado	sourdough, avocado, tomatoes, feta, black sesame, micro greens, lemon 30g carbs, 10g fiber, 8g protein, 17g fat
Butter chicken	grilled chicken cooked in red coconut & tomato sauce, spices, served with rice 35g carbs, 4g fiber, 28g protein, 40g fat
choco energy	
Salmon mango salad	grilled salmon, arugula, lettuce, cabbage, cucumbers, edemame, avocado, mango, onions, sesame, vegan mayo and mustard dressing 20g carbs, 6g fiber, 28g protein, 18g fat

## FRIDAY

Hot porridge	oats, almond milk, dates, peanut butter, banana, berries, chocolate, apple syrup 55g carbs, 8g fiber, 10g protein, 20g fat
Fish plate	grilled fish, sweet potatoes, broccoli, carrots, peas, vegan tartare 30g carbs, 3g fiber, 35g protein, 20g fat
1/2 brownie	
Halloumi salad	rocket, cucumbers, tomatoes, beetroot, pomegranate, basil, halloumi, croutons, balsamic vinaigrette 25g carbs, 5g fiber, 24g protein, 26g fat