

# The Vitality, wk. of Mach 31

## MONDAY

All That Rock	almond & coconut choco milk, chia, apple syrup, strawberries, granola, almond butter, coconut chips, cacao nibs 30g carbs, 8g fiber, 7g protein, 25g fat
Beef stroganoff power bomb	beef, mushrooms, dijon, coconut, onions, garlic, mashed potato 50g carbs, 5g fiber, 25g protein, 29g fat
Halloumi wrap	wrap, basil hummus, basil, spinach, halloumi 40g carbs, 8g fiber, 24g protein, 15g fat

## TUESDAY

Eggs n'roll	sourdough toast, eggs, feta, mushrooms, rocket, pomegranate molasses 30g carbs, 3g fiber, 23g protein, 6g fat
Fish black rice choco cookie	black rice, fish, coriander, red pepper, green onions 50g carbs, 6g fiber, 45g protein, 20g fat
Orzo salad	orzo, rocket, fennel, tomatoes, kale, radish, figs, avocado, walnuts, vegan sauce 45g carbs, 10g fiber, 7g protein, 30g fat

## WEDNESDAY

Zaatar & feta fluff	sourdough fluff, zaatar, feta, rocket, cherry tomatoes, cucumber 50g carbs, 8g fiber, 14g protein, 18g fat
Winter bliss curry choco berry	zucchini, mushrooms, carrots, sweet potato, green beans, chicken, onions, garlic, curry, coconut cream, pepper, brown rice 45g carbs, 10g fiber, 34g protein, 30g fat
Medi salad	greens, tomatoes, cucumber, olives, lentil, halloumi, seeds, mint, vinaigrette 30g carbs, 10g fiber, 16g protein, 25g fat

## THURSDAY

Oatmeal hit	oats, almond milk, chia, apple syrup, dates, strawberries, avocado, nut butter 60g carbs, 12g fiber, 9g protein, 20g fat
Red pasta Beirut	spaghetti, red sauce with sweet bell pepper and almond milk, shrimp, herbs 45g carbs, 8g fiber, 20g protein, 22g fat
Chicken greek bowl	basmati rice, chicken, greek yogurt, onions, cucumbers, tomatoes, olives, dill, spinach 40g carbs, 4g fiber, 39g protein, 20g fat

## FRIDAY

Turkey baguette	brown baguette, turkey, cheese, lettuce, tomatoes, honey mustard 30g carbs, 2g fiber, 15g protein, 10g fat
Chicken freekeh choco smoothie	freekeh, chicken, onions, parsley, cashews, almonds, chicken broth, side salad 55g carbs, 10g fiber, 38g protein, 15g fat
Thai crunch	GF glass noodles, spinach, carrots, cabbage, cucumber, tomatoes, coriander, shrimp, peanuts, soy peanut butter dressing 40g carbs, 9g fiber, 23g protein, 20g fat

Lent customisations are available, Whatsapp us!