

The Vitality, wk. of May 26

MONDAY

buckwheat oatmeal	buckwheat, oats, almond milk, apple, cinnamon, walnuts 60g carbs, 8g fiber, 8g protein, 10g fat
Oriental rice	rice, beef, chicken, onions, garlic, almonds, chicken broth, side salad 60g carbs, 4g fiber, 39g protein, 14g fat
PB cookie	
Tuna ciabatta	tuna, walnuts, dill, mustard, olives, tomatoes, almond cream, avocado, arugula 33g carbs, 3g fiber, 10g protein, 15g fat

TUESDAY

Omelette toast	eggs, red bell pepper, mushrooms, green onions, parsley, with side toast 30g carbs, 3g fiber, 23g protein, 6g fat
Fish plate	grilled fish, potato wedges, broccoli, peas, carrots, vegan tartare 30g carbs, 3g fiber, 35g protein, 20g fat
PB dates	
Summer kale	kale, quinoa, chicken, carrots, cranberries, feta, almonds, balsamic dressing 40g carbs, 8g fiber, 25g protein, 25g fat

WEDNESDAY

Pink smoothie	strawberries, avocado, banana, oat milk, honey, chia seeds, granola, nut butter 45g carbs, 8g fiber, 4g protein, 15g fat
Chicken bbq salad	greens, mushrooms, corn, bell pepper, tomatoes, healthy chicken bbq strips, VE dynamite sauce
power bomb	30g carbs, 4g fiber, 35g protein, 25g fat
Philly steak wrap	wrap, light mozzarella, beef, onions, mushrooms, tomatoes, arugula, vegan mayo 45g carbs, 3g fiber, 21g protein, 14g fat

THURSDAY

Turkey & cheese	brown baguette, turkey, cheese, tomatoes, lettuce, honey mustard 30g carbs, 2g fiber, 15g protein, 10g fat
Sweet & sour shrimp	red pepper, onions, mushrooms, shrimp, sesame, green onions, basmati rice, sweet n sour sauce with tomatoes, unrefined cane sugar and soy sauce 45g carbs, 3g fiber, 23g protein, 13g fat
lemon cupcake	
Halloumi couscous salad	couscous, parsley, chickpeas, carrots, onions, red pepper, pomegranate, olives, halloumi, apple and orange vinaigrette 45g carbs, 8g fiber, 27g protein, 20g fat

FRIDAY

Power fluff	sourdough bun, guacamole, eggs 50g carbs, 8g fiber, 14g protein, 18g fat
Bazela	rice, peas, carrots, coriander, meat 65g carbs, 9g fiber, 30g protein, 7g fat
Choco shake	
Zaatar carrot salad	purslane, lettuce, buckwheat, carrots, zaatar, feta, onions, chicken, avocado, seeds 45g carbs, 7g fiber, 15g protein, 35g fat