

The Vitality, wk. of June 16

MONDAY

- Choco Banoffee Oatmeal oats, almond milk, cacao, apple syrup, chocolate, banana, nut butter, caramel
55g carbs, 8g fiber, 6g protein, 10g fat
- Chicken Kabssa rice, carrots, onions, sweet pepper, tomatoes, chicken, spices (not chilly)
45g carbs, 4g fiber, 27g protein, 17g fat
- Protein Lazy Cake lettuce, cabbage, radish, chickpeas, pumpkin kebbeh, dried apples, onions,
- Mama’s Kebbe tomatoes, mint, halloumi, thyme vinaigrette dressing
35g carbs, 9g fiber, 29g protein, 25g fat

TUESDAY

- Halloumi Celebration sourdough toast, basil pesto, zaatar, tomatoes, grilled halloum
30g carbs, 4g fiber, 15g protein, 15g fat
- Meat bolognese spaghetti, onions, beef, carrots, tomatoes, oregano, coriander
42g carbs, 7g fiber, 29g protein, 17g fat
- Choco Bomb arugula, tuna, coriander, avocado, edamame, quinoa, onions,
- Tuna Salad tomatoes, yogurt sauce
25g carbs, 6g fiber, 30g protein, 45g fat

WEDNESDAY

- Korean Egg Bowl eggs, tomatoes, spinach, pickled cabbage, keto chips
5g carbs, 5g fiber, 14g protein, 19g fat
- Black fish white fish, black rice, coriander, red pepper, onions, tomatoes
50g carbs, 6g fiber, 45g protein, 20g fat
- Vanilla Cookie GF glass noodles, spinach, carrots, purple and white cabbage, cucumber,
- Thai Crunch tomatoes, coriander, shrimp, peanuts.
40g carbs, 9g fiber, 23g protein, 20g fat

THURSDAY

- Turkey & Cheese Baguette roasted turkey, mozzarella cheese, lettuce, tomatoes, honey mustard
30g carbs, 2g fiber, 15g protein, 10g fat
- Salmon Burger sourdough bun, salmon, leeks, pepper, parsley, eggs, dill sauce, cucumber, rocket
50g carbs, 5g fiber, 30g protein, 25g fat
- Apple Cinnamon Cupcake iceberg, chicken, parmesan, croutons, vegan mayo and sauce
- Cesar Salad 15g carbs, 7g fiber, 23g protein, 15g fat

FRIDAY

- Berry Coconut & Yogurt almond milk, yogurt, coconut, honey, dates, chia, berries, banana, granola
45g carbs, 6g fiber, 5g protein, 10g fat
- Sweet & Sour Chicken red pepper, onions, mushrooms, chicken, sesame, green onions, basmati rice, sweet n sour sauce with tomatoes, unrefined cane sugar and soy sauce
45g carbs, 3g fiber, 45g protein, 17g fat
- Choco bomb
- Mediterranean feta Ciabatta ciabatta, feta, chilli, olives, red pepper, walnuts, zaatar, rocket + side salad
50g carbs, 8g fiber, 19g protein, 23g fat