

Sample menu

Saturday

Arrival	Marinated feta cheese, tomato & red onion salad
Dinner	Lightly spiced chicken, ratatouille, lemon yoghurt

Sunday

Breakfast	Smoked salmon, mushroom, tomato, scrambled egg
Morning Snack	Apple, peanut butter, agave roasted hazelnuts & seeds
Lunch	Tandoori chicken, teriyaki quinoa, fresh greens, oregano yoghurt
Afternoon Snack	Homemade protein ball
Dinner	Roasted vegetable stuffed pepper, miso & lemon salmon

Monday

Breakfast	Selection of fresh fruit, lemon yoghurt, agave dressing
Morning Snack	Banana & cocoa smoothie, fresh berry compote, toasted coconut
Lunch	Chicken & vegetable skewer, mixed Bean & vegetable salad
Afternoon Snack	Homemade protein flapjack
Dinner	Tuna niçoise

Tuesday

Breakfast	Homemade granola, fresh fruit, oat milk
Morning Snack	Easy peel orange to take away on walk
Lunch	Smoked mackerel, beetroot & apple salad, horseradish dressing
Afternoon Snack	Homemade protein ball
Dinner	Beef burger, rocket, sweet potato, caper & beetroot salsa, yoghurt

Sample menu

Wednesday

Breakfast	Fresh pancakes, berry compote, yoghurt, berry syrup
Morning Snack	Boiled egg, hummus, spiced seeds
Lunch	Chimichurri Prawn & vegetable skewer, beetroot & pea quinoa, yoghurt
Afternoon Snack	Protein muffin to take away on walk
Dinner	Marinated chicken & sweet potato tagine, tzatziki

Thursday

Breakfast	Cherry, soya & cocoa smoothie, fruit compote, toasted oats
Morning Snack	Crudities sticks, red pepper & white bean dip
Lunch	Romanesco & spinach frittata, tomato salsa, crumbled goat cheese
Afternoon Snack	Homemade protein ball
Dinner	Spinach, Sweet potato & coconut curry

Friday

Breakfast	Homemade muesli, yoghurt, fresh fruit
Morning Snack	Whole apple
Lunch	Chicken salad
