

Sample Set Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|--|---------------------------------|---|--|---------------------------------|
| Breakfast | Egg White Omelette, Broccoli Stem & Marrow | Scrambled Egg, Roasted Tomatoes | Spanish Omelette, Bell Peppers & Potatoes | Protein Pumpkin Pancake, Mixed Berry Jam | Banana & Chocolate Chip Pancake |
| Meal 1 | Smoked Beef Brisket, Homemade BBQ Sauce | Turkey Bolognese | Roast Cauliflower Stew with Chickpeas | Chicken Fajita | Turkey Meatloaf |
| Meal 2 | Vegan Penne Bolognese | Korean BBQ Chicken | Baked Tilapia Fillets, Leeks & Fine Herbs | Flaked Salmon-Chili & Lemon | Curried Tilapia Fish |
| Snack 1 | Peanut Butter Orange Protein Bites | Flourless Protein Brownie | Coconut Date Protein Bites | Raw Vegan Bar | Red Velvet Protein Bites |
| Snack 2 | Black Bean Chili Dip, Boiled Vegetables | Crudites, Red Pepper Hummus | Goat Cheese Dip, Beetroot | Roasted Cauliflower & Quinoa Pot | Tinned Tuna, Cucumber Batons |