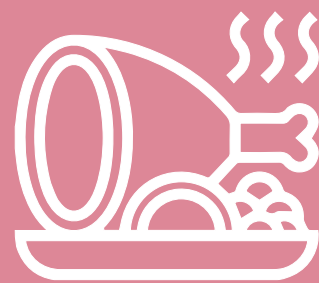


# GREEN

## SAMPLE MENU



### PROTEIN CLEANSE

1650 kcals, 75 grams protein

Our lighter protein meal plan. This plan is suitable for those looking to sustain their protein intake whilst enjoying rejuvenating meals. Packed full of energy and nutrients, lean protein is paired with whole Gluten Free grains, legumes and vegetables.

0144 88 01 @greenjunkieme

## DAY 1

**Breakfast** *Chocolate smoothie* | V | GF  
Banana, cocoa, peanut butter, LF cow milk.  
Kcal: 396 Fat: 27g Carbs: 34g Proteins: 15g

or

*Halloumi Baguette*  
A Healthy breakfast with halloumi baguette, Halloumi & veggies  
Kcal: 366 Fat: 17g Carbs: 33g Proteins: 20g

**Lunch** *Tikka Masala With Shrimps* | VE  
Mix of veggies (green pea, broccoli, potato and carrot), shrimps simmered in homemade Indian Tikka Masala paste infused with lots of flavor served with a side of whole-grain rice.  
Kcal: 493 Fat: 17g Carbs: 56g Proteins: 30g

**Snack** *Hummus Dip with Carrot & Cucumber Sticks*  
Kcal: 346 Fat: 28g Carbs: 20g Proteins: 9g

**Dinner** *Baked Falafel Bowl* | VE | DF | GF  
Flavorful herbed baked falafel pieces on a bed of homemade hummus, with pickled beets, red cabbage, our Mediterranean salad, topped with a special tarator drizzle.  
Kcal: 432 Fat: 26g Carbs: 33g Proteins: 14g

## DAY 4

**Breakfast** *Matcha Iced Latte* | V | GF  
Banana, LF Cow milk, organic matcha powder, honey.  
Kcal: 185 Fat: 3g Carbs: 31g Proteins: 10g

or

*Mediterranean Labneh Bowl* | V | GF  
Base of creamy labneh topped with chopped Mediterranean salad sprinkled with zaatar.  
Kcal: 246 Fat: 6g Carbs: 6g Proteins: 12g

**Lunch** *Teriyaki Donburi with Beef Fillet*  
Home-made teriyaki tofu, broccoli, avocado, shredded carrots & cucumbers, roasted mushrooms, pickled ginger and seed mix with a side of ginger lemon soy sauce and a tender juicy fillet.  
Kcal: 587 Fat: 27g Carbs: 54g Proteins: 28g

**Snack** *Fruit Salad with Nuts* | VE | GF  
Chopped seasonal fruits in orange juice.  
Kcal: 254 Fat: 9g Carbs: 36g Proteins: 7g

**Dinner** *Winter Buddha Bowl* | VE | GF  
Base of baby spinach with quinoa, mixed roasted veggies (eggplant, sweet potato, cauliflower), avocado, beetroot, topped with boiled egg, goat cheese balls and kale sesame chips, served with tahini cilantro lemon.  
Kcal: 505 Fat: 23g Carbs: 46g Proteins: 21g

## DAY 2

**Breakfast** *Golden Latte* | V | GF  
Banana, golden spices, honey, LF cow milk.  
Kcal: 256 Fat: 3g Carbs: 42g Proteins: 15g

or

*Granola Bowl with Fruits*  
Greek yogurt topped with seasonal fresh fruits, grain-free granola and drizzled with honey.  
Kcal: 421 Fat: 12g Carbs: 70g Proteins: 12g

**Lunch** *Pad Thai with Chicken*  
With a base of rice sticks - signature sweet-savory flavor, tender chicken strips, sprinkle of peanuts and tang from lemon, this is a Thai food favorite for good reason.  
Kcal: 593 Fat: 16g Carbs: 71g Proteins: 42g

**Snack** *Soaked Oats with Fruits & Nuts* | VE  
Kcal: 273 Fat: 10g Carbs: 26g Proteins: 20g

**Dinner** *Winter Kale Salad* | GF | V  
Massaged kale with quinoa, green onion, red apple slices, roasted sweet potato, crumbled feta, shaved almonds, pomegranate seeds and raisins served with a honey Dijon vinaigrette.  
Kcal: 384 Fat: 16g Carbs: 49g Proteins: 14g

## DAY 5

**Breakfast** *Chocolate smoothie* | V | GF  
Frozen banana, peanut butter, vanilla, LF cow milk.  
Kcal: 396 Fat: 27g Carbs: 34g Proteins: 16g

or

*Avocado Egg Tartine* | V  
Hard-boiled egg, avocado mash, pico de gallo, topped with microgreens on sourdough bread.  
Kcal: 320 Fat: 17g Carbs: 30g Proteins: 11g

**Lunch** *Gourmet Chicken Burger*  
Grilled chicken breast topped with a homemade hot Ajver with lemon caper aioli, tomato, and fennel slaw.  
Kcal: 396 Fat: 9g Carbs: 47g Proteins: 29g

**Snack** *Chocolate Chip Oatmeal Cookie* | V  
Chocolate chunks in a classic oatmeal cookie.  
Kcal: 370 Fat: 29g Carbs: 22g Proteins: 9g

**Dinner** *Makdous Moghrabieh* | VE  
Makdous, moghrabieh, freshly chopped zucchini, sun-dried tomato, feta chunks, baby spinach, toasted walnuts in a lemon vinaigrette.  
Kcal: 381 Fat: 20g Carbs: 37g Proteins: 13g

## DAY 3

**Breakfast** *Oatmeal Smoothie* | V  
Oats, LF cow milk, honey, dates, flax seeds.  
Kcal: 398 Fat: 15g Carbs: 52g Proteins: 16g

or

*Chia Radiance Bowl*  
Chia pudding with fruits & nuts.  
Kcal: 358 Fat: 23g Carbs: 30g Proteins: 13g

**Lunch** *Vegetarian Burrito Bowl* | V  
Deconstructed Mexican heaven, loaded with brown rice, kidney beans, charred corn, pico de gallo, avocado cream, shredded lettuce, and shredded cheese.  
Kcal: 546 Fat: 18g Carbs: 65g Proteins: 28g

**Snack** *Peanut Butter Explosion* | VE | GF  
Satisfying vegan layers of chocolate peanut butter, sliced banana, chia pudding topped with grain-free granola & strawberry.  
Kcal: 329 Fat: 18g Carbs: 34g Proteins: 11g

**Dinner** *Vegetarian Pasta Salad* | V  
Whole wheat pasta loaded with grilled veggies (mushroom, eggplant, zucchini and broccoli), herbs, black olives, crumbs of our special feta cheese, served with herby lemon oil & an egg.  
Kcal: 334 Fat: 14g Carbs: 37g Proteins: 17g

## DAY 6

**Breakfast** *Peanut Butter Smoothie* | V | GF  
Frozen banana, peanut butter, vanilla, oat milk.  
Kcal: 355 Fat: 21g Carbs: 35g Proteins: 12g

or

*Morning Muesli* | VE  
Home-made Muesli soaked in cold soya milk topped with sliced seasonal fruits, grain-free granola and honey.  
Kcal: 275 Fat: 4g Carbs: 36g Proteins: 9g

**Lunch** *Vegan Green Curry with Roasted Salmon* | GF | DF  
Homemade Green Curry with seasonal veggies & salmon fillet and a side of whole-grain rice topped with fresh herbs.  
Kcal: 613 Fat: 27g Carbs: 66g Proteins: 24g

**Snack** *Avocado Cream with Edamame, Cucumber & Carrot Sticks* | VE | GF  
Kcal: 298 Fat: 18g Carbs: 25g Proteins: 9g

**Dinner** *Honey-Cinnamon Pumpkin Lentil Salad* | V | GF  
Warm cinnamon-laced pumpkin, greens, purple onion, roasted beetroot & pumpkin, sprinkle of candied walnuts & goat cheese balls, on a base of organic beluga lentils, with a spiced honey ginger vinaigrette.  
Kcal: 384 Fat: 5g Carbs: 66g Proteins: 20g