



## Healthy Breakfast Menu

(One Item per Meal Breakfast includes water, tea or coffee)

### High-Protein Berry Porridge (V)(N)

Steel cut oats with berry coulis, roasted almonds, chai seeds and oat milk, boosted with vanilla flavoured whey protein isolate.

Proteins: 37,2 g Carbs: 80,1 g Fats:15,19 g  
Total calories:612,8

### High-Protein Berry Pancakes (V)

Delicious high-protein pancakes served with berries, powdered sugar and low-calorie maple flavoured syrup.

Proteins: 31,3 g Carbs: 86,2 g Fats:5,1 g  
Total calories:515,6

### Power Toast (V)

Smashed avocado on a slice of brown bread with feta cheese, tomato and two eggs.

Proteins: 25,1g Carbs: 49,5g Fats:29,2g  
Total calories:561,4

### Scrambled eggs

Scrambled eggs on brown bread.

Proteins: 35,4g Carbs: 35,3g Fats:15,9g  
Total calories:426,9

### High-Protein Acai Bowl (V)

Acai berry puree blended with whey protein served with granola, banana, berries, passionfruit, bee pollen and chia seeds..

Proteins: 29,5g Carbs: 73,9g Fats:32,6g  
Total calories:706,8

### Salty But Spicy

Smashed avocado on brown bread with tomato, bacon, two eggs and a kick of hot sauce!

Proteins: 27g Carbs:49,9g Fats:39,1g  
Total calories:659,4

### Shroomie

Smashed avocado on brown bread with mushroom, spinach, parmesan cheese and two eggs.

Proteins: 27,4g Carbs:45,6g Fats:27,8g  
Total calories:541,7

### Big S (N)

Smashed avocado on brown bread with smoked salmon, walnuts and two eggs.

Proteins: 27g Carbs:48,3g Fats:26,2g  
Total calories:536,8

- Breakfast is Served all day
- (V) = vegetarian, (N) = contains nuts, (GF) = gluten-free





## Healthy Lunch Menu

(One Item per Meal. Lunch includes water)

### Salmon Buddha Bowl (V)(N)GF

Packed full of vegetables, quinoa, avocado, grilled salmon, hummus, curry mayonnaise, walnuts and a dash of vinaigrette.

Proteins: 36.0g Carbs: 37,1g Fats:48,5g  
Total calories:728,4

### Chicken Buddha Bowl (N)GF

Packed full of vegetables, quinoa, avocado, chicken, hummus, curry mayonnaise, walnuts and a dash of vinaigrette.

Proteins: 39.7g Carbs:37.0 Fats:38,7g  
Total calories:654,9

### High-Protein Chicken Fried Rice

Egg fried rice with chicken breast and vegetables with soy sauce.

Proteins: 41,0g Carbs: 59,7g Fats:6,7g  
Total calories:463,2

### Couscous Chicken Satay

Warm couscous with saute spinach, vegetables, fried corn, peanuts, chicken and peanut satay sauce.

Proteins: 36,8g Carbs: 41,2g Fats:18,4g  
Total calories:477,5

### High-Protein Vegetable Fried Rice (V)

Egg fried rice with vegetables and soy sauce.

Proteins: 29.0g Carbs:60,4g Fats:14,2g  
Total calories:485.7

### Warm Chicken Hummus Sandwich

Tender chicken breast wholegrain sandwich with hummus and vegetables.

Proteins: 43,2g Carbs: 88,3g Fats:10,4g  
Total calories:619,6

- Lunch is served all day
- (V) = vegetarian, (N) = contains nuts, (GF) = gluten-free

