Menu - 17th November – 22nd November Madam

800 kcal

17th November

Breakfast –

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, ½ Collagen @90Kcal, 6g Protein, Per 200ml

¼ Avocado, 1 slice Cottage cheese Loaf, 10 cherry tomatoes, 2 boiled eggs @276Kcal, 25.3g Protein

Snacks –

Pistachio Chia Pudding @120Kcal, 23g Protein, Per Cup

Bowl of Mixed Berries @24Kcal, 1.5g Protein, Per ½ Cup

Dinner –

Tomato, basil soup @274Kcal, 15g Protein, Per Bowl

Garden salad @20Kcal, 2g Protein, Per 100g

Water Intake – 2.5L

Total Kcal – 804Kcal

Total Protein – 72.8g

18th November

Breakfast –

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, ½ Collagen @90Kcal, 6g Protein, Per 200ml

Vegetable packed 2 egg white omelette, ¼ Avocado, Grilled lime wedge and a corn salsa @280 Kcal, 20.4g Protein

Snacks –

Mango and lime Chia Pudding @110Kcal, 15g Protein, Per Cup

Bowl of Mixed Berries @24Kcal, 1.5g Protein, Per ½ Cup

Pistachio and Dark chocolate Pennies @15Kcal, 3g Protein, Per Penny

Dinner –

Cuban Chicken 1 breast, with a mango, avocado, tomato, sweet potato and roasted chickpea salad. Pomegranate Vierge @302Kcal, 30.2g Protein

Water Intake – 2.5L

Total Kcal – 821Kcal

Total Protein – 76.1g

19th November

Breakfast –

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, Spinach, ½ Collagen @100Kcal, 6g Protein, Per 200ml

Courgette, kale fritters with a crisp apple, lettuce, pecan, pomegranate with lemon and honey @220Kcal, 16g Protein.

Snacks –

Carrot Batons, 1 carrot @25Kcal, 0.5g Protein

Fudgy Brownie, Keto Protein Bar @100Kcal, 20g Protein

Papaya @39Kcal, 2.3g Protein, Per 100g

Dinner –

Beef Brisket Pho soup, Noodles @ 325Kcal, 40g Protein, Per Bowl

Water Intake – 2.5L

Total Kcal – 809Kcal

Total Protein – 84.8

20th November

Breakfast –

Turmeric, Orange, cayenne, vitamin C wellness shot @25Kcal, 0.9g Protein, Per 20ml

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, ½ Collagen @90Kcal, 6g Protein, Per 200ml

Vietnamese pesto Tofu Rolls with kimchi egg fried cauliflower rice, served with a cashew, courgette and carrot salad @318.6Kcal, 22.2g Protein.

Snacks –

Biscoff Chia Pudding @125Kcal, 18g Protein, Per Cup

Bowl of Mixed Berries @24Kcal, 1.5g Protein, Per ½ Cup

Dinner –

Herb roasted salmon on the grill, with a pumpkin and feta salad and toasted pumpkin seeds @225Kcal, 45g Protein.

Water Intake – 2.5L

Total Kcal – 807.6Kcal

Total Protein – 93.6g

21st November

Breakfast –

Turmeric, Orange, cayenne, vitamin C wellness shot @25Kcal, 0.9g Protein, Per 20ml

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, ½ Collagen @90Kcal, 6g Protein, Per 200ml

Shakshuka with 2 eggs, parsley, lemon. With a ¼ slice of Avocado and 10 cherry tomatoes @310Kcal, 32g Protein

Snacks –

Chocolate Chia Pudding @54Kcal, 9g Protein, Per ½ Cup

Bowl of Mixed Berries @24Kcal, 1.5g Protein, Per ½ Cup

Fudgy Brownie, Keto Protein Bar @100Kcal, 20g Protein

Dinner –

Minestrone Soup @210Kcal, 23g Protein.

Water Intake – 2.5L

Total Kcal – 813Kcal

Total Protein – 92.4g

22nd November

Breakfast –

Green Juice, Celery, Lemon, Kiwi, Cucumber, Ginger, ½ Collagen @90Kcal, 6g Protein, Per 200ml

Tropical Acai Berry Bowl, with mango, papaya, pineapple, lime, coconut, peanut butter @ 190Kcal, 28g Protein

Snacks –

Pistachio Vegan Yogurt, 65Kcal, 6g Protein, Per 100ml

Bowl of Mixed Berries @24Kcal, 1.5g Protein, Per ½ Cup

Dark Chocolate cottage cheese souffle @150Kcal, 18g Protein

Dinner –

Ceaser Salad, no mayo, with grilled chicken and a side of air fried sweet potato fries @ 256Kcal, 28g Protein.

Water Intake – 2.5L

Total Kcal – 775Kcal

Total Protein – 87.5g