



5 DAY MEAL PLAN

Collect fresh
EVERY MORNING
.....or evening.....

MONDAY	ORGANIC PORRIDGE
	SUPER GREEN SOUP <i>with</i> 
	NUTTY QUINOA SALAD
	BOILED EGGS
TUESDAY	GRANOLA POT
	SOUP SPECIAL <i>with</i> 
	SUPER GREEN SALAD
	CHICKEN BREAST
WEDNESDAY	BREAKIE IN A GLASS <i>Smoothie</i>
	SUPER GREEN SOUP <i>with</i> 
	POWERHOUSE SALAD
	TOFU
THURSDAY	WHOLEMEAL BUTTERMILK PANCAKES
	SOUP SPECIAL <i>with</i> 
	SWEET POTATO SALAD
	BEEF STEAK
FRIDAY	ORGANIC PORRIDGE
	SUPER GREEN SOUP <i>with</i> 
	BUDDHA BOWL
	SMOKED SALMON



OUR HOMEMADE BB

Note: All of our food is prepared in a kitchen that contains gluten products so we cannot guarantee 100% gluten free for people with gluten intolerance. However we can provide gluten free bread and substitute our powerhouse salad and our soya sauce dressing from our nutty quinoa salad for persons who wish to avoid gluten.

