



Appetizers

ENJOY AN APPETIZER...
(MAX ONE APPETIZER PER MEAL).



Kcal



Prot



Carb



Fat



Fiber

GUACAMOLE DIP

AVOCADO, CHERRY TOMATO, CELERY, ONION, CORIANDER, SALT, LIME, PEPPER; SERVED WITH FRESH VEGGIES STICKS

186.3

4.4

24.9

9.9

10.2

CLASSICAL HUMMUS DIP

CHICKPEAS, TAHINI, SALT, PEPPER, LEMON, GARLIC, OLIVE OIL; SERVED WITH FRESH VEGGIES STICKS

281.3

7.4

30.1

16.7

9.3

ROASTED PUMPKIN DIP

ROASTED PUMPKIN, CHICKPEAS, TAHINI, GARLIC, SPICES, SALT, OLIVE OIL; SERVED WITH FRESH VEGGIES STICKS

322.3

7.3

35.8

19.3

10.8

CHICKEN SATAY (3 STICKS)

GRILLED CHICKEN WITH SATAY MARINADE

223.2

22.8

3

13

0.7

RAW VEGGIE STICKS

CARROT, CUCUMBER, BELL PEPPER, BEETROOT AND CELERY STICKS.

72.6

2.6

16.6

0.5

5.2

SPINACH FRITTATA (9 PORTION)

EGG WHITE, SPINACH, ONION, PEPPER, OLIVE OIL.

102.3

13.5

6.8

2.8

2.8

VEGGIE SPRING ROLL

GREEN LONG BEANS, CABBAGE, MIX HERBS, CARROT, BELL PEPPER.

100.9

1.8

22.9

0.5

2.3

TUNA TERRAINE

CAN TUNA, CAPERS, ONION MUSTARD, PLAIN YOGURT, EGGS

149.9

16.7

9.9

4.5

0.9

Beverages

PROTIEN SHAKE

PROTIEN SHAKE WITH WATER

PROTIEN SHAKE WITH COCONUT WATER

PROTIEN SHAKE WITH ALMOND MILK

PROTIEN SHAKE WITH SKIMMED MILK

BOOST WITH COCOA POWDER 1 TBPS

BOOST WITH BANANA (1 MED SIZE)

BOOST WITH PEANUT BUTTER 1 TBPS



Kcal



Prot



Carb



Fat



Fiber

124

23.5

3.9

0.9

3.9

147

24.4

8.3

1.2

3.9

142

24.2

4.6

2.3

3.9

165

27.6

9.8

1

3.9

12.3

1.1

3.1

0.7

2

105

1.3

27

0.4

3.1

93.9

3.9

3.4

7.9

1.3

FRESH JUICES & SMOOTHIES

ORANGE JUICE

APPLE JUICE

YOUNG COCONUT WATER

PINEAPPLE SHAKE

WATERMELON SHAKE

MANGO SHAKE

GREEN BOOST

155

2.4

35.8

0.7

0.7

78

0.1

19.3

0.2

0.1

52

0.4

13.2

0

0

50

0.5

13.1

0.1

1.4

30

0.6

7.6

0.2

0.4

72

1

18

0.5

1.9

98.5

5.2

18.9

1

4.6

(GUAVA, GREEN APPLE, SPINACH, COCONUT WATER, SPIRULINA, CELERY, MINT & LEMON)



Breakfast #1



CEREALS & BREAD



Kcal



Prot



Carb



Fat



Fiber

RYE BREAD (1 SLICE)

90.6

3

16.9

1.2

1.6

SOYDOUGH SEED BREAD (1 SLICE)

95.2

3.8

18.2

0.8

0.7

CORN FRANKS

42.5

0.7

9.9

0

0.3

MUESLI



61.1

1.5

10.7

1.7

1.3

BERRIES, NUTS & SEEDS

WALNUT 1 TBSP

47.8

1.1

1

4.8

0.5

ALMOND 1 TBSP

47

1.7

1.8

4.1

1

PEANUT 1 TBSP

51.7

2.4

1.5

4.5

0.8

CASHEW NUT 1 TBSP

44.6

1.5

2.4

3.5

0.3

FLAX SEEDS 1 TBSP

44.6

1.5

2.4

3.5

0.3

SUNFLOWER SEEDS 1 TBSP

51.1

1.8

1.8

4.5

0.8

PUMPKIN SEEDS 1 TBSP

17.8

0.7

2.2

0.8

0.7

CRANBERRY 1 TBSP

50

0

12

0

0.3

GOJI BERRY 1 TBSP

34.9

1.4

7.7

0

1.3

RAISIN 1 TBSP

27.1

0.3

7.2

0

0.4





Breakfast #2



FRUIT

MELON 85G

WATERMELON 100G

PINEAPPLE 80G

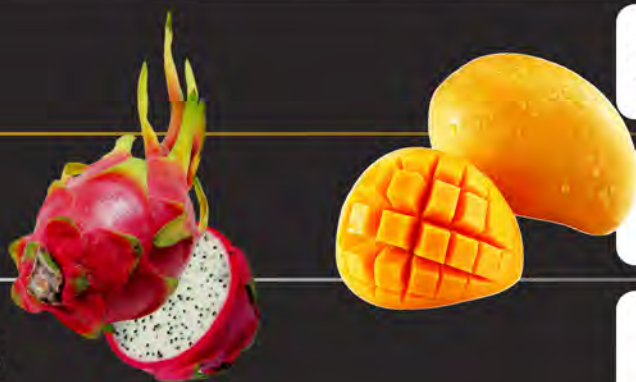
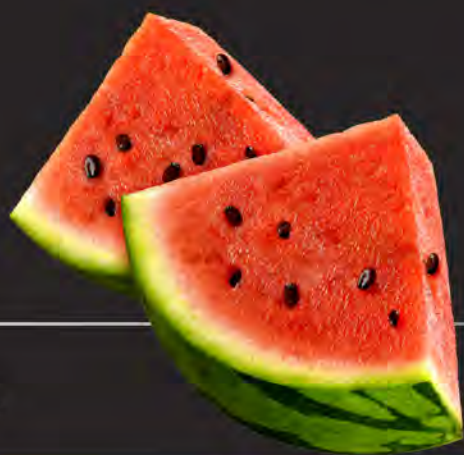
PAPAYA 90G

MANGO 110G

DRAGON FRUIT 110G

(1) BANANA MEDIUM SIZE

(1) APPLE MEDIUM SIZE



Kcal



Prot



Carb



Fat



Fiber

28.9

0.7

6.9

0.2

0.8

30

0.6

7.6

0.2

0.4

40

0.4

10.5

0.1

1.1

38.7

0.4

9.7

0.2

1.5

66

0.9

16.5

0.4

1.8

66

2.2

9.9

1.7

1.1

105

1.3

27

0.4

3.1

94.6

0.5

25.1

0.3

4.4

MILK & OTHERS

SKIMMED MILK 100ML

ALMOND MILK 100ML

LOW FAT YOGURT 120G

BUTTER 10G

PEANUT BUTTER 1 TBSP

CHOCOLATE CHIPS 1 TBSP

BEE POLLEN 1 TBSP

HONEY 1 TBSP

JAM 1 PACKET (15G)

SUGAR 1 PACKET (8G)



34

3.4

5

0.1

0

15

0.6

0.3

1.2

0

92.1

12.5

4.7

2.3

0

71.7

0.1

0

8.1

0

93.9

3.9

3.4

7.9

1.3

60.9

0.9

6.8

3.4

0.4

47.1

3.6

6.5

0.7

1.2

64.4

0.1

17.5

0

0

55.6

0.1

13.8

0

0.2

30.4

0

7.8

0

0



Breakfast #3



A LA CARTE

BOILED EGG (1)



Kcal

Prot

Carb

Fat

Fiber

68.2

5.5

0.5

4.7

0

FLAT EGG+5G OIL (1)

112.4

5.5

0.5

9.7

0

POACHED EGG (1)



68.2

5.5

0.5

4.7

0

SCRAMBLED EGG+5G OIL+30G MILK (2)

198.9

12

2.4

15.3

0

EGG WHITE OMELET+5G OIL (3)

90.1

9.6

0.6

5.1

0

EGG WHITE OMELET+5G OIL (6)

135.9

19.2

1.3

5.3

0

WHOLE EGG OMELET+5G OIL (3)

112.4

5.5

0.5

9.7

0

GRILLED SALMON 120G

249

24.5

0

16.1

0

HAM 1 SLICES 30G



36.6

4.4

1.7

1.2

0

PROTIEN PANCAKE 50G

416.3

17.8

39.2

22.3

6.6

TOFU SCRAMBLE

286.1

20

12

18.1

2.9

EXTRAS



MIXED VEGETABLES 50G



16.6

0.6

3.6

0.2

1

CHICKEN HAM 1 SLICES

286.1

20

12

18.1

2.9

MOZZARELLA CHEESE 30G

63.6

4.3

0.5

4.9

0





Breakfast #4



A LA CARTE

SAUTÉED SPINACH 100G

Kcal

Prot

Carb

Fat

Fiber

60.3	2	2.5	5.3	1.5
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SAUTÉED MUSHROOMS 70G

59.6	2.2	2.3	5.2	0.7
------	-----	-----	-----	-----

CHERRY TOMATO 50G

11.2	0.6	2.4	0.3	0.6
------	-----	-----	-----	-----

CUCUMBER SCILED 50G



7.5	0.3	1.8	0.1	0.6
-----	-----	-----	-----	-----

BOILED BROCCOLI 90G

30.6	2.5	6	0.3	2.3
------	-----	---	-----	-----

CHEDDAR CHEESE 30G

101	5.7	0.8	8.3	0
-----	-----	-----	-----	---

PORRIDGE

OATS



151.6	5.3	27.1	2.6	4
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WITH WATER 120ML

0	0	0	0	0
---	---	---	---	---

WITH SKIMMED MILK 120ML

40.8	4	6	0.1	0
------	---	---	-----	---

WITH ALMOND MILK 120ML

18	0.7	0.4	1.5	0
----	-----	-----	-----	---

WITH COCONUT MILK 120ML

21.4	0.2	1	2	0.5
------	-----	---	---	-----

QUINOA

84	3.1	14.9	1.3	2
----	-----	------	-----	---

WITH WATER 120ML

0	0	0	0	0
---	---	---	---	---

WITH SKIMMED MILK 120ML

40.8	4	6	0.1	0
------	---	---	-----	---

WITH ALMOND MILK 120ML

18	0.7	0.4	1.5	0
----	-----	-----	-----	---

WITH COCONUT MILK 120ML

21.4	0.2	1	2	0.5
------	-----	---	---	-----



Clear Soup

1 BASE



Kcal



Prot



Carb



Fat



Fiber

VEGETABLE BROTH

21

0.9

4.8

0.1

1.3

2 TOPPINGS (2 PORTIONS MAX)

QUINOA 70g

84

3.1

14.9

1.3

2

BROCCOLI 80g

27.2

2.3

5.3

0.3

2.1

CAULIFLOWER 80g

20

1.5

4

0.2

1.6

MIXED VEGETABLES 150g

(KALE, BROCCOLI, CARROT, CAULIFLOWER, SNOWPEA GREEN PEA)

61.6

3.9

12

0.6

4.3

MIXED HERBS 20g

(BETEL LEAF, SWEET BASIL, CORIANDER, CHIVE)

6.8

0.7

1

0.1

0.3

3 PROTIEN (1 PORTIONS MAX)

EGG (1)

68.2

5.5

0.5

4.7

0

TOFU 130g

134.9

15.6

4.9

7.2

1.6

CHICKEN 130g

156

29.3

0

3.4

0

SEAFOOD 150g

166.5

21.9

3

6.8

0





Pasta

    
Kcal Prot Carb Fat Fiber

1 CHOOSE THE TYPE OF PASTA

SPAGHETTI 120G (COOKED)

189.6

7

37

1.1

2.2

PENNE 120G (COOKED)

189.6

7

37

1.1

2.2

2 CHOOSE THE SAUCE

PESTO SAUCE

200.8

6.6

19.6

12.4

2.9

POMODORO SAUCE

89.6

2.1

10.1

5.4

2.4

ARRABBIATA SAUCE

91.6

2.4

10.3

1.1

2.2

3 ADD YOUR PROTIEEN

CHICKEN 130G

156

29.3

0

3.4

0

PORK 130G

156

26.8

0

4.6

0

BEEF 130G

179.4

27.1

0

7.9

0

SEAFOOD 130G

139.6

18.4

2.5

5.7

0

SHRIMP 150G

106.5

20.4

1.4

1.5

0

TOFU 130G

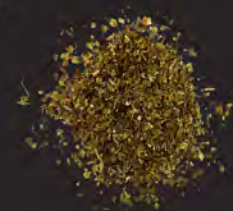
134.9

15.6

4.9

7.2

1.6



Salad #1

1

CHOOSE THE VEGGIES

ON TOP OF LETTUCE / 8 PORTIONS MAX
MAX 2 PORTIONS OF THE SAME INGREDIENT

 Kcal
  Prot
  Carb
  Fat
  Fiber

FRESH CAPSICUM 30G	6	0.3	1.4	0.1	0.5
SAUTÉED CAPSICUM 30G	50.2	0.3	1.4	5.1	0.5
AVOCADO 30G	50.1	0.6	1.4	5.1	0.5
FRESH ZUCCHINI 40G	6.8	0.5	1.2	0.1	0.4
SAUTÉED EGGPLANT 40G	54.2	0.4	2.4	5.1	1.2
CHERRY TOMATO 50G	11.2	0.6	2.4	0.3	0.6
CARROT SHREDDED 50G	20.5	0.5	4.8	0.1	1.4
CUCUMBER SLICED 50G	7.5	0.3	1.8	0.1	0.6
CARAMELIZED ONION 30G (+5G OIL)	75.2	0.3	7.7	5	0.4
FRESH ONION 30G	12	0.3	2.8	0	0.4
SAUTÉED MUSHROOM 70G (+5G OIL)	59.6	2.2	2.3	5.2	0.7
BRANCHED BROCCOLI 90G	30.6	2.5	6	0.3	2.3
SWEET CORN 50G	33.5	1.1	7.2	0.6	1
CAULIFLOWER 90G	22.5	1.7	4.5	0.3	1.8
CABBAGE SHREDDED 50G	12.5	0.6	2.9	0.1	1.1
RED CABBAGE SHREDDED 50G	15.5	0.7	3.7	0.1	1.1
FRESH BEETROOT 50G	21.5	0.8	4.8	0.1	1.4
PICKLED BEETROOT 50G	18.5	0.6	4.3	0.1	1.2
FRESH SPINACH 50G	11.5	1.4	1.8	0.2	1.1
LEEK 50G	30.5	0.8	7.1	0.2	0.9
GREEN OLIVE (5) 20G	29	0.2	0.8	0.2	0.9
BLACK OLIVE (5) 20G	23.2	0.2	1.2	2.2	0.3
MIXED HERBS	6.8	0.7	1	0.1	0.3
MIXED HERBS	6.8	0.7	1	0.1	0.3



Salad #2



2

ADD YOUR PROTIEIN



Kcal



Prot



Carb



Fat



Fiber

SAUTÉED CHICKEN (+5G OIL) 130G

200.2

29.3

0

8.4

0

SAUTÉED PORK (+5G OIL) 130G

200.2

26.8

0

9.6

0

SAUTÉED BEEF (+5G OIL) 130G

223.6

27.1

0

12.9

0

SAUTÉED FIRM TOFU (+5G OIL) 130G

179.1

15.6

4.9

12.2

1.6

GRILLED CURRIED TOFU 130G

235.7

18.2

6.9

17.5

1.9

GRILLED SALMON 120G

249.6

24.5

0

16.1

0

GRILLED FISH FILLET (+5G OIL) 150G

194.2

30.8

0

7

0

TUNA CAN 70G

81.2

17.9

0

0.6

0

BOILED EGGS (2) 100G

136.4

11.1

1

9.3

0

CHICKEN HAM 2 SLICED 60G

73.2

8.8

3.5

2.5

0

3

ADD SOME CARBS



BOILED QUIONA 70G

84

3.1

14.9

1.3

2

BOILED CHICKPEAS 70G

114.8

6.2

19.2

1.8

5.3

BOILED RED BEAN 70G

88.9

6.1

16

0.4

5.2

BAKED PUMPKIN 50G

13

0.5

3.3

0.1

0.3

SAUTÉED POTATO 50G

83.7

1.1

9

5

0.7

GARDEN PEAS 40G

31.5

2.2

5.4

0

1.8

CURRIES CHICKPEAS

216.8

6.8

21.5

12.1

5.8

SPICES RED BEAN

193.2

6.8

19

10.9

6.4





Sandwiches & Wraps



1 CHOOSE THE BREAD YOU WANT

Whole Wheat Wrap (Tortilla)



Kcal



Prot



Carb



Fat



Fiber

140

4

23

3.5

2

Brown Bread (2 Sliced)

186

7.4

37.3

1.7

4.3

Rye Bread (2 Sliced)

155.4

5.1

29

2

2.7

Wholegrain Bread (2 Sliced)

157.9

6.3

26.8

3.2

4.7

2 CHOOSE YOUR PROTIEN (1 PORTIONS MAX)

Sautéed Chicken 130g (+5g Oil)

200.2

29.3

0

8.4

0

Sautéed Pork 130g (+5g Oil)

200.2

26.8

0

9.6

0

Sautéed Firm Tofu 130g (+5g Oil)

179.1

15.6

4.9

12.2

1.6

Chicken Ham 1 Sliced 30g

36.3

4.4

1.7

1.2

0

Sautéed Beef 130g (+5g Oil)

223.6

27.1

0

12.9

0

Grilled Curried Tofu

235.7

18.2

6.9

17.5

1.9

Grilled Salmon 120g

249.6

24.5

0

16.1

0

Grilled Fish Fillet 150g (+5g Oil)

194.2

30.8

0

7

0

Tuna Can 1/2

81.2

17.9

0

0.6

0

Flat Egg 2 Pcs. (+5g Oil)



180.6

11.1

1

14.3

0

3 MAYBE A BIT OF CHEESE? (2 PORTIONS MAX)

Cheddar Cheese 25g

101

5.7

0.8

8.3

0

Mozzarella Shredded 30g

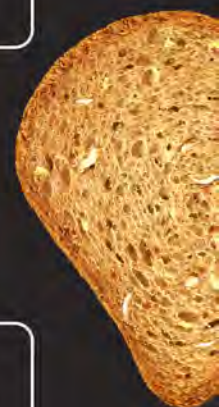
95.4

6.5

0.7

7.4

0





Sandwiches & Wraps



4 ADD THE VEGGIES (4 PORTIONS MAX)



Kcal



Prot



Carb



Fat



Fiber

FRESH SPINACH 70G	16.1	2	2.5	0.3	1.5
CARAMELIZED ONION 30G (+5G OIL)	75.2	0.3	7.7	5	0.4
FRESH ONION 30G (WHITE/RED)	12	0.3	2.8	0	0.4
TOMATO 50G 	11.2	0.6	2.4	0.3	0.6
LETTUCE 10G	1.6	0.2	0.3	0	0.1
CARROT SHREDDED 50G 	20.5	0.2	0.3	0	0.1
CUCUMBER SLICED 50G	7.5	0.3	1.8	0.1	0.6
CABBAGE SHREDDED 50G	12.5	0.6	2.9	0.1	0.1
SAUTÉED MUSHROOM 70G (+5G OIL)	59.6	2.2	2.3	5.2	0.7
FRESH ZUCCHINI 40G	6.8	0.5	1.2	0.1	0.4
FRESH CAPSICUM 30G	6	0.3	1.4	0.1	0.5
SAUTÉED CAPSICUM 30G (+5G OIL)	50.2	0.3	1.4	5.1	0.5
SAUTÉED EGGPLANT 40G (+5G OIL)	54.2	0.4	2.4	5.1	1.2
PICKLES (CUCUMBER) 10G	9.1	0.1	2.1	0	0.1
PICKLES (BEETROOT) 50G	18.5	0.6	4.3	0.1	1.2
AVOCADO 30G 	50.1	0.6	2.6	4.6	2
WATERCRESS 10G	1.1	0.2	0.1	0	0.1
TOMEAW (PEA SHOOT) 10G	1.1	0.2	0.1	0	0.1
RAIWARE (RADISH SPROUT) 10G	6.7	0.4	0.4	0.2	0.2
SUNFLOWER SPROUT 10G	5.3	0.2	0.2	0.5	0.1

