



Meal Plan Menu

Favourites

Salmon Poke Bowl

(Flaky Salmon, Brown Rice, Edamame, Avocado, Cucumber, Corn, Pickled Ginger, Sesame Seeds, Soy-Sesame Dressing)

Pulled Pork Bowl

(Pulled Pork, Brown Rice, Apple Slaw, Corn Salsa, Mustard BBQ Sauce)

Quinoa Avocado Salad

(Quinoa, Avocado, Lettuce, Apple, Cherry Tomato, Almonds, Lemon Oil)

Chicken Red Curry

(Chicken, Brown Rice, Red Curry Paste, Coconut Milk, Mixed Vegetables)

Burrito Bowl

(Chicken, Brown Rice, Black Beans, Avocado, Corn Salsa, Chipotle Sauce)

Chickpea and Tomato Curry

(Chickpeas, Onion, Tomato, Spinach, Turmeric, Peppers, Coconut Milk)

Chicken Satay Salad

(Marinated Chicken, Brown Rice, Spinach, Cucumber Salad, Peanut Ginger Sauce)

Beef Chili

(Minced Beef, Brown Rice, Onion, Garlic, Tomatoes, Peppers, Corn, Kidney Beans, Chili)

Pasta Pesto

(Penne Pasta, Fresh Pesto, Cherry Tomatoes, Spinach, Parmesan Cheese)

Vegetarian or
add Chicken or

add Prawns

Choose your Box

Choose your protein, your side and your sauce. Each box will come with mixed vegetables.

Protein	Side	Sauce
Chicken Breast	Brown Rice	Mustard BBQ
Turkey Breast	Quinoa	Peanut Ginger
Beef Meatballs	Couscous	Red Curry
Salmon	Sweet Potato Mash	Green Curry
Prawns	Soba Noodles	Soy Sesame
Avocado	Lettuce	Lemon Oil
Tofu		Chipotle
Feta Cheese		
Chickpeas		

Additional items

Snacks

Energy Balls
(Peanut Butter, Oats, Coconut, Honey, Chocolate, Vanilla)

Energy Balls
(Dates, Peanut Butter, Vanilla, Coconut, Cocoa Powder)

Drinks

Coconut Water (250ml)



Menu Plan de Comida

Favoritos

Salmon Poke

(Salmon, Arroz Integral, Aguacate, Edamame, Maiz, Jengibre, Semillas de Sesamo, Salsa de Soya y Sesamo)

Pulled Pork Bowl

(Pulled Pork, Arroz Integral, Apple Slaw, Salsa de Maiz, Salsa BBQ de Mostaza)

Ensalada de Quinoa Aguacate

(Quinoa, Aguacate, Lechuga, Manzana, Tomate Cherry, Almendras, Vinagreta de Limon)

Pollo Curry Rojo

(Pollo, Arroz Integral, Pasta de Curry Rojo, Leche de Coco, Verduras Mixtas)

Pollo Burrito Bowl

(Pollo, Arroz Integral, Frigoles Negro, Aguacate, Salsa de Maiz, Salsa Chipotle)

Curry de Garbanzos y Tomate

(Garbanzos, Tomate, Cebolla, Espinaca, Curcuma, Pimientos, Leche de Coco)

Ensalada de Satay Pollo

(Pollo Marinado, Arroz Integral, Espinaca, Ensalada de Pepino, Salsa de Cacahuete y Jengibre)

Chili con Carne

(Carne Picada, Arroz Integral, Cebolla, Ajo, Tomate, Pimientos, Maiz, Frijoles, Chili)

Pesto Pasta

(Penne Pasta, Pesto Casero Fresco, Tomates Cherry, Espinaca, Queso Parmesano)

Con Pollo

Con Gambas

Eligir tu Box

Elige tu proteína, tu parte y tu salsa. Cada caja vendrá con verduras mixtas.

Proteína	La parte	Salsa
Pechuga de Pollo	Arroz Integral	Mostaza BBQ
Pechuga de Pavo	Quinoa	Cacahuete y Jengibre
Albondigas de Ternera	Cuscus	Curry Rojo
Salmon	Pure de Boniato	Curry Verde
Gambas	Fideos de Soba	Soja y Sesame
Avocado	Lechuga	Vinagreta de Limon
Tofu		Chipotle
Queso Feta		
Garbanzos		

Snacks

Energy Balls
(Mantequilla de Cacahuete, Coco, Avena, Chocolate, Miel, Vanilla)

Energy Balls
(Higos, Mantequilla de Cacahuete, Coco, Cocoa, Vanilla)

Bebidas

Agua de Coco (250ml)