

HIGH PROTEIN  
PLANT-BASED MENU

## MONDAY

Breakfast	<b>SUNRISE PROTEIN SMOOTHIE BOWL</b> Papaya, orange, mango, turmeric, banana, chia seeds almonds, coconut flakes & plant-based protein powder
Lunch	<b>KALE SALAD</b> Green apple, walnut, cranberry & Dijon mustard sauce  <b>SPROUTS PAD THAI</b> With tofu, roasted peanut & chive  <b>MANGO STICKY RICE</b> Ripen mango & young coconut cream
Dinner	<b>CAULIFLOWER COCONUT SOUP</b> Potato, red chilli, garlic, onion & coconut milk served with julienne lime leaf  <b>ASIAN VEGETABLE SPAGHETTI</b> Carrot, chayote, kohlrabi, Japanese green beans white radish, sesame, cashew nuts & spring onion

## ► TUESDAY

Breakfast	<b>SUPERFOOD PROTEIN SMOOTHIE BOWL</b> Banana, mango, avocado, blue spirulina, blueberries coconut flakes, goji berries, roasted seeds & plant-based protein powder
Lunch	<b>MUSHROOM &amp; TOFU DUMPLINGS</b> Delicate dumplings filled with savory tofu & mushrooms, served in a hot vegetable broth  <b>QUINOA &amp; VEGETABLE NEATBALLS</b> Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs  <b>COCONUT PROTEIN NICE CREAM</b> A creamy, dairy-free coconut-based treat infused with plant protein
Dinner	<b>MANGO &amp; PINEAPPLE SOUP</b> A light & fruity chilled soup with a tropical touch  <b>VEGETABLE "LASAGNA"</b> Three layers of delicious plant-based cheese sun-dried tomato sauce & homemade avocado pesto, stacked with grilled zucchini sheets

## ► WEDNESDAY

Breakfast	<b>TROPICAL PROTEIN SMOOTHIE BOWL</b> Pineapple, mango, coconut water, fresh coconut flesh fresh turmeric, chia seeds & plant-based protein powder
Lunch	<b>STEAMED ASPARAGUS</b> Lime-scented asparagus with cashew, paprika & black sesame crumbs, served with a fresh mint & radish salad  <b>PUMPKIN &amp; BUCKWHEAT RISOTTO</b> Asian mushrooms, kale & pumpkin cooked risotto-style with coconut cream, served with herb pesto  <b>CHOCOLATE TOFU MOUSSE</b> A rich, high-protein chocolate mousse made with tofu
Dinner	<b>CHILLED WATERMELON &amp; LIME SOUP</b> Watermelon & lime blended with ginger, topped with fresh mint  <b>SAUTÉED VEGETABLES WITH CURRY SAUCE</b> Cauliflower, carrots, mushrooms, sprouts & red pepper in a fragrant coconut curry sauce

## HIGH PROTEIN PLANT-BASED MENU

### THURSDAY

Breakfast	<b>GREEN PROTEIN SMOOTHIE BOWL</b> Avocado, banana, mango, mint & spinach smoothie bowl, topped with fresh fruit, crispy coconut, dried pineapple, chia seeds & plant-based protein powder
Lunch	<b>CHILLED CUCUMBER &amp; LIME SOUP</b> Cucumber & limes, combined with green pepper- corns topped with herbs served with edamame & lotus seed
	<b>SWEET POTATO &amp; CHICKPEA PATTIES</b> Served with tahini garlic sauce, fresh mustard cress & avocado salad
	<b>HIBISCUS POACHED PEARS</b> Pears poached in hibiscus tea, served with dark chocolate & coconut sauce sprinkled with toasted hazelnuts
Dinner	<b>SAVORY TARTS</b> Spinach, mushroom & almond tart served with saffron falafel & a creamy cashew-mushroom sauce
	<b>CITRUS GLAZED TOFU</b> Pan-fried tofu with orange, ginger & maple glaze, served with sesame stir-fried bok choy & organic brown rice noodles

### ► FRIDAY

Breakfast	<b>RED PROTEIN SMOOTHIE BOWL</b> Red dragon fruit, strawberry, tomato avocado & plant-based protein powder
Lunch	<b>CHILLED TOMATO ESSENCE</b> A light, clear tomato essence with basil garlic & red pepper
	<b>PEARL BARLEY WOK BOWL</b> Red capsicum, shiitake mushroom, carrot & coconut milk
	<b>SALTED PEANUT BUTTER BAR</b> A satisfying, nutty energy bar with a touch of sea salt
Dinner	<b>POMELO &amp; WATERMELON SALAD</b> With sprouts, green chilli, fresh garden herbs & black sesame seeds
	<b>VIETNAMESE PHO AN CHAY</b> Shiitake mushroom, edamame, bean sprout & basil

### ► SATURDAY

Breakfast	<b>COLADA PROTEIN SMOOTHIE BOWL</b> Coconut, pineapple, banana, cashew butter, chia seeds, dried coconut pineapple & plant-based protein powder
Lunch	<b>TOMATO &amp; STRAWBERRY SALAD</b> Fresh tomatoes, strawberries, red onion garlic & chives with herbs
	<b>BAKED FALAFEL</b> <b>WITH VEGAN TZATZIKI &amp; VEGETABLES</b> Flax seeds, sunflower seeds served with romaine lettuce & baby cucumber
	<b>TAMARIND PINEAPPLE SKEWERS</b> Spice, pineapple wedges with tamarind & chilli, served with coconut sorbet
Dinner	<b>NORI ROLLS</b> Carrot, avocado, cucumber served lettuce & tahini citrus dipping sauce
	<b>LOTUS ROOT WITH GARLIC &amp; BLACK BEAN</b> Green capsicum, black bean paste & red chilli

### ► SUNDAY

Breakfast	<b>BERRY PROTEIN SMOOTHIE BOWL</b> Strawberry, raspberry, blueberry, avocado chia & sunflower seeds, coconut flakes & plant-based protein powder
Lunch	<b>GREEN MANGO SALAD</b> With shiitake, bean sprouts & edamame
	<b>ROASTED CAULIFLOWER</b> Turmeric cauliflower with shallot puree with fresh radish, beetroot slices & sprinkled with toasted almonds
	<b>RAW BLUEBERRY CHEESECAKE</b> With almond, date, cashewnut & coconut milk
Dinner	<b>MISO SOUP</b> Wakame, enoki mushrooms, beech mushrooms, cubed tofu & sliced leek
	<b>ROAST BUTTERNUT</b> <b>WITH SPICED PEANUTS</b> Sous vide roasted butternut, served with curried pumpkin & topped with spiced peanuts, toasted coconut bean sprouts & cherry tomatoes