

# MENU

*For Better Energy Levels focusing on B12, iron  
and protein rich foods*

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## BREAKFASTS

*Overnight Collagen Oats with Raspberries*

*Egg & Avocado mix on Rye Toast*

## LUNCHESES

*Chicken Meatballs with Pesto Orzo Salad*

*Tuna & Hummus Stuffed Sweet Potato & Salad*

## DINNERS

*Chicken, Apricot & Spinach Tagine & Couscous*

*Beef & Lentil Cottage Pie & Green Beans*

## DESSERTS/SNACKS

*Mini Orange Cake with Apricot Purée*

*Roasted Fig with Floral Honey & Vanilla Yoghurt*

