

MENU

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

BREAKFASTS

Overnight Collagen Oats with Raspberries

Egg & Avocado mix on Rye Toast

LUNCHES

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

