



Name: _____ Order date: _____

Telephone: _____ Pick up date: _____

B1-2 = Cajun Rump Steak, Steamed Green Vegetables & Roasted Baby Potatoes
 Pick any protein with upto two carbs

Protein

- A Salt & Pepper Chicken
- B Cajun Rump Steak
- C Garlic & Lemon Chicken
- D Paprika Spiced King Prawns
- E Baked Cajun Tofu
- F Chargrilled Halloumi
- G Jerk Spiced Pork Chop
- H Thai Fishcake
- I Honey & Cumin Falafel
- J Cajun Spiced Chicken

*GO LARGE
on Protein
£2*

Carbs

- 1 Steamed Green Vegetables
- 2 Roasted Baby Potatoes
- 3 Cauliflower & Quinoa Superfood
- 4 Orange & Pomegranate Couscous
- 5 Honey Roast Carrot & Parsnip
- 6 Pesto & Pinenut Pasta
- 7 Pea & Bacon Risotto
- 8 Sweet Potato Mash
- 9 Coconut, Coriander & Sesame Rice
- 10 Chorizo & Paprika Baked Beans
- 11 Chilli & Spring Onion Noodles
- 12 Cranberry & Aniseed Red Cabbage

Breakfast

- V1 Protein Pancakes, Berries, Honey & Yoghurt
- V2 The Clean Breakfast

USING THE LETTER & NUMBER, CHOOSE HOW MANY MEALS YOU WANT ON WHICH DAYS

	MON	TUES	WED	THURS	FRI	SAT	SUN
1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5