

THIS WEEK'S MENU

LEAN PROTEIN

MONDAY

- MEAL** Khua Khling Salmon Quinoa
(Thai Yellow Curry Quinoa)
- MEAL** Chicken Hummus Flaxseed Wrap
- SIDE** Cauliflower Soup
- JUICE** Detox Greens

TUESDAY

- MEAL** Grilled Chicken & Mushroom
Quinoa Penne with Cashew Pesto
- MEAL** Grilled Chicken Breast and
Vegetable Stew with Brown Rice
- SIDE** Quinoa Muffins & Goji Spread
- JUICE** Immune Booster

WEDNESDAY

- MEAL** Salmon Burger
with Baby Spinach Salad
- MEAL** Cacio e Pepe Kelp Noodle
- SIDE** Banana Bread with Coconut Cream
- JUICE** Digestive Aid

THURSDAY

- MEAL** Baked Cabbage Rolls with Classic
Marinara Sauce
- MEAL** Grilled Sea Bass with Mushroom
Bourguignon and Cauliflower-
Potato Mashed
- SIDE** Fresh Fruits
- JUICE** Beetroot Juice

FRIDAY

- MEAL** Turmeric Kale Fried Rice with
Grilled Chicken Breast
- MEAL** Lemongrass Miso Soba Noodle
Soup with Salmon
- SIDE** Sweet Ginkgo Ginger Soup
- JUICE** Celery Juice

DAILY DELIVERY BOX:

- 2 meals
- 1 side dish
- 1 cold-pressed juice
- 1 detoxifying tea sachet

FREE DELIVERY IN BANGKOK BCD ZONE

ส่งฟรีกลางเมืองกรุงเทพ