

Boot Camp Menu, Monday

Do something today that your future self will thank you for.

Breakfast

Please see the breakfast menu which is set for the duration

Morning Snack

Fresh Fruit Salad Bowl (D) (GF) (DF) (Vegan)

Lunch

Spicy Tuna & Whole Strawberry Kebab with Peppers & Onions (one kebab) (DF) (D) (GF)
&
Mixed Bean Soup (Vegan) (DF) (D) (GF)
&
Mixed Green Salad (Vegan) (DF) (D) (GF)

Afternoon Snack

Peanut Protein Ball (Vegan)
or
Fresh Fruit Platter (D) (GF) (DF) (Vegan)

Dinner **Entrees**

Salmon Flakes with Kale & Beetroot Salad (DF) (D) (GF)
or
Courgette Rolls, stuffed with Tofu, Pine Nuts, Balsamic & Lemon (Vegan) (D) (GF)
or
Chicken, Brown Rice, Celery & Zucchini Soup (DF) (D) (GF)

Mains

Beef & Mushroom Pie with Filo Pastry (D)
or
Thai Green Curry with Prawns (DF) (D) (GF)
or
Chick Pea & Vegetable Tagine with Ras El Hanout (Vegan) (DF)
or
Hemp Protein Shake with Green Tea, Banana, Agave Nectar & Soya Milk (V) (DF) (Vegan)

All main courses are served with a selection of seasonal vegetables

Followed by Herbal & Fruit Tea

(Please choose which flavour you prefer from the drinks station)