

Boot Camp Menu, Thursday

.....I don't need to prove anything to anyone. I am doing this for me.

Brunch

Tea, Coffee & Juices
&
Spinach & Tomato Frittata (V) (D)
or
Tofu Scramble with Onion (Vegan)
Paprika, Turmeric & a Pinch of Cayenne Pepper
or
Smoked Salmon & Scrambled Egg on Brown Toast (D)

Mid-Day Snack

Almond Butter Protein Cookie (DF) (V)
&
Protein Shake (DF) (Vegan)

Afternoon Snack

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

Dinner Entrees

Pork Meatballs with Honey, Ginger & Parsley (DF)
or
Sesame & Watercress Salad with Celery, Soy & Chili Oil (Vegan) (D)(DF)
or
Lentil & Butterbean with Kale & Bacon (D) (DF)

Mains

Lean Roast Turkey with a Natural Jus (D) (DF)
or
Haddock Tacos with Shredded Red Cabbage with Peach & Tomato Salsa (D) (DF)
or
Broccoli & Quinoa Casserole (Vegan) (D) (DF)
or
Hemp Protein Shake with Mixed Berries, 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)