



# BALANCE

## MENU WEEK 1

Balance is our original menu, which we based on our philosophy of eating everything in moderation. A varied menu that includes meat, chicken, fish and vegetarian dishes; we use whole, fresh foods combining lean protein, naturally sustaining carbs and healthy fats for a really well balanced plan.

### DAY 1

<b>BREAKFAST</b>	Protein oat pancakes with yoghurt, honey and berries
<b>LUNCH</b>	Beef taco salad
<b>DINNER</b>	Jerk chicken and pineapple with roast peppers, rice and peas
<b>SNACK</b>	Lemon and herb hummus with veggie sticks
<b>SWEET TREAT</b>	Double chocolate zucchini muffin

### DAY 2

<b>BREAKFAST</b>	Homemade baked beans, boiled egg and spinach
<b>LUNCH</b>	Indian spiced fish with roast potatoes, veggies and a yoghurt sauce
<b>DINNER</b>	Pumpkin quinoa egg curry with naan and garlic spinach
<b>SNACK</b>	Pesto and butter bean salad
<b>SWEET TREAT</b>	Cranberry almond cookies

### DAY 3

<b>BREAKFAST</b>	Sweetcorn egg fritters and tomato chilli jam
<b>LUNCH</b>	Mango chicken with cauliflower rice and greens
<b>DINNER</b>	Garlic and lemon baked salmon with couscous and steamed greens
<b>SNACK</b>	Caprese salad
<b>SWEET TREAT</b>	Black bean chocolate brownie

See updated pricelist for package prices and ask for 'Original LS' or 'Original BDS' etc. when ordering.



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## DAY 4

<b>BREAKFAST</b>	Chocolate peanut butter and banana smoothie bowl
<b>LUNCH</b>	Balsamic chicken thighs with roast tomatoes and greens
<b>DINNER</b>	Fish pie with mashed potato top and buttered green peas
<b>SNACK</b>	Pumpkin, beetroot and feta salad
<b>SWEET TREAT</b>	Pumpkin blondies

## DAY 5

<b>BREAKFAST</b>	Overnight oats with peanut butter and raspberry chia jam
<b>LUNCH</b>	Broccoli cheese soup
<b>DINNER</b>	Meatloaf with roasted veg and tomato sauce and steamed green beans
<b>SNACK</b>	Baked falafels with tahini dip
<b>SWEET TREAT</b>	Banana oat protein cookies

### CONTACT

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[www.nourishkitchen.me](http://www.nourishkitchen.me)

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