



# BURN

## MENU WEEK 1

Nourish's 'Burn' menu has been designed for those wanting a lighter option, whether to lose weight or to maintain optimum health. This lunch and dinner menu contains lower than average amount of carbs, coming from lower density sources such as veggies or salads in replacement of rice or pasta for a lighter, greener plan.

### DAY 1

<b>BREAKFAST</b>	Quinoa and yoghurt parfait with honey and berries
<b>LUNCH</b>	Green cashew curry king prawn and watermelon salad with cucumber noodles
<b>DINNER</b>	Chicken muffin with garlic roast peppers and herby zoodles
<b>SNACK</b>	Veggie egg muffins
<b>SWEET TREAT</b>	Greek yoghurt with berries and seeds

### DAY 2

<b>BREAKFAST</b>	Nutty banana baked oats
<b>LUNCH</b>	Mediterranean lentil stuffed peppers
<b>DINNER</b>	Baked fish fillet with crunchy peanut, quinoa and vegetable salad
<b>SNACK</b>	Beetroot hummus with veggie sticks
<b>SWEET TREAT</b>	Chocolate orange bliss balls

### DAY 3

<b>BREAKFAST</b>	Tropical mango and pineapple smoothie bowl
<b>LUNCH</b>	Sesame tuna and pad Thai style salad
<b>DINNER</b>	Best ever veggie burgers with steamed green beans and tahini sauce
<b>SNACK</b>	Tomato egg salad with chili and garlic seasoning
<b>SWEET TREAT</b>	Citrus poached pears

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



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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 4

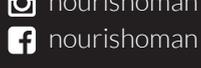
<b>BREAKFAST</b>	Coconut, ginger and lime muesli
<b>LUNCH</b>	Feta and spinach stuffed chicken breast with Greek style barley salad
<b>DINNER</b>	Tandoori spiced fish with roasted vegetables and a herby yoghurt sauce
<b>SNACK</b>	Eggplant pizza bites
<b>SWEET TREAT</b>	Apple baked oats

### DAY 5

<b>BREAKFAST</b>	Apple and raisin oat bars
<b>LUNCH</b>	Roasted cauliflower soup
<b>DINNER</b>	Mexican chicken fajita bowl with roast peppers and grilled corn
<b>SNACK</b>	Roast carrot, onion and lentil salad with tahini dressing
<b>SWEET TREAT</b>	Carrot cake muffin

### CONTACT

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

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