



EVOLUTION
TOTAL TRANSFORMATION

MEAL PLAN MENU

DETOX • DETOX+ • ULTIMATE

BREAKFAST

Protein Breakfast Bar

A delicious blend of gluten free oats, nuts, and fruit, with added protein

Salmon & Eggs with Oatcakes*

Roasted salmon and hard boiled eggs, served with gluten free oatcakes

Salmon & Eggs with Quinoa

Roasted salmon and hard boiled eggs mixed with the supergrain quinoa

Avocado, Tomatoes & Eggs with Oatcakes*

Fresh avocado and cherry tomatoes mixed with chopped hardboiled eggs and served with gluten free oatcakes

PD Super Fruit Muesli & Yogurt

Gluten free oats with goji berries, sunflower seeds, chopped nuts, coconut, dried fruit and puffed rice. Served on top of deliciously thick coconut milk yogurt

PD Fruit Salad - Citrus & Berries

A refreshing mix of orange, grapefruit, raspberries, blueberries, mango & mixed grapes

Maple Berry Yogurt

Fresh raspberries and blueberries with maple syrup and stirred into thick coconut milk yogurt

Pancakes

American style pancakes made from coconut flour and ground almonds. Served with a maple and raspberry sauce

PD Chocolate & Banana Granola

Chunky banana granola made using gluten free oats and 100% raw cacao powder served with coconut milk yogurt

Spinach & Green Pepper Omelette

A protein fuelled breakfast made with free range organic eggs

Quinoa and Berry Breakfast Pot

Thick, creamy coconut yogurt with fresh raspberries and blueberries, topped with quinoa and seeds

*served without oatcakes on Detox & first 10 days of Detox+, unless requested

PD = Options omitted from Detox & first 10 days of Detox+, unless requested

LUNCH

PD **Chicken Satay with Rice & Broccoli**

Delicious chicken satay pieces with brown basmati rice, raw cashews, broccoli and a hint of spring onion

Super Slaw with Chicken

Roasted chicken with our super healthy slaw, filled with loads of grated vegetables and pomegranate seeds

Super Slaw with Salmon

Roasted salmon with our super healthy slaw, filled with loads of grated vegetables and pomegranate seeds

Moroccan Quinoa & Chicken

Moroccan spiced quinoa served with roasted chicken, dates, apricots, and chickpeas

Chicken Tikka & Raw Vegetables

Chicken tikka pieces served with carrot batons, celery and peppers

PD **Salmon, Avocado & Rice Salad with Peas**

Roasted salmon, fresh avocado, peas and brown basmati rice, with fresh ginger and lime

Quinoa Salad with Moroccan Chicken, Tuna or Plain Chicken**

Grated carrot, beetroot, shredded cabbage, tomato and peppers with delicious nutty quinoa, served with either Moroccan chicken, plain chicken or tuna

Falafel & Quinoa salad with a Yogurt & Mint Dressing

Spicy sweet potato falafel served with quinoa, chopped carrot, cucumber and tomato salad

Salmon & Bean Salad with Asparagus

Borlotti, butter and white kidney beans, roasted salmon, sautéed asparagus and fresh avocado with a lemon and parsley dressing

PD **Japanese Salmon**

Roasted salmon, brown basmati rice and yellow peppers in a ginger, wasabi and soy dressing, sprinkled with toasted sesame seeds and spring onion

Peri Peri Chicken Salad

Roasted chicken glazed in a spicy tomato peri peri sauce and served with a mixed spinach salad

Spicy Lentil Soup

A deliciously spicy tomato based soup with lentils and vegetables

Thai Chicken Soup

A light, fragrant soup combining coconut, chilli, lime, lemongrass and ginger with roasted chicken, mushrooms and sweetcorn

**unless specified, dish will come with moroccan chicken

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DINNER

PD Moroccan Lamb Stew

Lamb leg roasted in harissa chilli paste, mixed in a thick tomato and chickpea sauce with sweet potatoes. Served with broccoli florets

Thai Chicken Curry

Thick and creamy curry, with coconut, succulent chicken and aromatic herbs and spices

Salmon served with Sweet Potato Chips & Broccoli

Salmon fillet served with spicy sweet potato chips and broccoli florets

Garlic & Chilli Cod with Baked Peppers & Sweet Potato Chips

Cod, parcelled with chilli, garlic and lime, served with spicy sweet potato chips and roasted pepper

PD Lamb Bolognese with Vegetable Chips

Lamb ragu with lentils served with courgette and carrot batons

Baked Chicken with Roasted Vegetables

Chicken breast, served with Mediterranean vegetables blended with balsamic vinegar and garlic

Chicken Stir-fry

Spicy Chinese chicken stir-fry with fresh crunchy vegetables

PD Lamb Burgers

Spicy lamb and chickpea burgers served with a mixed spinach salad

Cod & Mango Salad

Fresh cod fillet served with a mango, spinach and flaked almond salad

Italian Chicken & Vegetable Broth

A rich tomato stew with red onion, black olives, Italian herbs and roasted chicken pieces. Served with broccoli, green beans and peppers

PD Pulled Lamb with Italian Lentils

Pulled roasted lamb served with delicious puy lentils and tomato sauce

Vegetarian Thai Curry

The meat free version of the Thai Chicken Curry, with roasted butternut squash and chickpeas

Vegetarian Chilli

Red lentils, kidney beans and Mexican spices in a tasty tomato base

Vegetarian Tuscan Bean Stew

Borlotti, butter and haricot beans, slowly cooked in a rich tomato sauce with courgettes and peppers

Lentil Bolognese

The meat free version of the Lamb Bolognese, served with courgette and carrot batons

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SNACKS

Cacao & Orange Brownies

Healthy and delicious brownies with 100% raw cacao, dates, eggs and a hint of orange

Nut Brittle

Mixed crunchy nuts, spiced, and held together with a tiny amount of maple syrup

Chickpea Mash & Carrots

Chickpeas blended with peanut butter, spices, lemon juice and garlic. Served with carrot batons

PD

Apple

Crunchy and fresh organic apple

PD

Banana

Perfectly ripe organic banana

Smokey Spiced Nuts

Lightly toasted almonds and cashews with smoked paprika

PD

Raw Nuts & Dried Fruit Mix

Simple mixture of raw nuts and dried fruit

PD

Date & Coconut Energy Bar

High energy bar with dates, apricots, sunflower seeds and coconut

PD

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YOUR
TRANSFORMATION
STARTS HERE



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