

SAMPAL MENU (WEEK -1)

SATURDAY

Break Fast: Scotch eggs, tomato relish, wilted spinach

am Snack: Toasted coconut, banana, apple, vanilla, avocado, spinach smoothie

Lunch: Sous vide halibut heirloom tomato terrine, olives, gremolata

pm Snack: Love foods trail mix, vanilla, cinnamon salt

Dinner: cardamom spiced chicken curry, cauliflower rice, Indian bread

SUNDAY

Break Fast: Wild forest fruit, granola, date, scented coconut yoghurt

am Snack: Blue swimmer Crab Asian slaw, chili, kaffir lime, coconut oil vinaigrette

Lunch: Lamb kofta, cauliflower rice, roasted parsnip and carrot, green curry sauce.

pm Snack: Dehydrated papaya, mint, lime zest, chips, chilli oil

Dinner: Veal roulade, cabbage, saukraut, celeriac, seeded mustard gratin

MONDAY

Break Fast: Sweet potato pancakes, stone fruit salsa, blueberry thyme honey

am Snack: Szechuan chicken san choy bow, chili pickled zucchini, coconut lime salsa

Lunch: Salmon "don" cauliflower rice, avocado, pickled daikon, cucumber, ginger, nori

pm Snack: Green tea chocolate, hazelnut muffins

Dinner: Beef fillet, sweet potato rosti, green beans, mushroom sauce

TUESDAY

Break Fast: Wild forest fruit, granola, date scented coconut yoghurt

am Snack: Love foods trail mix, vanilla, cinnamon salt

Lunch: Grilled hamburgers, turkey bacon, caramelized onion, avocado, lettuce cups

pm Snack: Sweet potato, kale, parsnip chips, olive, dust, paprika salt

Dinner: Confit duck leg, bok choy, lychee, choy sum stir fry, cauliflower rice, red massaman curry

WEDNESDAY

Break Fast: Japanese pumpkin, Brussels, sprout, sausage, fried egg, caramelized onion hash

am Snack: Avocado, roasted banana, date, chocolate smoothie

Lunch: Chicken "macadamia" satay, bok choy water chestnut, choy sum stir fry, Asian Slaw

pm Snack: Carrot pumpkin, black olive, basil, veloute

Dinner: Salmon, green bean, oven roasted tomato, fennel, dill salad, apple cider vinaigrette

THURSDAY

Break Fast: Turkey bacon, honey, thyme, cinnamon roll

am Snack: LSeasonal fruit and nut, coconut and honey lime syrup

Lunch: Meatloaf, chorizo, egg, creamy, mustard sauce, sweet potato & radicchio salad

pm Snack: Banana, macadamia, sticky date, muffin

Dinner: Roasted chicken breast, root, vegetables, cauliflower puree

FRIDAY

DAY OFF

SAMPAL MENU (WEEK -2)

SATURDAY

Break Fast: Wild forest fruit, granola, scented coconut yoghurt
am Snack: Raspberry and lime leather roll up
Lunch: Thai chicken coconut laksa with zucchini, bean sprouts, crispy shallots
pm Snack: Love foods trail mix, vanilla, cinnamon salt
Dinner: Beef bibimbap, Korean style beef, carrot, zucchini, egg, sesame, kale

SUNDAY

Break Fast: Breakfast calzone filled with mushroom, oven roasted tomato, bacon, spinach
am Snack: Toasted coconut, banana, apple, vanilla, avocado, spinach smoothie
Lunch: Sous vide halibut, heirloom tomato terrine, olives, gremolata
pm Snack: Gluten free Andalusian gazpacho
Dinner: Butter chicken, curried cauliflower, roasted cumin eggplant

MONDAY

Break Fast: Vegetable frittata, spiced tomato relish
am Snack: Love foods trail mix, vanilla, cinnamon salt
Lunch: Meatloaf, chorizo, egg, creamy mustard sauce, radicchio salad
pm Snack: Cherry vanilla, lavender mixed nut energy bat
Dinner: Med rare duck breast, caramelized orange, oven roasted tomato, beetroot green bean salad

TUESDAY

Break Fast: Grain free apple pie pancakes
am Snack: Homemade hot and spicy beef jerky
Lunch: Tuna "don" cauliflower rice, avocado, pickled daikon, cucumber, ginger, nori
pm Snack: Olive, oven roasted tomato, carrot muffin
Dinner: Braised beef ribs, sweet potato mash, spinach, forest mushroom duxcelle

WEDNESDAY

Break Fast: Wild forest fruit, granola, date scented coconut yoghurt
am Snack: Persian roasted butternut squash soup, rose petal sea salt
Lunch: Eggplant pumpkin, zucchini lasagna, basil
pm Snack: Love foods trail mix, vanilla, cinnamon salt
Dinner: Halibut, bok choy, lychee, choi sum stir fry, cauliflower rice, red massaman curry

THURSDAY

Break Fast: Beef sausages, oven roasted tomato, forest mushrooms, spinach, spiced tomato relish
am Snack: Chocolate and walnut brownie
Lunch: Teriyaki chicken wings, coriander, pomelo, bean sprout Asian slaw
pm Snack: Cinnamon apple and celeriac chips
Dinner: Braised lamb, sweet potato celeriac mustard gratin, asparagus, tomato relish

FRIDAY

DAY OFF

SAMPAL MENU (WEEK -3)

SATURDAY

Break Fast: Scotch eggs, tomato relish, wilted spinach

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Lunch: Sous vide halibut heirloom tomato terrine, olives, gremolata

pm Snack: Love foods trail mix, vanilla, cinnamon salt

Dinner: cardamom spiced chicken curry, cauliflower rice, Indian bread

SUNDAY

Break Fast: Wild forest fruit, granola, date, scented coconut yoghurt

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Lunch: Lamb kofta, cauliflower rice, roasted parsnip and carrot, green curry sauce.

pm Snack: Dehydrated papaya, mint, lime zest, chips, chilli oil

Dinner: Veal roulade, cabbage, saukraut, celeriac, seeded mustard gratin

MONDAY

Break Fast: Sweet potato pancakes, stone fruit salsa, blueberry thyme honey

am Snack: Szechuan chicken san choy bow, chili pickled zucchini, coconut lime salsa

Lunch: Salmon "don" cauliflower rice, avocado, pickled daikon, cucumber, ginger, nori

pm Snack: Green tea chocolate, hazelnut muffins

Dinner: Beef fillet, sweet potato rosti, green beans, mushroom sauce

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Break Fast: Wild forest fruit, granola, date scented coconut yoghurt

am Snack: Love foods trail mix, vanilla, cinnamon salt

Lunch: Grilled hamburgers, turkey bacon, caramelized onion, avocado, lettuce cups

pm Snack: Sweet potato, kale, parsnip chips, olive, dust, paprika salt

Dinner: Confit duck leg, bok choy, lychee, choy sum stir fry, cauliflower rice, red massaman curry

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pm Snack: Carrot pumpkin, black olive, basil, veloute

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SUNDAY

Break Fast: Breakfast calzone filled with mushroom, oven roasted tomato, bacon, spinach
am Snack: Toasted coconut, banana, apple, vanilla, avocado, spinach smoothie
Lunch: Sous vide halibut, heirloom tomato terrine, olives, gremolata
pm Snack: Gluten free Andalusian gazpacho
Dinner: Butter chicken, curried cauliflower, roasted cumin eggplant

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Break Fast: Beef sausages, oven roasted tomato, forest mushrooms, spinach, spiced tomato relish
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Lunch: Teriyaki chicken wings, coriander, pomelo, bean sprout Asian slaw
pm Snack: Cinnamon apple and celeriac chips
Dinner: Braised lamb, sweet potato celeriac mustard gratin, asparagus, tomato relish

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