
BODY PROJECT SAMPLE THREE DAY MENU*

Breakfast

Body Project 'Nutola' (our delicious, grain-free granola alternative, made with nuts, seeds and dried fruit)
Baby tomato & onion frittata
Banana & walnut pancakes
Ham ommelette, with mixed peppers, tomato & onion

Lunch

Split pea and mint soup
Butternut squash soup
Tuna nicoise salad
Beetroot and goat's cheese salad

Dinner

Cottage Pie
Lamb shank with celeriac mash
Chorizo & butterbean stew
Panfried seabream with sweet potato

Sides

Roast mediterranean vegetables
Cauliflower with almond cream sauce
Peas with bacon & onion
Carrot & parsnip mash

*All of our meals are grain and gluten free
*All mains are served with a side of vegetables
