

July Week 2- Satisfate Luxe



Grilled Steak with Mushroom Sauce

Grilled steak topped with a rich mushroom sauce, served with potatoes and vegetables

621 kcal | 42g protein | 39g carbs | 33g fat



Pan Seared Seabream

Crispy skin seabream served with pumpkin mash and roasted vegetables

369 kcal | 32g protein | 40g carbs | 9g fat



Chicken Arrabbiata Pasta

Chicken in a light spicy tomato sauce, served with pasta

441 kcal | 40g protein | 50g carbs | 9g fat

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Thai Green Chicken Curry

Green curry with chicken and vegetables, served with jasmine rice
529 kcal | 40g protein | 54g carbs | 17g fat



Beef Stir Fry

Stir-fried beef with bell peppers, served with brown rice
609 kcal | 46g protein | 50g carbs | 25g fat



Cauliflower and Chickpea Salad

Roasted cauliflower and chickpeas with fresh herbs and light dressing
289 kcal | 12g protein | 40g carbs | 9g fat

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Grilled Chicken with Potato Wedges and Asian Slaw

Grilled chicken served with crispy potato wedges and a fresh slaw

401 kcal | 40g protein | 40g carbs | 9g fat



Chia Pudding – Coconut Vanilla with Berries

Coconut vanilla chia pudding, berries

281 kcal | 8g protein | 24g carbs | 17g fat



Protein Overnight Oats – Pear Cardamom

Stewed pear, cardamom

130 kcal | 20g protein | 8g carbs | 2g fat

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Scrambled Eggs with Herbs and Feta

Scrambled eggs, herbs, feta

207 kcal | 12g protein | 6g carbs | 15g fat



Boiled Eggs with Lentil Salad

Lentils, cucumber, herbs

323 kcal | 24g protein | 32g carbs | 11g fat



Beef Patties with Cucumber Tomato Salad

Grilled beef patties, cucumber, tomato

300 kcal | 30g protein | 5g carbs | 20g fat

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Granola Yoghurt Bowl

Greek yoghurt, granola, fresh berries

267 kcal | 18g protein | 33g carbs | 7g fat