



Power Kitchen – Home Meal Plan Menu

At Power Kitchen we know how important it is to keep variety a part of your clean-eating plan.

We change up our menus on a three-weekly rota to vary your micronutrients and keep your taste buds happy.

	Weekly specials (served with rice, gluten-free pasta, quinoa, or greens)	Chicken breast option	Meat/fish and veggie options	Salad options	Vegan options (served with rice, gluten-free pasta, quinoa, or greens)
Week one	Boeuf bourguignon Turkey chilli Kung pao chicken	Sweet chilli	Turkey steak Cod and butter Chilli salmon Steak strips	Greek Tuna lemon Chicken Sizzle steak Avocado Beetroot Tempeh Soy and spirulina	Three-bean chilli Pesto pasta Red lentil arrabiatta Aduki bourguignon Coconut dahl Vegan tempeh stir fry (additional dishes are available for vegan meal plans, including veggie boxes, tofu/tempeh stir fries and edamame/mung bean noodle dishes)
Week two	Three-pepper bolognese Korean beef Mild chicken curry	Pesto	(all served with steamed kale, broccoli and – unless on a low-carb diet -sweet potato mash)		
Week three	Chicken arrabiatta Sweet chilli steak Satay Chicken	Southwest			

From the options above, we'll build a weekly meal plan for you, based around your vital statistics, preferences, and goals.

Choose from:

- Clean/healthy eating
- High-energy/muscle building
- Weight loss/fat burning
- Low carb-high fat/keto adaptive

Our plans can be adapted to paleo, vegan or ketogenic dietary requirements, covering all of your nutritional preferences.

Contact us via www.power-kitchen.com to get started.