



PURA

CLEAN FOOD · CLEAN BODY

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LIFESTYLE PLAN

If you have a more relaxed approach to your desired results or you are just looking for a healthy meal plan to compensate a busy life this is the meal plan for you. It offers variety every day with a healthy a la carte style menu. This menu is specially designed by chef Colm with a restaurant quality food in mind. The menu is high in protein, low in carbs and has the right amount of fat, no gluten or sugar and lots of vegies to make you feel as good on the inside as you look on the outside.



PRICE PER MONTH (20DAYS)

UNDER 60KG

61KG-80KG

81KG-100KG

ABOVE 101KG

2500 + DELIVERY CHARGES (ADDITIONAL DAYS 160)

2800 + DELIVERY CHARGES (ADDITIONAL DAYS 160)

3100 + DELIVERY CHARGES (ADDITIONAL DAYS 160)

3400 + DELIVERY CHARGES (ADDITIONAL DAYS 160)

1 DAY

- Scrambled eggs, Chili Salmon & Roast Tomatoes
 - Protein Ball
- Asian Beef Salad
- Grilled Cream Dory, Almond butter
- Beef Chili With Kidney Bean

2 DAY

- Smoked Fish Kedgree
 - Nut selection
- Baked Buffalo Wings
 - Thai Prawn Curry
 - Chickpea Balti (V)

3 DAY

- Lemon Chai Seed Muffin (V)
 - Protein Ball
- Turkey Bollaïnse, Baked Sweetpotato
- Red Bean Stew (V)
- Salmon & Wild mushrooms

4 DAY

- Omelette, Spinach, Feta & Tomato
 - Nut selection
- Quinoa Salad (V)
- Cream Dory Fillet with Pesto & Cashew nuts
- Beef Sirloin with Grilled Tomatoes & Mushrooms

5 DAY

- Pumpkin Pancake
 - Protein Ball
- Minestrone Soup
- Spicy Fish Bouillabaisse
- Chicken, Stemed Veg, Ginger & Coconut



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