

# THE PROTEIN SHACK

## Prep Meal Menu



**Chicken & Kale**



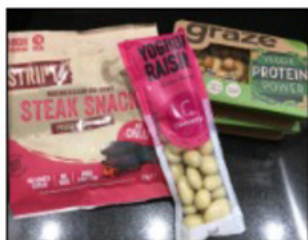
**Burrito Salad**



**Chicken & Rice**



**Deli Pot**



**Retail Snacks**

**3 DAY PREP**  
6 main salads,  
6 deli pots & 3  
snack pots  
£48

**5 DAY PREP\***  
10 main  
salads, 10 deli  
pots & 5 snack  
pots +2 Free Large  
Protein Shakes  
£80

**6 DAY PREP\***  
12 main  
salads, 12 deli  
pots & 6 snack  
pots +2 Free Large  
Protein Shakes  
£95

**5 main  
salads & 5  
deli pots  
£37**

**10 main  
salads & 5  
deli pots  
£60**

### Main Salads £5

- |  |   |
|--|---|
| <input type="checkbox"/> Chicken & Kale                | <input type="checkbox"/> Tuna Nicoise (Rare Tuna)         |
| <input type="checkbox"/> Brown Rice & Chicken          | <input type="checkbox"/> Tuna, Egg & Avocado              |
| <input type="checkbox"/> Jerk Chicken                  | <input type="checkbox"/> Falafel Salad                    |
| <input type="checkbox"/> Burrito Salad                 | <input type="checkbox"/> Brown Rice, Broccoli & Roast Veg |
| <input type="checkbox"/> Chicken, Broccoli & Roast Veg | <input type="checkbox"/> Vegan Super Salad                |
| <input type="checkbox"/> Chicken & Peanut Noodles      |   |

### Deli Pots £2.5

- |   |   |
|---|---|
| <input type="checkbox"/> Peanut Noodle Salad          | <input type="checkbox"/> Chicken Pasta Salad      |
| <input type="checkbox"/> Salmon & Quinoa              | <input type="checkbox"/> Cocoa Protein Balls      |
| <input type="checkbox"/> Blackened Chicken & Broccoli | <input type="checkbox"/> Protein Chocolate Mousse |

### Snack Pots £1.5

- |   |   |
|---|---|
| <input type="checkbox"/> Blueberry Yoghurt Pot  | <input type="checkbox"/> Spiced Cauliflower |
| <input type="checkbox"/> Strawberry Yoghurt Pot | <input type="checkbox"/> Roasted Broccoli   |
| <input type="checkbox"/> Fruit Pot              | <input type="checkbox"/> Spinach & Egg      |

### Retail

- |   |   |
|---|---|
| <input type="checkbox"/> Hummus Chips £0.5          | <input type="checkbox"/> Yoghurt Rice Cakes £1.3      |
| <input type="checkbox"/> Quinoa Chips £0.5          | <input type="checkbox"/> Milk Choc Rice Cakes £1.3    |
| <input type="checkbox"/> Veggie Straws £0.5         | <input type="checkbox"/> Protein Bar £1.4             |
| <input type="checkbox"/> Skinny Popcorn £0.8        | <input type="checkbox"/> Ape Coconut Bites £1.65      |
| <input type="checkbox"/> Yoghurt Raisins £1         | <input type="checkbox"/> Sea Salt Mixed Nuts £1.8     |
| <input type="checkbox"/> Graze Veggie Protein £1.2  | <input type="checkbox"/> Honey & Peppercorn Nuts £1.8 |
| <input type="checkbox"/> Graze Cocoa Flapjacks £1.2 | <input type="checkbox"/> Red Chilli Steak Snack £2    |

Name ..... Pick up Date 1 .....

Date ..... Pick up Date 2 .....

Payment ..... Pick up time .....

Orders must be placed before 12pm. Collection from 12pm the following day. Place orders via Whatsapp (07518991418) or via email [order@proteinshack.co](mailto:order@proteinshack.co)