THE PROTEIN SHACK PREP MEAL MENU

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
£85
+2 Free large Protein Shakes

6 DAY PREP
12 main salads,
12 deli pots
& 6 snack pots
£100
+2 Free large Protein Shakes

5 main salads
& 5 deli pots
£37

10 main salads
& 5 deli pots
£62

Main Salads £5.50

Qty	Spicy or herbed Chicken	Qty	
☐	S ☐ H ☐ Chicken & Kale	☐	Tuna Nicoise (Rare Tuna)
☐	S ☐ H ☐ Chicken Involtini	☐	Tuna, Egg & Avocado
☐	S ☐ H ☐ Chicken & Pesto Rice	☐	Falafel Salad
☐	S ☐ H ☐ Chicken & Green Bean Salad	☐	Brown Rice, Broccoli & Roast Veg
☐	S ☐ H ☐ Chicken & Peanut Noodles	☐	Vegan Super Salad

Deli Pots £2.50

Qty
- ☐ Peanut Noodle Salad
- ☐ Salmon & Quinoa
- ☐ Blackened Chicken & Broccoli
- ☐ P ☐ S ☐ Chicken Pasta Salad (Pesto or Spicy)
- ☐ Cocoa Protein Balls
- ☐ Protein Chocolate Mousse

Snack Pots £1.50

Qty
- ☐ Blueberry Yoghurt Pot
- ☐ Strawberry Yoghurt Pot
- ☐ Fruit Pot
- ☐ Spiced Cauliflower
- ☐ Roasted Cauliflower
- ☐ Spinach & Egg

Name .....
Phone No. .....
Date ordered .....

Collection date 1 .....
Collection date 2 .....

Orders must be placed before 12 noon. Collection from 12 noon the following day.
Place orders via whatsapp to 07518 991418. Shop Tel 01895 237192