





WEEK 2 Feb Feb 07

THURSDAY

Rosemary Chicken Breast with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBQ Cauliflower

Thips Spicy Chilli Tempeh Chips

FRIDAY

Rosemary Chicken Breast with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Thips Seaweed Tempeh Chips

MONDAY

Chickpea Stew with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Turmeric Tempeh with Baby Romaine, Nelson's Sweet Corn, and Blistered Cherry Tomatoes

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Lemon Pepper Crusted Fish with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips

WEDNESDAY

Lemon Pepper Crusted Fish with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh with Chunky Potato Salad, Turmeric Tempeh, and Sunny Full-Baked Egg

Thips Sea Salt Tempeh Chips

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WEEK 3 Feb Feb 10 14

MONDAY

Tikka Masala Tofu with Fragrant Brown Rice, Tandoori Okra, and Cajun Eggplant

Chickpea Stew with Parsley Cauliflower Rice, Cajun Eggplant, and Herbed Potatoes

Kintry Chocolate Hazelnut Granola

TUESDAY

Honey Soy Chicken Thigh with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Tandoori Okra

Rosemary Chicken Breast with Vegeroni Spiral Pasta, Garlic Pak Choy, and Sunny Full-Baked Egg

Kintry Macademia Cookies with White Chocolate Chips

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WEDNESDAY

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Tandoori Okra, and Blistered Cherry Tomatoes

Rosemary Chicken Breast with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

THURSDAY

Honey Soy Chicken Thigh with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Rosemary Chicken Breast with Vegeroni Spiral Pasta, Cajun Eggplant, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips

FRIDAY

Rosemary Chicken Breast with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

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FRIDAY

Rosemary Chicken Breast with Baby Romaine, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

WEDNESDAY

Lemon Pepper Crusted Fish with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Harissa Cabbage

Honey Soy Chicken Thigh with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Caramelized Pumpkin, and BBQ Cauliflower

Honey Soy Chicken Thigh with Parsley Cauliflower Rice, Garlic Pak Choy, and Cajun Eggplant

Kintry Macademia Cookies with White Chocolate Chips

MONDAY

Chickpea Stew with Baby Romaine, Charred Broccoli, and Nelson's Sweet Corn

Turmeric Tempeh with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Tandoori Okra, and Blistered Cherry Tomatoes

Lemon Pepper Crusted Fish with Fragrant Brown Rice, Tandoori Okra, and BBQ Cauliflower

Thips Seaweed Tempeh Chips WEEK 5

Feb Feb **24 28**

MONDAY

Chickpea Stew with Vegeroni Spiral Pasta, BBQ Cauliflower, and Blistered Cherry Tomatoes

Tikka Masala Tofu with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Turmeric Chicken Thigh with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Thips Seaweed Tempeh Chips

WEDNESDAY

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh with Fragrant Brown Rice, Tandoori Okra, and Sunny Full-Baked Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Rosemary Chicken Breast with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish with Baby Romaine, BBQ Cauliflower, and Blistered Cherry Tomatoes

Kintry Macademia Cookies with White Chocolate Chips

FRIDAY

Turmeric Chicken Thigh with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh with Fragrant Brown Rice, Tikka Masala Tofu, and Garlic Pak Choy

Kintry Salted Egg Yolk Potato Crisps

MONDAY

Chickpea Stew with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Paprika Tempeh with Baby Romaine, Nelson's Sweet Corn, and Blistered Cherry Tomatoes

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Lemon Pepper Crusted Fish with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

WEDNESDAY

Lemon Pepper Crusted Fish with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh with Chunky Potato Salad, Turmeric Tempeh, and Sunny Full-Baked Egg

Thips Spicy Chilli Tempeh Chips

WEEK 6 Mar Mar 03 07

THURSDAY

Rosemary Chicken Breast with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBQ Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

Rosemary Chicken Breast with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Kintry Chocolate Hazelnut Granola

WEEK 1 Mar Mar 10 14

MONDAY

Chickpea Stew with Vegeroni Spiral Pasta, BBQ Cauliflower, and Blistered Cherry Tomatoes

Tikka Masala Tofu with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

TUESDAY

Turmeric Chicken Thigh with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Thips Spicy Chilli Tempeh Chips

WEDNESDAY

Honey Soy Chicken Thigh with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh with Fragrant Brown Rice, Tandoori Okra, and Sunny Full-Baked Egg

Thips Seaweed Tempeh Chips

THURSDAY

Rosemary Chicken Breast with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish with Baby Romaine, BBQ Cauliflower, and Blistered Cherry Tomatoes

Kintry Chocolate Hazelnut Granola

FRIDAY

Turmeric Chicken Thigh with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh with Fragrant Brown Rice, Tikka Masala Tofu, and Garlic Pak Choy

Kintry Macademia Cookies with White Chocolate Chips