

HUNGRY CO.

4-15 AUGUST

INTUITIVE EATING

Mini

MONTHLY SUBSCRIPTION

12 MEALS

R1800

@ R150/MEAL

Standard

MONTHLY SUBSCRIPTION

16 MEALS

R2400

@ R150/MEAL

Feast

MONTHLY SUBSCRIPTION

20 MEALS

R3000

@ R150/MEAL

Weekly

WEEKLY SUBSCRIPTION

3 OR MORE MEALS

R450 +>

@ R150/MEAL

THEHUNGRYWANDERER.CO.ZA

 +2760 732 0013

thehungrywanderer.co.za



MONDAY

LUNCH

TUNA CAKES WITH COUSCOUS SALAD AND LEMON, GARLIC AND HERB VINAIGRETTE.

DINNER

LAMB CHOPS WITH BAKED POTATO AND BROCCOLINI. YOGURT SAUCE AND HERBS.



TUESDAY

LUNCH

MUSHROOM + SPINACH STUFFED BAKED POTATOES WITH CORN AND BLACK BEAN SALSA

DINNER

HARISSA CHICKEN CURRY WITH SAMBALS, RICE AND NAAN.

WEDNESDAY

LUNCH

TUNA STUFFED BELL PEPPERS WITH WHOLEGRAIN SALAD.

DINNER

LEMON BUTTER LINEFISH WITH BROWN RICE AND GREEN BEANS.

THURSDAY

LUNCH

WHOLEGRAIN BEAN SALAD, STEAK WITH AVOCADO CREMA.

DINNER

CREAMY MUSHROOM GNOCCHI WITH VIBRANT SIDE SALAD



FRIDAY

LUNCH

BBQ CHICKPEA WRAP

DINNER

LINE FISH WITH BROCCOLINI AND ROASTED RED PEPPER SAUCE AND BROWN RICE.