

NUTRITIONAL GUIDE OLIVER GREEN october 2022

Salads	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Hummus Tahini with spinach and quinoa	636	88	23	27	26
Crunchy Caesar with romaine, quinoa, egg	515	35	12	15	33
Kale Caesar with kale, quinoa, egg	621	49	15	22	36
Power Bowl with spinach and quinoa	584	67	18	18	16
Super Salmon Salad , spinach and quinoa	613	46	8	39	30

Warm bowls	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Salmon Taco Bowl with rice and quinoa	847	93	12	33	35
Balsamic Brussels with steamed kale and quinoa	659	65	24	18	34
Harvest Hummus with quinoa and kale	529	71	15	28	34
Mighty Mushroom with quinoa and spinach	533	98	23	28	32
Pumpkin Beetroot Bowl with spinach and quinoa	558	37	12	13	38
Curry Cauliflower with spinach and quinoa	548	81	23	22	13

Smoothies	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
Kale Power Shake	240	47	30	2	4
Man-go Green	245	21	16	3	10
Green Machine	158	17	12	2	1
Energizer	315	65	50	3	4
Strawberry Breakfast smoothie	457	76	50	8	11
Very Berry	465	46	31	5	12
Nutty Cacao	552	64	43	12	26
Coffee Date	356	74	57	3	4
Almond Protein	657	71	50	33	27
<i>Scoop plant protein</i>	99	1	0	20	2

Breakfast	Kcal	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)
OGs Acai Bowl	608	57	42	13	34
Overnight Oats	385	48	22	10	16
Yoghurt Bowl	613	30	27	18	46
Turkish Breakfast Bowl	545	55	5	21	26
Egg Breakfast Bowl	417	44	4	22	22
Avocado Toast	490	40	3	13	30
Pesto Avocado Sandwich	665	78	2	22	28
Middle Eastern Wrap	617	65	15	19	28
Burrito Wrap	625	68	6	21	27