

HEALTHY FOOD PASS

6 DAYS SAMPLE MEAL PLAN

DAY I

LUNCH

- **Avocado salad** (spinach, barley, chickpeas, cucumber, zucchini, avocado, feta, dressing)
- **Pure Power** (banana, pineapple, spirulina, apple, avocado)
- **Ginger shot**

DINNER

- **Warm soup** + home made bread

DAY IV

LUNCH

- **Tuna wrap** (rucola, tomatoes, cucchini, pappers, onions, olives, tuna)
- **Zest of Zen** (apple, celery, cucumber, lemon)
- **Ginger shot**

DINNER

- **Halumi fries** + home made bread

DAY II

LUNCH

- **Chicken wrap** (salad, pepper, cucumber, onion, sweetcorn, chicken, dressing)
- **Reload** (beet, carrot, lemon, apple, celery, cucumber)
- **Ginger shot**

DINNER

- **Vegan burger**

DAY V

LUNCH

- **Falafel salad** (quinoa, spinach, beetroot, tomatoes, zucchini, feta, falafel, dressing)
- **Green Guru** (pear, kale, apple, avocado, chia seed, spirulina)
- **Ginger shot**

DINNER

- **Avocado Ultimate** - 24hr smoked salmon, spinach

DAY III

LUNCH

- **Raw Carrot Cake** (dates, walnuts, raisins, cashews, coconut, cinnamon, carrots)
- **Cappuccino** with almond milk
- **Ginger shot**

DINNER

- **Chilli con carne**

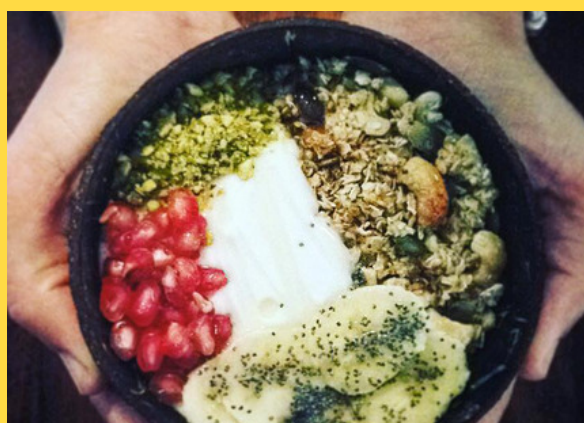
DAY VI

LUNCH

- **Beans salad** (rice, chickpea, beans, lentils, sweet potato, carrots, walnuts, dressing)
- **Hot Raw Chocolate** with hazelnut milk
- **Ginger shot**

DINNER

- **Warm soup** + home made bread





OPENING HOURS

Monday - Friday | 9 am - 7pm
Saturday | 9 am - 5 pm
Sunday | CLOSED

OUR TIPS

This diet plan is just a sample menu, prepared to show you the variety of meal choices for lunches and dinners available at PURE.

- Plan your meals in advance. You can take them at any time but note that salad bar is closed from 6 pm weekdays.
- Remember to ask for your ginger shot with every lunch.
- You can take both meals at the same time.
- You can have your meal as "take away" option or eat inside.
- Your voucher is valid both in Pure Bar (next to the training centre) or in the Pure Restaurant (5-7 min. walking distance).
- If you have trouble to find it, just use google maps direction on your phone.
- If you wish to change your meals for something different on the menu- you can! Just ask Pure's Staff for the alternative options.
- The salad bar is not refilled after 4-5 pm. Do not come for your meal too late.
- There is no refund for unused meals, if you decide to skip your lunch or dinner, just remember you can always use it another day or change it for another option, for example, a cafe or a sweet.

Meet our nutrition specialist if you need the professional diet advice and personal recommendations - for more info check our website.

Fitness4Malta

