



PURE Meal Plan

Fat Loss - Week 1

Our Fat Loss menu is designed by our team of certified nutritionists and professional chefs. Each calorie-controlled, balanced meal contains the necessary nutrients to maintain your health while helping you to achieve your fitness goals without feeling hungry.

Our meals come in four sizes:

Small (1,300 kcal) meals do not come with a snack

Medium (1,500 kcal) meals include one snack

Large (1,700 kcal) meals include two snacks

Extra-large (1,900 kcal) meals include two snacks

Day 1

Breakfast: Apple pie oatmeal

Snack 1: Acai smoothie bowl

Lunch: Hunter-style chicken, pilau brown rice, farmer's stir-fried vegetables

Snack 2: Fruit salad

Dinner: Ginger orange brown rice, zucchini à la Provençale, slow-roasted beef tenderloin, Bordelaise sauce

Day 2

Breakfast: Plain congee with pork meatballs

Snack 1: Chocolate crispy bar

Lunch: Quinoa salad

Snack 2: Waldorf salad

Dinner: Green pea brown rice risotto, slow-cooked chicken breast, brown chicken jus

Day 3

Breakfast: Oatmeal peanut butter bowl

Snack 1: Mango smoothie bowl

Lunch: Rainbow soba salad

Snack 2: Japanese gyozas

Dinner: Duroc and Iberico pork loin with Duroc sauce, sesame bok choy, broccoli brown rice

Day 4

Breakfast: Asian whole wheat tortilla with stir-fried vegetables and chicken

Snack 1: Fruit salad

Lunch: Thai stir-fried vegetables, Thai fish cakes, fennel rice with Spigol®, sweet chilli sauce

Snack 2: Blueberry pancakes

Dinner: Blanquette of black truffled turkey, Blanquette sauce

Day 5

Breakfast: 0% fat Greek yoghurt with plum and raisin compote

Snack 1: Chocolate crispy bar

Lunch: Slow-cooked pork tenderloin with Pommery mustard sauce, roasted brussels sprouts fricassee, Mexican brown rice

Snack 2: Scallion pancakes with hoisin sauce

Dinner: Vegetable brown rice, flame-grilled teriyaki salmon
Japanese poke bowl, toppings

Day 6

Breakfast: Black rice porridge with chia seed and mango

Snack 1: Fruit salad

Dinner: Vegetable jardinière, roasted veal topside with morel sauce, black truffle mashed potato

Snack 2: Rainbow lentil meatballs with Arrabiata sauce

Dinner: Artichoke and green beans, vegetable fricassee, spaghetti, Sicilian-style swordfish filet with Sicilian sauce



PURE Meal Plan

Fat Loss - Week 2

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Medium (1,500 kcal) meals include one snack

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Extra-large (1,900 kcal) meals include two snacks

Day 1

Breakfast: Blueberry coconut oatmeal

Snack 1: Green papaya salad

Lunch: Caponata Bulgur pilau, slow-cooked pesto chicken, basil chicken jus

Snack 2: 0% fat pineapple passionfruit yoghurt

Dinner: Ginger orange brown rice, turkey meatballs in a creamy red curry sauce, broccolini

Day 2

Breakfast: Fish congee

Snack 1: Fruit salad

Lunch: Polenta lasagna

Snack 2: Chocolate pancakes with strawberry coulis

Dinner: Cantonese-style brown rice, pork char siu, zoodles

Day 3

Breakfast: Cocoa cherry oats with Greek yoghurt, Griotte cherry coulis

Snack 1: Spanish gazpacho

Lunch: Roasted honey thyme parsnips, mashed, slow-cooked lemongrass seabream filet, steamed rice, red bell pepper and sea urchin coulis

Snack 2: Fruit salad

Dinner: Miso chicken breast, buckwheat, Hibachi vegetables, brown chicken jus

Day 4

Breakfast: Black rice porridge with chia seed and mango

Snack 1: Fruit salad

Lunch: Pilau rice, Chinese eggplant with garlic sauce, Duroc Iberico pork loin with Sichuan garlic sauce

Snack 2: 0% fat plain Greek yogurt, mango yuzu coulis

Dinner: Chicken pakora, kimchi rice, Mediterranean zucchini noodles, tzatziki sauce

Day 5

Breakfast: Chickpea zucchini soup

Snack 1: Fig cranberry granola, almond panna cotta

Lunch: Hainanese chicken with rice, braised lettuce with peas

Snack 2: Fruit salad

Dinner: Slow-cooked squid with Armoricaine sauce, roasted cashews, fennel rice with Spigol®, roasted artichoke niçoise

Day 6

Breakfast: Chocolate oatmeal with peanut butter

Snack 1: Baked falafel, red onion pickled sambal oelek

Lunch: Quinoa poke bowl, flame-seared tuna, spicy yuzu dressing

Snack 2: Fruit salad

Dinner: Vegetarian spaghetti, plant-based bolognese



PURE Meal Plan

Fat Loss - Week 3

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Extra-large (1,900 kcal) meals include two snacks

Day 1

Breakfast: 0% fat yoghurt with mixed berry compote

Snack 1: Fruit salad

Lunch: Mashed green peas, roasted sweet potato, Duroc and Iberico pork loin with charcutière sauce

Snack 2: Spicy carrot hummus, whole wheat tortilla

Dinner: Korean stir-fried beef with rice

Day 2

Breakfast: Chicken congee

Snack 1: Berry parfait

Lunch: Cardamom and raisin brown rice, southwestern sautéed corn, trout filet, Marinierie curry coconut emulsion

Snack 2: Gluten-free banana pancakes

Dinner: Tandoori chicken breast with yoghurt sauce, roasted sweet potato, Mexican brown rice

Day 3

Breakfast: Apple pie oatmeal

Snack 1: Cucumber salad

Lunch: Chicken curry, broccoli brown rice, Yasai Itame

Snack 2: Fruit salad

Dinner: Steamed Whiting fish steak, Marengo garnish, ginger orange brown rice, capers chicken jus

Day 4

Breakfast: Overnight oats, 0% fat yoghurt, red berries

Snack 1: 0% fat Greek yogurt, raspberry and fig compote

Lunch: Kimchi rice, Provençal cod with herbs, Borlotti beans in confit tomato jam, basil oil

Snack 2: Thai chicken coleslaw with sweet chilli sauce

Dinner: Roasted garden vegetables, carrot brown rice, lightly smoked lemon thyme salmon, lemongrass emulsion sauce

Day 5

Breakfast: Cranberries and seeds with overnight oats

Snack 1: Organic Italian chicken meatballs, homemade creamy tomato sauce

Lunch: Impossible lasagna

Snack 2: Green papaya salad

Dinner: Chicken with bibimbap salad, lemongrass steamed rice, bibimbap curry sauce

Day 6

Breakfast: Organic chia mango pudding

Snack 1: Fruit salad

Lunch: Lemon dill cod, cauliflower purée, pilau brown rice, homemade mushroom and tomato sauce

Snack 2: 0% fat plain Greek yoghurt with strawberry coulis

Dinner: Peri Peri chicken with Peri Peri sauce, vegetable achar, Mexican brown rice