



# THE PURE PACKAGE

## Reset & Restore Sample Menu

### Clean & Green Smoothie

Set lime to the side. Add the ingredients (solids first, then powder, then liquid) into the blender & blend until smooth. Squeeze & add lime juice to taste. Consume right away. If too thick add water to achieve your preferred consistency.

*This super-smoothie includes collagen protein and healthy fats to set you up for the day and keep you full until lunchtime. It is loaded with electrolytes, vitamins and minerals to support every cell in your body.*

### Coconut Kefir Chia Pot

Chia seed pudding made with coconut kefir topped fresh raspberries and cacao nibs. Kefir is a great source of probiotics to repopulate healthy bacteria in the gut.

### Wakame & Mushroom Miso Broth

Our miso broth with Wakame sea vegetables is made using organic tofu, Shitake, Shimeji & Enoki mushrooms. Enoki mushrooms contain immune boosting properties and are rich in brain enhancing and energy producing B vitamins. Sea vegetables are proven to detoxify heavy metals from the intestines.

*Simply add the noodles to the soup and heat for 2 minutes in a saucepan or microwave till piping hot. Be careful not to boil as this will degrade the delicate ingredients and flavours.*

### Fresh Mint & Ginger Tea Infusions

Pour approximately 1 litre of boiling water over the fresh chopped mint or ginger & allow to steep. When cooler, add lemon to taste. Sip throughout the day & top up as necessary. Sip throughout the day. Ginger is known to detoxify the liver and enhance sluggish digestion. Fresh mint tea is known to ease bloating & promote healthy digestion.

### Oriental Style Tiger Prawns

Garlic, ginger and soy tiger prawns served with a mixed vegetable stir fry. Garlic has been found to boost the immune system and has anti-inflammatory properties.

*Please ensure that it is piping hot before you eat it!  
Peel back a corner of the film on top of the container.*

Conventional Oven

Preheat the oven to 180C.

Place the meal in an ovenproof dish and bake on the middle shelf for 10-15 minutes.

Microwave oven

For an 1000 watt oven, cook for 2-3 minutes on full power, then allow to rest before removing the cover and serving.

*All of our packaging and cutlery is recyclable. If you wish to receive cutlery or need further information about your meals, please email [info@purepackage.com](mailto:info@purepackage.com) or call us on 020 7720 3250.*