

# Vegan: 02/05/21 – 08/05/21

We create food that works with your body, not against it. This is why all our food is cooked from scratch using the best quality ingredients. All our food is wheat, dairy and refined sugar free. This 1,400 kcal package provides you with a rich source of nutrients made up of whole grains, legumes, vegetables, fruits, nuts and seeds. Each day your package contains a shot of ginger and herbal tea.

SUNDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Rye bread with smashed avocado, slow roasted tomato's  
**SNACK:** Red pepper butterbean dip  
**LUNCH:** Quinoa tabbouleh with zaatar chickpeas  
**NUTS:** Walnuts  
**DINNER:** Lentil and mushroom Shepherd's pie with broccoli  
**DESSERT:** Salted caramel cookie dough bars

MONDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACK:** Edamame  
**LUNCH:** Mujadara rice, lentils and crispy onions w green slaw and coconut dressing  
**NUTS:** Cashews  
**DINNER:** Vegetable Thai red curry with quinoa  
**DESSERT:** Chocolate chip cookie

TUESDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Pecan and coconut granola with coconut yogurt and berries  
**SNACK:** Beetroot Humus  
**LUNCH:** Butternut squash, chickpea, pomegranate & quinoa salad w dressing  
**NUTS:** Toasted tamari pumpkin seeds  
**DINNER:** Tepsi- aubagine, tomato, potato and chickpea stew  
**DESSERT:** Lemon cheesecake

WEDNESDAY

**MORNING JUICE:** Hulk  
**BREAKFAST:** Bircher Muesli  
**SNACK:** Zaatar and butterbean dip  
**LUNCH:** Raw Pad Thai with almond butter satay  
**NUTS:** Toasted sunflower seeds  
**DINNER:** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT:** Banana Bread

THURSDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACK:** Hummus pea and edamame pot  
**LUNCH:** Lentil, pea and asparagus salad with an apple cider vinaigrette  
**NUTS:** Toasted tamari pumpkin seeds  
**DINNER:** Dosas with masala potatoes  
**DESSERT:** Sweet potato brownies

FRIDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Cranberry and almond granola w compote & coconut yogurt  
**SNACK:** Edamame  
**LUNCH:** Balsamic roasted vegetables with quinoa  
**NUTS:** Cashews  
**DINNER:** Moroccan Tagine with brown rice  
**DESSERT:** Cookie dough bites

SATURDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter and maple syrup  
**SNACK:** Hummus with carrots  
**LUNCH:** Mexican bowl with cauliflower rice, black beans, corn and salsa  
**NUTS:** Almonds  
**DINNER:** Lentil Bolognese and courgetti  
**DESSERT:** Blueberry Cheesecake

