

# Active Vegan: 19/09/21 – 25/09/21

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 1,800 kcal package provides you with a rich source of nutrients made up of whole grains, legumes, vegetables, fruits, nuts and seeds. All our meat and eggs are free range and hormone free. Each day your package contains a shot of ginger and herbal tea.

## SUNDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACK:** Edamame  
**LUNCH:** Super grain salad with and balsamic dressing  
**NUTS:** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Sweet potato and coconut dahl  
**DESSERT:** Lemon Cheesecake

## MONDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Rye bread with smashed avocado and slow roasted tomato's  
**SNACK:** Beetroot Humus  
**LUNCH:** Quinoa tabbouleh with zaatar chickpeas  
**NUTS:** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Smoky baked beans with sweetcorn fritters  
**DESSERT:** Salted caramel cookie dough bars

## TUESDAY

**MORNING JUICE:** Hulk  
**BREAKFAST:** Bircher Muesli  
**SNACK:** Spinach and butterbean dip with crudités  
**LUNCH:** Lentil, peas and asparagus salad with an apple cider vinaigrette  
**NUTS:** Toasted sunflower seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Dosa with masala potatoes  
**DESSERT:** Sweet potato brownies

## WEDNESDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Red pepper and broccoli frittata with red pepper sauce  
**SNACK:** Hummus pea and edamame pot  
**LUNCH:** Raw Pad Thai with almond butter satay  
**NUTS:** Almonds  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Tepsi- aubagine, tomato, potato and chickpea stew  
**DESSERT:** Cookie dough bites

## THURSDAY

**MORNING JUICE:** So fresh and so green  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACK:** Spinach and butterbean dip with crudités  
**LUNCH:** Spinach and potato cakes with green slaw and coconut dressing  
**NUTS:** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Lentil bolognese and courgetti  
**DESSERT:** Chocolate chip cookie

## FRIDAY

**MORNING JUICE:** When the beet drops  
**BREAKFAST:** Cranberry and almond granola w compote & coconut yogurt  
**SNACK:** Edamame  
**LUNCH:** Mujadara: rice, lentils & crispy onions w green slaw & coconut dressing  
**NUTS:** Almonds  
**AFTERNOON DRINK:** Chocolate cashew mylk  
**DINNER:** Tofu and vegetable broth  
**DESSERT:** Banana Bread

## SATURDAY

**MORNING JUICE:** Vitamin C  
**BREAKFAST:** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACK:** Hummus with carrots  
**LUNCH:** Mexican pepper stuffed sweet potato  
**NUTS:** Toasted sunflower seeds  
**AFTERNOON DRINK:** Cashew mylk  
**DINNER:** Lentil pasta with mushroom duxelle  
**DESSERT:** Blueberry cheesecake

