

Vegan: 12/09/21 – 18/09/21

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 1,400 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: 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
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
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 crudité's
LUNCH: Lentil, peas and asparagus salad with an apple cider vinaigrette
NUTS: Toasted sunflower seeds
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
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 crudité's
LUNCH: Spinach and potato cakes with green slaw and coconut dressing
NUTS: Toasted tamari pumpkin seeds
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
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
DINNER: Lentil pasta with mushroom duxelle
DESSERT: Blueberry cheesecake

