

Vegan: 17/10/21 – 23/10/21

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: Vitamin C
BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote
SNACK: Hummus with carrots
LUNCH: Chickpea and cashew cream salad with roast peppers
NUTS: Toasted tamari pumpkin seeds
DINNER: Butternut squash, chickpea curry with brown rice
DESSERT: Chocolate chip cookie

MONDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Bircher Muesli
SNACK: Edamame
LUNCH: Artichoke, potatoes and green bean salad
NUTS: Almonds
DINNER: Lentil and mushroom Shepherd's pie with broccoli
DESSERT: Lemon Cheesecake

TUESDAY

MORNING JUICE: Hulk
BREAKFAST: Pecan and coconut granola with coconut yogurt and berries
SNACK: Beetroot Humus
LUNCH: Super grain salad with and balsamic dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Tofu and vegetable broth
DESSERT: Banana Bread

WEDNESDAY

MORNING JUICE: When the beet drops
BREAKFAST: Rye bread with smashed avocado and slow roasted tomato's
SNACK: Spinach and butterbean dip with crudités
LUNCH: Mexican pepper bowl with cauliflower rice, black beans, corn and salsa
NUTS: Toasted sunflower seeds
DINNER: Lentil pasta with mushroom duxelle
DESSERT: Cookie dough bites

THURSDAY

MORNING JUICE: So fresh and so green
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Hummus pea and edamame pot
LUNCH: Spinach and potato fish cakes with green slaw and coconut dressing
NUTS: Walnuts
DINNER: Vegetable Thai red curry with quinoa
DESSERT: Sweet potato brownies

FRIDAY

MORNING JUICE: Vitamin C
BREAKFAST: Cranberry and almond granola w compote & coconut yogurt
SNACK: Edamame
LUNCH: Chinese broccoli, hibiscus cabbage, wild rice w almond butter
NUTS: Toasted sunflower seeds
DINNER: Tuscan Bean Stew
DESSERT: Blueberry cheesecake

SATURDAY

MORNING JUICE: When the beet drops
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Zaatar and butterbean dip
LUNCH: Butternut squash, pomegranate & quinoa salad with dressing
NUTS: Walnuts
DINNER: Tepsii- aubergine, tomato, potato and chickpea stew
DESSERT: Salted caramel cookie dough bars

