

Vegan: 21/11/21 – 27/11/21

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: Rye bread w smashed avocado and slow roasted tomato's
SNACK: Zaatar and butterbean dip
LUNCH: Butternut squash, pomegranate & quinoa salad with dressing
NUTS: Toasted tamari pumpkin seeds
DINNER: Lentil and mushroom Shepherd's pie with broccoli
DESSERT: Salted caramel cookie dough bars

MONDAY

MORNING JUICE: Vitamin C
BREAKFAST: Blueberry Oat Bread with Almond Butter, and berry compote
SNACK: Edamame
LUNCH: Rainbow poke bowl
NUTS: Toasted tamari pumpkin seeds
DINNER: Tuscan Bean Stew
DESSERT: Blueberry cheesecake

TUESDAY

MORNING JUICE: Hulk
BREAKFAST: Cranberry and almond granola w compote & coconut yogurt
SNACK: Hummus pea and edamame pot
LUNCH: Beetroot, lentil, edamame salad with agave mustard dressing
NUTS: Almonds
DINNER: Butternut squash curry with brown rice
DESSERT: Chocolate chip cookies

WEDNESDAY

MORNING JUICE: When the beet drops
BREAKFAST: Bircher Muesli
SNACK: Red pepper and butterbean dip
LUNCH: Spinach potato cakes with green slaw and coconut dressing
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 with carrots
LUNCH: Mujadara: rice, lentils & crispy onions w green slaw & coconut d
NUTS: Toasted tamari pumpkin seeds
DINNER: Moroccan Tagine with quinoa
DESSERT: Sweet potato brownies

FRIDAY

MORNING JUICE: Vitamin C
BREAKFAST: Pecan and coconut granola with coconut yogurt and berries
SNACK: Edamame
LUNCH: Super grain salad with and balsamic dressing
NUTS: Toasted sunflower seeds
DINNER: Vegetable Thai red curry with quinoa
DESSERT: Cookie dough bites

SATURDAY

MORNING JUICE: When the beet drops
BREAKFAST: Vegan Banana Pancakes with peanut butter & maple syrup
SNACK: Spinach and butterbean dip with crudités
LUNCH: Mexican pepper stuffed sweet potato
NUTS: Almonds
DINNER: Tofu and vegetable broth
DESSERT: Tofu and vegetable broth Salted caramel bars

