

Active Vegan 21/11/22 - 27/11/22

We create a 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. Each day your package contains a shot of ginger and herbal tea.

Monday

MORNING JUICE So fresh and so green
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted sunflower seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tepsi - Aubagine, chickpea and potato casserole
DESSERT Banana Bread

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Zaatar and butterbean dip
LUNCH Lentil, pea and asparagus salad with an apple cider vingerette
NUTS Walnuts
AFTERNOON DRINK Cashew Mylk
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Chocolate chip cookie

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Raw Pad Thai with almond butter satay
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Sweet potato and coconut dahl
DESSERT Lemon cheesecake

Thursday

MORNING JUICE Hulk
BREAKFAST Bircher Muesli
SNACKS Hummus pea and edamame pot
LUNCH Mexican bowl; sautéed peppers, onions, cauliflower rice, beans & corn
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Grilled tofu with lemon, asparagus, quinoa risotto
DESSERT Sweet potato brownies

Friday

MORNING JUICE So fresh and so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil Bolognese with courgetti
DESSERT Salted caramel cookie dough bars

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Beetroot Humus
LUNCH Spinach potato cakes with green slaw and coconut dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean chilli with hassleback potato
DESSERT Lemon cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Quinoa tabbouleh with zaatar chickpeas
NUTS Toasted tamari pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Thai red vegetable curry with brown rice
DESSERT Cookie dough bites