

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  
**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  
**DINNER** Lentil and mushroom Shepheard'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  
**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  
**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  
**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  
**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  
**DINNER** Thai red vegetable curry with brown rice  
**DESSERT** Cookie dough bites