

# Active Vegan 05/12/22 - 11/12/22

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** Hummus with carrots  
**LUNCH** Mexican bowl; sautéed peppers, onions, cauliflower rice, beans & corn  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil and mushroom Shepherd's pie with broccoli  
**DESSERT** Chocolate chip cookie

## 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** Vegetable Thai green curry with brown rice  
**DESSERT** Banana Bread

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Lentil Bolognese with courgetti  
**DESSERT** Chocolate covered strawberries

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Bircher Muesli - oats, apple, sunflower seeds  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Super grain salad with balsamic dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and vegetable broth  
**DESSERT** Salted caramel cookie dough bars

## Friday

**MORNING JUICE** So fresh and so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Edamame  
**LUNCH** Spinach potato cakes with green slaw and coconut dressing  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Butternut squash curry with brown rice  
**DESSERT** Salted caramel cookie dough bars

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Raw Pad Thai with almond butter satay  
**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** Zaatar chickpea salad with rocket, green beans & apple cider dressing  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Thai red vegetable curry with brown rice  
**DESSERT** Cookie dough bites