

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
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
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
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
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
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
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
DINNER Thai red vegetable curry with brown rice
DESSERT Cookie dough bites