

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 Zaatar and butterbean dip
- LUNCH Cashew Cream Chickpea, apple and walnut Salad
- NUTS Toasted tamari pumpkin seeds
- DINNER Sweet potato and coconut dahl
- DESSERT Chocolate chip cookie

Tuesday

- MORNING JUICE When the beet drops
- BREAKFAST Cranberry and almond granola w compote & coconut yogurt
- SNACKS Edamame
- LUNCH Artichoke, potatoe green bean and edamame salad with a apple cider vinengar
- NUTS Cashews
- DINNER Tuscan Bean Stew
- DESSERT Sweet potato brownies

Wednesday

- MORNING JUICE Vitamin C
- BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
- SNACKS Hummus pea and edamame pot
- LUNCH Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
- NUTS Toasted sunflower seeds
- DINNER Aubagine stuffed red peppers
- DESSERT Banana Bread

Thursday

- MORNING JUICE Hulk
- BREAKFAST Blueberry chia seed pudding with caramelised apples
- SNACKS Red pepper and butterbean dip and celery sticks
- LUNCH Spinach potato cakes with green slaw and coconut dressing
- NUTS Walnuts
- DINNER Butternut squash curry with brown rice
- DESSERT Chocolate covered strawberries

Friday

- MORNING JUICE So fresh and so green
- BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
- SNACKS Hummus with carrots
- LUNCH Super grain salad with balsamic dressing
- NUTS Toasted tamari pumpkin seeds
- DINNER Courgette canaolli in a rich tomatoe sauce
- DESSERT Salted caramel cookie dough bars

Saturday

- MORNING JUICE Vitamin C
- BREAKFAST Pecan and coconut granola with coconut yogurt and berries
- SNACKS Beetroot Humus
- LUNCH Zaatar chickpea salad with rocket, green beans & apple cider dressing
- NUTS Almonds
- DINNER Lentil and mushroom Shepherd's pie with broccoli
- DESSERT Blueberry Cheesecake

Sunday

- MORNING JUICE When the beet drops
- BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
- SNACKS Edamame
- LUNCH Balsamic roasted vegetables with quinoa
- NUTS Toasted tamari pumpkin seeds
- DINNER Lentil Pasta with mushroom duxelles
- DESSERT Cookie dough bites