

Vegan

06/02/23 - 12/02/23

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 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 Grilled tofu with lemon, asparagus, quinoa risotto
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Blueberry chia seed pudding with caramelised apples
SNACKS Hummus pea and edamame pot
LUNCH Rainbow Poke Bowl
NUTS Almonds
DINNER Aubagine stuffed red peppers
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Red pepper hummus dip
LUNCH Raw Pad Thai with almond butter satay
NUTS Toasted sunflower seeds
DINNER Lentil Pasta with mushroom duxelles
DESSERT Sweet potato brownies

Thursday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Edamame
LUNCH Mexican stuffed sweet potato
NUTS Walnuts
DINNER Tuscan Bean Stew
DESSERT Banana Bread

Friday

MORNING JUICE So fresh and so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Zaatar chickpea salad with rocket, green beans & apple cider dressing
NUTS Toasted tamari pumpkin seeds
DINNER Tofu and quonia meatballs in a coconut curry
DESSERT Cookie dough bites

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Spinach and butterbean dip with crudités
LUNCH Beetroot, lentil, edamame salad with agave mustard dressing
NUTS Cashews
DINNER Dosas with masala potatoes
DESSERT Blueberry Cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Toasted tamari pumpkin seeds
DINNER Sweet potato and coconut dahl
DESSERT Cookie dough bites