

**Vegan**

**13/03/23 - 19/03/23**

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 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** Butternut squash curry with brown rice
- DESSERT** Chocolate chip cookie

**Tuesday**

- MORNING JUICE** Vitamin C
- BREAKFAST** Rye bread with smashed avocado & slow roasted tomato's
- SNACKS** Edamame
- LUNCH** Lentil, asparagus, carrots and hazelnut salad
- NUTS** Almonds
- DINNER** Aubagine stuffed red peppers
- DESSERT** Banana Bread

**Wednesday**

- MORNING JUICE** When the beet drops
- BREAKFAST** Blueberry chia seed pudding with caramelised apples
- SNACKS** Red pepper hummus dip
- LUNCH** Rainbow Poke Bowl
- NUTS** Toasted sunflower seeds
- DINNER** Lentil Pasta with mushroom duxelles
- DESSERT** Chocolate covered strawberries

**Thursday**

- MORNING JUICE** Hulk
- BREAKFAST** Cranberry and almond granola w compote & coconut yogurt
- SNACKS** Hummus pea and edamame pot
- LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing
- NUTS** Walnuts
- 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** Beetroot Hummus
- LUNCH** Chinese spiced broccoli, hibiscus cabbage, wild rice with an almond butter dressing
- NUTS** Toasted tamari pumpkin seeds
- DINNER** Tofu and quinoa meatballs in a coconut curry
- DESSERT** Lemon cheesecake

**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** Lasagne - lentil Bolognese with creamy bechamel sauce
- DESSERT** Blueberry Cheesecake

**Sunday**

- MORNING JUICE** When the beet drops
- BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup
- SNACKS** Edamame
- LUNCH** Balsamic roasted vegetables with quinoa
- NUTS** Toasted tamari pumpkin seeds
- DINNER** Vegetable Thai green curry with brown rice
- DESSERT** Banana Bread