

# Active Vegan 22/05/23 - 28/05/23

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** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Edamame  
**LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Dosas with masala potatoes  
**DESSERT** Salted caramel cookie dough bars

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Rye bread with smashed avocado & slow roasted tomato's  
**SNACKS** Red pepper hummus dip  
**LUNCH** Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Aubergine stuffed red peppers  
**DESSERT** Chocolate chip cookie

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tofu and vegetable broth  
**DESSERT** Banana Bread

## Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Blueberry chia seed pudding with caramelised apples  
**SNACKS** Beetroot Humus  
**LUNCH** Zaatar chickpea salad with rocket, green beans & apple cider dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Sweet potato brownies

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Cashew Cream Chickpea, apple and walnut Salad  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Grilled tofu with lemon, asparagus, quinoa risotto  
**DESSERT** Blueberry Cheesecake

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Mexican stuffed sweet potato  
**NUTS** Cashews  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** 5 bean chilli with hassleback potato  
**DESSERT** Cookie dough bites

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Beetroot Humus  
**LUNCH** Raw Pad Thai with almond butter satay  
**NUTS** Toasted tamari pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Butternut squash curry with brown rice  
**DESSERT** Lemon cheesecake