

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
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
DINNER Aubagine 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
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
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
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
DINNER 5 bean chilli with hasselback 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
DINNER Butternut squash curry with brown rice
DESSERT Lemon cheesecake