

# Active Vegan 18/09/23 - 24/09/23

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** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil Bolognese with courgetti  
**DESSERT** Dark chocolate, strawberry fudge bar

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Blueberry chia seed pudding with caramelised apples  
**SNACKS** Beetroot Humus  
**LUNCH** Lentil, pea and asparagus salad with an apple cider vingerette  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Lemon cheesecake

## Wednesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Rye bread with smashed avocado & slow roasted tomato's  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tofu and vegetable broth  
**DESSERT** Chocolate chip cookie

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Hummus with carrots  
**LUNCH** Rainbow Poke Bowl  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Mexican Style Oxacan bowl: Cabbage, sweet potato and candied pecans with Chimichurri Dressing  
**DESSERT** Banana Bread

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Raw Pad Thai with almond butter satay  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT** Sweet potato brownies

## Saturday

**MORNING JUICE** Hulk  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Hummus with carrots  
**LUNCH** Super grain salad with balsamic dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Sweet potato and coconut dahl  
**DESSERT** Chocolate covered strawberries

## Sunday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Moroccan Tagine with brown rice  
**DESSERT** Salted caramel cookie dough bars