

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
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
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
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
DINNER Mexican Style Oxacan bowl: Cabbage, sweet potato and candied pecans with Chimuchurri 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
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
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
DINNER Moroccan Tagine with brown rice
DESSERT Salted caramel cookie dough bars