

Active Vegan 25/09/23 - 01/10/23

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 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Zaatar chickpea salad with rocket, green beans & apple cider dressing
NUTS Toasted sunflower seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Butternut squash curry with brown rice
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Hummus with carrots
LUNCH Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Tuscan Bean Stew
DESSERT Salted caramel cookie dough bars

Wednesday

MORNING JUICE Hulk
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's
SNACKS Hummus pea and edamame pot
LUNCH Mexican stuffed sweet potato
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Aubagine stuffed red peppers
DESSERT Blueberry Cheesecake

Thursday

MORNING JUICE When the beet drops
BREAKFAST Bircher Muesli - oats, apple, sunflower seeds
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Chinese spiced broccoli, hibisci cabbage, wild rice with an almond butter dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Sweetcorn fritters and smoky baked beans
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
NUTS Toasted sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER Vegetable Thai red curry with brown rice
DESSERT Sweet potato brownies

Saturday

MORNING JUICE Hulk
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Zaatar and butterbean dip
LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Cashews
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean chilli with hassleback potato
DESSERT Dark chocolate, strawberry fudge bar

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Lentil, asparagus, carrots and hazelnut salad
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil Pasta with mushroom duxelles
DESSERT Chocolate covered strawberries