

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  
**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 vinegarett  
**NUTS** Almonds  
**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  
**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  
**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  
**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  
**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  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Chocolate covered strawberries