

# Active Vegan 20/11/23 - 26/11/23

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** Vitamin C  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's  
**SNACKS** Hummus with carrots  
**LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Sweetcorn fritters and smoky baked beans  
**DESSERT** Sweet potato brownies

## Tuesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Artichoke, potatoe green bean and edamame salad with a apple cider vinergar  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tepsi - Aubagine, chickpea and potato casserole  
**DESSERT** Blueberry Cheesecake

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tofu and vegetable broth  
**DESSERT** Dark chocolate, strawberry fudge bar

## Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Bircher Muesli - oats, apple, sunflower seeds  
**SNACKS** Red pepper hummus dip  
**LUNCH** Baked Falafel, with shredded salad and a tahini dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tofu and quonia meatballs in a coconut curry  
**DESSERT** Banana Bread

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Super grain salad with balsamic dressing  
**NUTS** Toasted sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Chocolate chip cookie

## Saturday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Mexican stuffed sweet potato  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Grilled tofu with lemon, asparagus, quinoa risotto  
**DESSERT** Cookie dough bites

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Balsamic roasted vegetables with quinoa  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Chocolate covered strawberries  
**DESSERT** Banana Bread