

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
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
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
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
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
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
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
DINNER Chocolate covered strawberries
DESSERT Banana Bread