

Active Vegan 12/02/24 - 18/02/24

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 Red pepper hummus dip
- LUNCH Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
- NUTS Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Tofu and coconut rice with roasted vegetables and tahini dressing
- DESSERT Lemon cheesecake

Tuesday

- MORNING JUICE Vitamin C
- BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
- SNACKS Spinach and butterbean dip with crudités
- LUNCH Balsamic roasted vegetables with quinoa
- NUTS Almonds
- AFTERNOON DRINK Cashew Mylk
- DINNER Lentil Bolognese with courgetti
- DESSERT Banana Bread

Wednesday

- MORNING JUICE Hulk
- BREAKFAST Pecan and coconut granola with coconut yogurt and berries
- SNACKS Edamame
- LUNCH Mexican stuffed sweet potato
- NUTS Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Dosas with masala potatoes
- DESSERT Sweet Potato Brownie

Thursday

- MORNING JUICE When the beet drops
- BREAKFAST Cornbread muffins with avocado and slow roasted tomato's
- SNACKS Hummus with carrots
- LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
- NUTS Cashews
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Lentil Pasta with mushroom duxelles
- DESSERT Chocolate covered strawberries

Friday

- MORNING JUICE So fresh so green
- BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
- SNACKS Zaatar and butterbean dip
- LUNCH Super grain salad with balsamic dressing
- NUTS Toasted sunflower seeds
- AFTERNOON DRINK Cashew Mylk
- DINNER Courgette canaolli in a rich tomatoe sauce
- DESSERT Cookie dough bites

Saturday

- MORNING JUICE Vitamin C
- BREAKFAST Cranberry and almond granola w compote & coconut yogurt
- SNACKS Red pepper and butterbean dip and celery sticks
- LUNCH Chinese spiced broccoli, hibisc cabbage, wild rice with an almond butter dressing
- NUTS Almonds
- AFTERNOON DRINK Cashew Mylk
- DINNER Sweetcorn fritters and smoky baked beans
- DESSERT Salted caramel cookie dough bars

Sunday

- MORNING JUICE Hulk
- BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
- SNACKS Hummus pea and edamame pot
- LUNCH Lentil, asparagus, carrots and hazelnut salad
- NUTS Almonds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Vegetable Thai red curry with brown rice
- DESSERT Dark chocolate, strawberry fudge bar