

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**
- 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 crudites**
- LUNCH **Balsamic roasted vegetables with quinoa**
- NUTS **Almonds**
- 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**
- 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**
- 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**
- DINNER **Courgette canaollni 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, hibisci cabbage, wild rice with an almond butter dressing**
- NUTS **Almonds**
- 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**
- DINNER **Vegetable Thai red curry with brown rice**
- DESSERT **Dark chocolate, strawberry fudge bar**