

Active Vegan 01/04/24 - 07/04/24

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 When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Zaatar chickpea salad with rocket, green beans & apple cider dressing
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Grilled tofu with lemon, asparagus, quinoa risotto
DESSERT Blueberry Cheesecake

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Blueberry chia seed pudding with caramelised apples
SNACKS Beetroot Humus
LUNCH Rainbow Poke Bowl
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Vegetable Thai green curry with brown rice
DESSERT Chocolate chip cookie

Wednesday

MORNING JUICE Hulk
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Quinoa tabbouleh with chickpeas
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Sweet potato and coconut dahl
DESSERT Salted caramel cookie dough bars

Thursday

MORNING JUICE When the beet drops
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Spinach and butterbean dip with crudités
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 Chocolate covered strawberries

Friday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Mexican stuffed sweet potato
NUTS Toasted sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER Lentil Bolognese with courgetti
DESSERT Dark chocolate, strawberry fudge bar

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Zaatar and butterbean dip
LUNCH Super grain salad with balsamic dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Tepsi - Aubagine, chickpea and potato casserole
DESSERT Banana Bread

Sunday

MORNING JUICE Hulk
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Cashew Cream Chickpea, apple and walnut Salad
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Cookie dough bites