

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 1,400 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
- 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
- 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
- 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
- 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
- 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
- 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
- DINNER** Lentil and mushroom Shepherd's pie with broccoli
- DESSERT** Cookie dough bites