

Active Vegan 24/03/24 - 30/03/24

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 Vitamin C
- BREAKFAST Bircher Muesli - oats, apple, sunflower seeds
- SNACKS Hummus with carrots
- LUNCH Artichoke, potatoe green bean and edamame salad with a apple cider vinergar
- NUTS Cashews
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER 5 bean chilli with hassleback potato
- DESSERT Sweet potato brownies

Tuesday

- MORNING JUICE Hulk
- BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
- SNACKS Edamame
- LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
- NUTS Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK Cashew Mylk
- DINNER Tofu and vegetable broth
- DESSERT Lemon cheesecake

Wednesday

- MORNING JUICE When the beet drops
- BREAKFAST Cornbread muffins with avocado and slow roasted tomato's
- SNACKS Red pepper hummus dip
- LUNCH Lentil, pea and asparagus salad with an apple cider vingerette
- NUTS Almonds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
- DESSERT Dark chocolate, strawberry fudge bar

Thursday

- MORNING JUICE So fresh so green
- BREAKFAST Cranberry and almond granola w compote & coconut yogurt
- SNACKS Beetroot Humus
- LUNCH Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
- NUTS Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Courgette canaollni in a rich tomatoe sauce
- DESSERT Banana Bread

Friday

- MORNING JUICE Hulk
- BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
- SNACKS Zaatar and butterbean dip
- LUNCH Spinach potato cakes with green slaw and coconut dressing
- NUTS Toasted sunflower seeds
- AFTERNOON DRINK Cashew Mylk
- DINNER Mexican Style Oxacan bowl: Cabbage, sweet potato and candied pecans with Chimuchurri Dressing
- DESSERT Cookie dough bites

Saturday

- MORNING JUICE When the beet drops
- BREAKFAST Pecan and coconut granola with coconut yogurt and berries
- SNACKS Spinach and butterbean dip with crudités
- LUNCH Balsamic roasted vegetables with quinoa
- NUTS Almonds
- AFTERNOON DRINK Cashew Mylk
- DINNER Sweetcorn fritters and smoky baked beans
- DESSERT Chocolate covered strawberries

Sunday

- MORNING JUICE So fresh so green
- BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
- SNACKS Hummus pea and edamame pot
- LUNCH Lentil, asparagus, carrots and hazelnut salad
- NUTS Toasted Tamari Pumpkin seeds
- AFTERNOON DRINK Chocolate cashew mylk
- DINNER Potato Florentine
- DESSERT Salted caramel cookie dough bars