

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** 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  
**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  
**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  
**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  
**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  
**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  
**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  
**DINNER** Potato Florentine  
**DESSERT** Salted caramel cookie dough bars