

# Active Vegan 20/05/24 - 26/05/24

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** So fresh so green  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Sweet potato and coconut dahl  
**DESSERT** Chocolate chip cookie

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Blueberry chia seed pudding with caramelised apples  
**SNACKS** Hummus with carrots  
**LUNCH** Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and quonia meatballs in a coconut curry  
**DESSERT** Lemon cheesecake

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Courgette canaolli in a rich tomatoe sauce  
**DESSERT** Dark chocolate, strawberry fudge bar

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Rye bread with smashed avocado & slow roasted tomato's  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Dosas with masala potatoes  
**DESSERT** Cookie dough bites

## Friday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Beetroot Humus  
**LUNCH** Raw Pad Thai with almond butter satay  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Banana Bread

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Lentil, pea and asparagus salad with an apple cider vingerette  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Potato Florentine  
**DESSERT** Chocolate covered strawberries

## Sunday

**MORNING JUICE** Hulk  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Beetroot, lentil, edamame salad with agave mustard dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT** Salted caramel cookie dough bars