

# Active Vegan 08/07/24 - 14/07/24

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** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Chinese spiced broccoli, hibiscus cabbage, wild rice with an almond butter dressing  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Sweet potato and coconut dahl  
**DESSERT** Cookie dough bites

## Tuesday

**MORNING JUICE** Hulk  
**BREAKFAST** Bircher Muesli - oats, apple, sunflower seeds  
**SNACKS** Red pepper hummus dip  
**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** Sweetcorn fritters and smoky baked beans  
**DESSERT** Banana Bread

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Hummus with carrots  
**LUNCH** Zaatar chickpea salad with rocket, green beans & apple cider dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil Pasta with mushroom duxelles  
**DESSERT** Blueberry Cheesecake

## Thursday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's  
**SNACKS** Edamame  
**LUNCH** Beetroot, lentil, edamame salad with agave mustard dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Teps - Aubagine, chickpea and potato casserole  
**DESSERT** Salted caramel cookie dough bars

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Super grain salad with balsamic dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil Bolognese with courgetti  
**DESSERT** Chocolate covered strawberries

## Saturday

**MORNING JUICE** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Beetroot Humus  
**LUNCH** Mexican stuffed sweet potato  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Moroccan Tagine with brown rice  
**DESSERT** Dark chocolate, strawberry fudge bar

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Potato Florentine  
**DESSERT** Sweet potato brownies