

Active Vegan 29/07/24 - 04/08/24

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 Hulk
BREAKFAST Blueberry chia seed pudding with caramelised apples
SNACKS Hummus with carrots
LUNCH Beetroot, lentil, edamame salad with agave mustard dressing
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean chilli with Corn Bread muffin
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE When the beet drops
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Quinoa tabbouleh with zaatar chickpeas
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Sweet potato and coconut dahl
DESSERT Salted caramel cookie dough bars

Wednesday

MORNING JUICE So fresh so green
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Edamame
LUNCH Tofu & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Aubagine stuffed red peppers
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE Vitamin C
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Hummus pea and edamame pot
LUNCH Zaatar chickpea salad with rocket, green beans & apple cider dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Courgette canaolli in a rich tomatoe sauce
DESSERT Lemon cheesecake

Friday

MORNING JUICE Hulk
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Beetroot Humus
LUNCH Super grain salad with balsamic dressing
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tepsi - Aubagine, chickpea and potato casserole
DESSERT Chocolate covered strawberries

Saturday

MORNING JUICE When the beet drops
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Spinach and butterbean dip with crudités
LUNCH Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Sweetcorn fritters and smoky baked beans
DESSERT Banana Bread

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Mexican stuffed sweet potato
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Moroccan Tagine with brown rice
DESSERT Cookie dough bites