

Active Vegan 02/09/24 - 08/09/24

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 Cornbread muffins with avocado and slow roasted tomato's
SNACKS Zaatar and butterbean dip
LUNCH Butternut squash, pomegranate & quinoa salad w pomegranate dressing
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER Lentil and mushroom Shepherd's pie with broccoli
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE So fresh so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Tofu and vegetable broth
DESSERT Blueberry Cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Spinach and butterbean dip with crudités
LUNCH Chinese spiced broccoli, hibiscus cabbage, wild rice with an almond butter dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Sweetcorn fritters and smoky baked beans
DESSERT Dark chocolate, strawberry fudge bar

Thursday

MORNING JUICE Hulk
BREAKFAST Bircher Muesli - oats, apple, sunflower seeds
SNACKS Beetroot Humus
LUNCH Spinach potato cakes with green slaw and coconut dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Aubergine stuffed red peppers
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Cashew Cream Chickpea, apple and walnut Salad
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Courgette canaolli in a rich tomatoe sauce
DESSERT Cookie dough bites

Saturday

MORNING JUICE So fresh so green
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Hummus with carrots
LUNCH Mexican stuffed sweet potato
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Tofu and quonia meatballs in a coconut curry
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE When the beet drops
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Edamame
LUNCH Lentil, pea and asparagus salad with an apple cider vingerette
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Vegetable Thai green curry with brown rice
DESSERT Sweet potato brownies