

Active Vegan 16/09/24 - 22/09/24

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 Hulk
BREAKFAST Bircher Muesli - oats, apple, sunflower seeds
SNACKS Hummus with carrots
LUNCH Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER Butternut squash curry with brown rice
DESSERT Salted caramel cookie dough bars

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH Rainbow Poke Bowl
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Grilled tofu with lemon, asparagus, quinoa risotto
DESSERT Blueberry Cheesecake

Wednesday

MORNING JUICE So fresh so green
BREAKFAST Cornbread muffins with avocado and slow roasted tomato's
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Baked Falafel, with shredded salad and a tahini dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tuscan Bean Stew
DESSERT Banana Bread

Thursday

MORNING JUICE When the beet drops
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus pea and edamame pot
LUNCH Lentil, asparagus, carrots and hazelnut salad
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tofu and coconut rice with roasted vegetables and tahini dressing
DESSERT Dark chocolate, strawberry fudge bar

Friday

MORNING JUICE Hulk
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Raw Pad Thai with almond butter satay
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lasagne - lentil Bolognese with creamy bechamel sauce
DESSERT Cookie dough bites

Saturday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Beetroot Humus
LUNCH Balsamic roasted vegetables with quinoa
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Vegetable Thai green curry with brown rice
DESSERT Chocolate covered strawberries

Sunday

MORNING JUICE So fresh so green
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Artichoke, potatoe green bean and edamame salad with a apple cider vinergar
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Lentil Bolognese with courgetti
DESSERT Chocolate chip cookie