

Active Vegan 07/10/24 - 13/10/24

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 Edamame
LUNCH Raw Pad Thai with almond butter satay
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean chilli with Corn Bread muffin
DESSERT Sweet potato brownies

Tuesday

MORNING JUICE So fresh so green
BREAKFAST Blueberry chia seed pudding with caramelised apples
SNACKS Red pepper hummus dip
LUNCH Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Lentil Pasta with mushroom duxelles
DESSERT Lemon cheesecake

Wednesday

MORNING JUICE When the beet drops
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Hummus pea and edamame pot
LUNCH Baked Falafel, with shredded salad and a tahini dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Grilled tofu with lemon, asparagus, quinoa risotto
DESSERT Salted caramel cookie dough bars

Thursday

MORNING JUICE Hulk
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Beetroot Humus
LUNCH Artichoke, potatoe green bean and edamame salad with a apple cider vinegar
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Butternut squash curry with brown rice
DESSERT Banana Bread

Friday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tuscan Bean Stew
DESSERT Chocolate chip cookie

Saturday

MORNING JUICE So fresh so green
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Hummus with carrots
LUNCH Balsamic roasted vegetables with quinoa
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Tofu and quonia meatballs in a coconut curry
DESSERT Cookie dough bites

Sunday

MORNING JUICE When the beet drops
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Zaatar and butterbean dip
LUNCH Lentil, asparagus, carrots and hazelnut salad
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Courgette canaollni in a rich tomatoe sauce
DESSERT Dark chocolate, strawberry fudge bar