

# Active Vegan 21/10/24 - 27/10/24

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** Hulk  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Edamame  
**LUNCH** Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DESSERT** Salted caramel cookie dough bars

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Blueberry chia seed pudding with caramelised apples  
**SNACKS** Hummus with carrots  
**LUNCH** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and vegetable broth  
**DESSERT** Chocolate chip cookie

## Wednesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Beetroot, lentil, edamame salad with agave mustard dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Sweetcorn fritters and smoky baked beans  
**DESSERT** Lemon cheesecake

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Cornbread muffins with avocado and slow roasted tomato's  
**SNACKS** Beetroot Humus  
**LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Courgette canaolli in a rich tomatoe sauce  
**DESSERT** Chocolate covered strawberries

## Friday

**MORNING JUICE** Hulk  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tofu and quonia meatballs in a coconut curry  
**DESSERT** Sweet potato brownies

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Spinach and butterbean dip with crudités  
**LUNCH** Spinach potato cakes with green slaw and coconut dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Chicken and Potato Florentine  
**DESSERT** Cookie dough bites

## Sunday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Mexican bowl; sautéed peppers, onions, cauliflower rice, beans & corn  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lentil and mushroom Shepherd's pie with broccoli  
**DESSERT** Dark chocolate, strawberry fudge bar