

Active Vegan 02/12/24 - 08/12/24

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 So fresh so green
BREAKFAST Blueberry chia seed pudding with caramelised apples
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH Rainbow Poke Bowl
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER 5 bean chilli with Corn Bread muffin
DESSERT Lemon cheesecake

Tuesday

MORNING JUICE Vitamin C
BREAKFAST Pecan and coconut granola with coconut yogurt and berries
SNACKS Edamame
LUNCH Balsamic roasted vegetables with quinoa
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Cashew Mylk
DINNER Sweet potato and coconut dahl
DESSERT Banana Bread

Wednesday

MORNING JUICE Hulk
BREAKFAST Rye bread with smashed avocado & slow roasted tomato's
SNACKS Spinach and butterbean dip with crudités
LUNCH Lentil, pea and asparagus salad with an apple cider vingerette
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Mexican Style Oxcan bowl: Cabbage, sweet potato and candied pecans with Chimichurri Dressing
DESSERT Salted caramel cookie dough bars

Thursday

MORNING JUICE When the beet drops
BREAKFAST Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Zaatar and butterbean dip
LUNCH Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tofu and vegetable broth
DESSERT Dark chocolate, strawberry fudge bar

Friday

MORNING JUICE Vitamin C
BREAKFAST Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Hummus pea and edamame pot
LUNCH Raw Pad Thai with almond butter satay
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER Tofu and coconut rice with roasted vegetables and tahini dressing
DESSERT Chocolate chip cookie

Saturday

MORNING JUICE Vitamin C
BREAKFAST Cranberry and almond granola w compote & coconut yogurt
SNACKS Beetroot Humus
LUNCH Baked Falafel, with shredded salad and a tahini dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER Butternut squash curry with brown rice
DESSERT Sweet potato brownies

Sunday

MORNING JUICE So fresh so green
BREAKFAST Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Hummus with carrots
LUNCH Super grain salad with balsamic dressing
NUTS Toasted Tamari Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER Vegetable Thai red curry with brown rice
DESSERT Chocolate covered strawberries