

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 1,400 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
- 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
- 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
- DINNER** Mexican Style Oxacan bowl: Cabbage, sweet potato and candied pecans with Chimuchurri 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
- 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
- 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
- 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
- DINNER** Vegetable Thai red curry with brown rice
- DESSERT** Chocolate covered strawberries