

# Active Vegan 18/11/24 - 24/11/24

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** Rye bread with smashed avocado & slow roasted tomato's  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Sweetcorn fritters and smoky baked beans  
**DESSERT** Chocolate chip cookie

## Tuesday

**MORNING JUICE** Vitamin C  
**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** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER** Tofu and quonia meatballs in a coconut curry  
**DESSERT** Lemon cheesecake

## Wednesday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Blueberry chia seed pudding with caramelised apples  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Zaatar chickpea salad with rocket, green beans & apple cider dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Lasagne - lentil Bolognese with creamy bechamel sauce  
**DESSERT** Salted caramel cookie dough bars

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Pecan and coconut granola with coconut yogurt and berries  
**SNACKS** Hummus with carrots  
**LUNCH** Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tuscan Bean Stew  
**DESSERT** Sweet potato brownies

## Friday

**MORNING JUICE** Hulk  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Quinoa tabbouleh with zaatar chickpeas  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Courgette canaolli in a rich tomatoe sauce  
**DESSERT** Chocolate covered strawberries

## Saturday

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

## Sunday

**MORNING JUICE** So fresh so green  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Beetroot Humus  
**LUNCH** Mexican stuffed sweet potato  
**NUTS** Toasted Tamari Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER** Tepsí - Aubagine, chickpea and potato casserole  
**DESSERT** Banana Bread