

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 1,400 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 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
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
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
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
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
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
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
DINNER Tepsi - Aubagine, chickpea and potato casserole
DESSERT Banana Bread