

# Active Vegan 03/02/25 - 09/02/25

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. Breakfast, Lunch and Dinner # 1 is the pre-planned meal for the week.

## Monday

MORNING JUICE Hulk  
BREAKFAST #1 Cranberry and almond granola w compote & coconut yogurt  
BREAKFAST #2 Strawberry Pudding Bowl  
BREAKFAST #3 GF Protein Pancakes w Maple Syrup (V)  
SNACKS Roasted Cauli Bites w Tahini Dressing  
LUNCH # 1 Super grain salad with balsamic dressing  
LUNCH # 2 Casablanca Salad w Grilled Tofu & Pomegranate Dressing  
LUNCH # 3 Pesto Soya Quinoa Balls w Buckwheat & Roasted Vegetables  
NUTS Walnut  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Tuscan Bean Stew  
DINNER # 2 Sundried Tomato Kidney Beans & Grilled Vegetables  
DINNER # 3 Tofu Taco Bowl w Tomato Salsa  
DESSERT Chocolate chip cookie

## Tuesday

MORNING JUICE When the beet drops  
BREAKFAST #1 Bircher Muesli - oats, apple, sunflower seeds  
BREAKFAST #2 Banana Overnight Oats  
BREAKFAST #3 GF Pumpkin Waffles w Caramel Sauce (V)  
SNACKS Red pepper and butterbean dip and celery sticks  
LUNCH # 1 Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
LUNCH # 2 Veggie balls w House Green Salad  
LUNCH # 3 GF Spicy Mushroom Sandwich  
NUTS Toasted Tamar Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Sweet potato and coconut dahl  
DINNER # 2 Tofu Ragout w Brown Rice & Veggies  
DINNER # 3 Three Bean Bowl  
DESSERT Banana Bread

## Wednesday

MORNING JUICE So fresh so green  
BREAKFAST #1 Blueberry Oat Bread with Almond Butter, and berry compote  
BREAKFAST #2 Breakfast Chocolate Chia Pudding  
BREAKFAST #3 GF Blueberry & Banana Pancakes w Honey (V)  
SNACKS Lemon Tahini Dip with Mixed Veggie Sticks  
LUNCH # 1 Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
LUNCH # 2 Tofu Rice Bowl  
LUNCH # 3 Edamame Poke Bowl  
NUTS Almonds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Butternut squash curry with brown rice  
DINNER # 2 Mixed Beans Bibimbap & Roasted Tomato & Basil Soup  
DINNER # 3 GF Pink Penne Mushroom Pasta  
DESSERT Sweet potato brownies

## Thursday

MORNING JUICE Vitamin C  
BREAKFAST #1 Rye bread with smashed avocado & slow roasted tomato's  
BREAKFAST #2 Blueberry & Coconut Granola  
BREAKFAST #3 GF Blueberry & Banana Pancakes (V)  
SNACKS Pumpkin Hummus w Quinoa Crackers  
LUNCH # 1 Mexican bowl; sautéed peppers, onions, cauliflower rice, beans & corn  
LUNCH # 2 Chili Veggie Bowl  
LUNCH # 3 GF Spaghetti Bolognese (V)  
NUTS Toasted Tamar Sunflower seeds  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Lentil and mushroom Shepherd's pie with broccoli  
DINNER # 2 Mexican Mixed Beans w Rainbow Quinoa & Roasted Broccoli  
DINNER # 3 GF Mushroom Alfredo Pasta  
DESSERT Lemon cheesecake

## Friday

MORNING JUICE Hulk  
BREAKFAST #1 Vegan Banana Pancakes with peanut butter & maple syrup  
BREAKFAST #2 Banana & Hazelnut Overnight Oats  
BREAKFAST #3 GF Cinnamon Sugar Churro Waffles (V)  
SNACKS Hummus pea and edamame pot  
LUNCH # 1 Balsamic roasted vegetables with quinoa  
LUNCH # 2 Creamy Sundried Tomato Chickpeas w Millet & Mixed Veggies  
LUNCH # 3 Moroccan Chermoula Edamame w Quinoa  
NUTS Cashews  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Lentil Bolognese with courgetti  
DINNER # 2 Soya Chunks Stroganoff w Brown Rice & Veggies  
DINNER # 3 Chinese Tofu w Broccoli & Basmati Rice  
DESSERT GF Vanilla Muffin (V)

## Saturday

MORNING JUICE When the beet drops  
BREAKFAST #1 Pecan and coconut granola with coconut yogurt and berries  
BREAKFAST #2 Chia Pudding w Granola & Strawberries  
BREAKFAST #3 GF Pancake w Chocolate Sauce (V)  
SNACKS Spinach and butterbean dip with crudités  
LUNCH # 1 Baked Falafel, with shredded salad and a tahini dressing  
LUNCH # 2 Vegetable Burrito Bowl  
LUNCH # 3 Chickpea Wasabi Salad  
NUTS Almonds  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Grilled tofu with lemon, asparagus, quinoa risotto  
DINNER # 2 GF Mushroom Spinach Pasta  
DINNER # 3 Mixed Lentils w Potatoes, Carrots & Broccoli  
DESSERT Cookie dough bites

## Sunday

MORNING JUICE So fresh so green  
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup  
BREAKFAST #2 Chia Pudding w Granola & Strawberries  
BREAKFAST #3 GF Pancake w Chocolate Sauce (V)  
SNACKS Zaatar and butterbean dip  
LUNCH # 1 Chinese spiced broccoli, hibisci cabbage, wild rice with an almond butter dressing  
LUNCH # 2 Vegetable Burrito Bowl  
LUNCH # 3 Chickpea Wasabi Salad  
NUTS Toasted Tamar Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Grilled tofu with lemon, asparagus, quinoa risotto  
DINNER # 2 GF Mushroom Spinach Pasta  
DINNER # 3 Mixed Lentils w Potatoes, Carrots & Broccoli  
DESSERT Salted caramel cookie dough bars