

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. 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**
- 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 Tamari Pumpkin seeds**
- 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**
- 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 Tamari Sunflower seeds**
- 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**
- 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**
- 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, hibisc cabbage, wild rice with an almond butter dressing**
- LUNCH # 2 **Vegetable Burrito Bowl**
- LUNCH # 3 **Chickpea Wasabi Salad**
- NUTS **Toasted Tamari Pumpkin seeds**
- 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**