

# Active Vegan 20/01/25 - 26/01/25

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** So fresh so green  
**BREAKFAST #1** Blueberry Oat Bread with Almond Butter, and berry compote  
**BREAKFAST #2** Lemon Pancakes (Vegan)  
**BREAKFAST #3** Chocolate Chia Mousse  
**SNACKS** Hummus with carrots  
**LUNCH # 1** Zaatar chickpea salad with rocket, green beans & apple cider dressing  
**LUNCH # 2** Grilled Edamame Salad  
**LUNCH # 3** Taco Chickpea Quinoa Bowl  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Aubagine stuffed red peppers  
**DINNER # 2** Himalayan Salt Seasoned Tofu with Lemon Mustard Sauce and Halved Paprika Potatoes  
**DINNER # 3** Tofu Hashweh w Cinnamon Rice and Tomato-Coriander Salsa  
**DESSERT** Salted caramel cookie dough bars

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST #1** Rye bread with smashed avocado & slow roasted tomato's  
**BREAKFAST #2** Strawberry Oats  
**BREAKFAST #3** Banana Waffles w Caramel Sauce  
**SNACKS** Edamame  
**LUNCH # 1** Tofu & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing  
**LUNCH # 2** Lentil Salad w Cara Cara Oranges, Roasted Butternut Squash & Walnut  
**LUNCH # 3** Paprika Grilled Mushroom & Edamame w Lentil Rice & Carrots  
**NUTS** Toasted Tamar Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Vegetable Thai green curry with brown rice  
**DINNER # 2** Korean Braised Tofu w Jasmine Rice & Veggies  
**DINNER # 3** Mexican Black Beans Bowl w Roasted Potatoes  
**DESSERT** Banana Bread

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST #1** Cranberry and almond granola w compote & coconut yogurt  
**BREAKFAST #2** PB & Jelly Overnight Oats  
**BREAKFAST #3** Red Velvet Pancakes w Coconut Cream Glaze  
**SNACKS** Red pepper hummus dip  
**LUNCH # 1** Raw Pad Thai with almond butter satay  
**LUNCH # 2** Asian Soya Bowl  
**LUNCH # 3** Moroccan Lentil & Carrot Salad w Grilled Tofu  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Tofu and vegetable broth  
**DINNER # 2** Three Beans Jamaican Tofu & Veggie Stew w Garlic Leeky Rice  
**DINNER # 3** Chickpea Chili in Smoked BBQ Sauce w Roasted Potatoes & Broccoli  
**DESSERT** Chocolate chip cookie

## Thursday

**MORNING JUICE** When the beet drops  
**BREAKFAST #1** Blueberry chia seed pudding with caramelised apples  
**BREAKFAST #2** Blueberry Oatmeal  
**BREAKFAST #3** Honey Flapjack Pancake  
**SNACKS** Zaatar and butterbean dip  
**LUNCH # 1** Lentil, asparagus, carrots and hazelnut salad  
**LUNCH # 2** Stir Fry Edamame with Rice Noodles Carrots and Red Peppers  
**LUNCH # 3** Hummus Grilled Vegetable-Spinach Bowl  
**NUTS** Toasted Tamar Sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DINNER # 2** Grilled Beans w Mango Lime Sauce, Brown Rice, baked Broccoli & Capsicum  
**DINNER # 3** Lemon Roasted Tofu Julienne w Kabuli Rice, Tomato Sauce & Mixed Veggies  
**DESSERT** Blueberry Cheesecake

## Friday

**MORNING JUICE** So fresh so green  
**BREAKFAST #1** Chocolate chip banana pancakes with strawberries and maple syrup  
**BREAKFAST #2** Coconut Sago w Strawberry Slush  
**BREAKFAST #3** Cinnamon Roll Pancakes w Maple  
**SNACKS** Spinach and butterbean dip with crudites  
**LUNCH # 1** Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette  
**LUNCH # 2** Apple Spinach Salad w Grilled Tofu  
**LUNCH # 3** Soya Lasagne w Vegetable  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Lentil and mushroom Shepherd's pie with broccoli  
**DINNER # 2** Peri-Peri Soya Chunks w Brown Rice & Sweet Corn  
**DINNER # 3** Dragon Tofu w Capsicum & Jasmine Rice  
**DESSERT** Chocolate covered strawberries

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST #1** Pecan and coconut granola with coconut yogurt and berries  
**BREAKFAST #2** Passion Fruit Chia Pudding  
**BREAKFAST #3** Savory Pumpkin Cornbread Waffles  
**SNACKS** Hummus pea and edamame pot  
**LUNCH # 1** Mexican stuffed sweet potato  
**LUNCH # 2** Thai Mango Salad w Grilled Tofu  
**LUNCH # 3** Vegetable GF Sandwich w Sweet Potato Wedges  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Tepsi - Aubagine, chickpea and potato casserole  
**DINNER # 2** Veg Kofta Kebab w Tahini Sauce, Brown Rice & Onion Salad  
**DINNER # 3** Chiang Mai Style Veggie Meatballs in Coconut Red Curry Sauce  
**DESSERT** Sweet potato brownies

## Sunday

**MORNING JUICE** Hulk  
**BREAKFAST #1** Vegan Banana Pancakes with peanut butter & maple syrup  
**BREAKFAST #2** Passion Fruit Chia Pudding  
**BREAKFAST #3** Savory Pumpkin Cornbread Waffles  
**SNACKS** Tahini Dip w Cucurber Crudites  
**LUNCH # 1** Lentil, pea and asparagus salad with an apple cider vingerette  
**LUNCH # 2** Thai Mango Salad w Grilled Tofu  
**LUNCH # 3** Vegetable GF Sandwich w Sweet Potato Wedges  
**NUTS** Toasted Tamar Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Moroccan Tagine with brown rice  
**DINNER # 2** Veg Kofta Kebab w Tahini Sauce, Brown Rice & Onion Salad  
**DINNER # 3** Chiang Mai Style Veggie Meatballs in Coconut Red Curry Sauce  
**DESSERT** Cookie dough bites