

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 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
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 Tamari Pumpkin seeds
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
DINNER # 1 Tofu and vegetable broth
DINNER # 2 Three Beans Jamaican Tofu & Veggie Stew w Garlic Leeky Rice
DINNER # 3 Chickpea Chilli 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 Tamari Sunflower seeds
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 crudités
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
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
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 Cucumber 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 Tamari Pumpkin seeds
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