

Active Vegan 17/02/25 - 23/02/25

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 So fresh so green
BREAKFAST #1 Vegan Oatmeal Apple Pancake
BREAKFAST #2 Rye Bread With Smashed Avocado & Slow Roasted Tomato'S
BREAKFAST #3 Key Lime Overnight Oats
SNACKS Hummus pea and edamame pot
LUNCH # 1 Tofu, cranberry, brusselspout and quinoa bowl with a mustard apple cider vinegarette
LUNCH # 2 Thai Tofu Salad
LUNCH # 3 Zesty Lemon Quinoa With Chickpeas
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Mediterranean Mushroom Rice Bowl W Grilled Tofu
DINNER # 2 Peri Peri Tofu
DINNER # 3 Tofu and vegetable broth
DESSERT Banana Bread

Tuesday

MORNING JUICE Vitamin C
BREAKFAST #1 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl)
BREAKFAST #2 Eggplant & Tomato Bake
BREAKFAST #3 Cranberry And Almond Granola W Compote & Coconut Yogurt
SNACKS Veggie Taco Pot
LUNCH # 1 Quinoa & Roasted Beetroot Salad With Tofu
LUNCH # 2 Lentil, pea and asparagus salad with an apple cider vingerette
LUNCH # 3 Gf Pesto Pasta Mushroom With Roasted Bell Peppers
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Lemon Herb Tofu Stew & Nut Crushed Quinoa
DINNER # 2 Tepsi - Aubergine, Chickpea and Potato Casserole
DINNER # 3 Massaman Tofu Curry & Jasmine Rice
DESSERT Sesame Dates & Coconut Energy Balls

Wednesday

MORNING JUICE Hulk
BREAKFAST #1 Bircher Muesli - Oats, Apple, Sunflower Seeds
BREAKFAST #2 Baked Sweet Potato With Chickpeas & Chopped Nuts
BREAKFAST #3 Mango Chia Seed Pudding & Almonds
SNACKS Zaatar and butterbean dip
LUNCH # 1 Dairy Free Greek Tofu Salad
LUNCH # 2 Creamy Tofu With Wild Rice
LUNCH # 3 Spinach potato cakes with green slaw and coconut dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Tofu and quonia meatballs in a coconut curry
DINNER # 2 Gf Herbed Tofu Soba Noodle Stir-Fry
DINNER # 3 Classic Chilli Con Carne [Tofu]
DESSERT Chocolate chip cookie

Thursday

MORNING JUICE When the beet drops
BREAKFAST #1 Key Lime Overnight Oats
BREAKFAST #2 Blueberry Oat Bread with Almond Butter, and berry compote
BREAKFAST #3 Vegan Oatmeal Apple Pancake
SNACKS Red pepper hummus dip
LUNCH # 1 Beetroot, lentil, edamame salad with agave mustard dressing
LUNCH # 2 Lemon Pepper Tofu
LUNCH # 3 Golden Turmeric Lentil Risotto
NUTS Toasted Tamar Sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Tofu Piccata And Roasted Cauliflower
DINNER # 2 Dosas with masala potatoes
DINNER # 3 Tofu Saloona With Green Beans
DESSERT Gf Cranberry Brownie (V)

Friday

MORNING JUICE So fresh so green
BREAKFAST #1 Vegan Banana Pancakes With Peanut Butter & Maple Syrup
BREAKFAST #2 Eggplant & Tomato Bake
BREAKFAST #3 Key Lime Overnight Oats
SNACKS Edamame
LUNCH # 1 Lentil, pea and asparagus salad with an apple cider vingerette
LUNCH # 2 Cashew Cream Chickpea, apple and walnut Salad
LUNCH # 3 Zesty Lemon Quinoa With Chickpeas
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Sweetcorn fritters and smoky baked beans
DINNER # 2 Gf Pesto Pasta Mushroom With Roasted Bell Peppers
DINNER # 3 Massaman Tofu Curry & Jasmine Rice
DESSERT Blueberry Cheesecake

Saturday

MORNING JUICE Vitamin C
BREAKFAST #1 Eggplant & Tomato Bake
BREAKFAST #2 Pecan And Coconut Granola With Coconut Yogurt And Berries
BREAKFAST #3 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl)
SNACKS Beetroot Humus
LUNCH # 1 Thai Tofu Salad
LUNCH # 2 Tofu, cranberry, brusselspout and quinoa bowl with a mustard apple cider vinegarette
LUNCH # 3 Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Peri Peri Tofu
DINNER # 2 Lemon Herb Tofu Stew & Nut Crushed Quinoa
DINNER # 3 Courgette canaollini in a rich tomatoe sauce
DESSERT Cinnamon & Apple Muffin (V)

Sunday

MORNING JUICE Hulk
BREAKFAST #1 Mango Chia Seed Pudding & Almonds
BREAKFAST #2 Baked Sweet Potato With Chickpeas & Chopped Nuts
BREAKFAST #3 Chocolate chip banana pancakes with strawberries and maple syrup
SNACKS Spinach and butterbean dip with crudités
LUNCH # 1 Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
LUNCH # 2 Dairy Free Greek Tofu Salad
LUNCH # 3 Quinoa & Roasted Beetroot Salad With Tofu
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Gf Herbed Tofu Soba Noodle Stir-Fry
DINNER # 2 Mexican Style Oxcan bowl: Cabbage, sweet potato and candied pecans with Chimichurri Dressing
DINNER # 3 Mediterranean Mushroom Rice Bowl W Grilled Tofu
DESSERT Cookie dough bites