

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 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, brusselsproat and quinoa bowl with a mustard apple cider vinegarett
 LUNCH # 2 Thai Tofu Salad
 LUNCH # 3 Zesty Lemon Quinoa With Chickpeas
 NUTS Walnut
 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 Tamari Pumpkin seeds
 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
 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 Tamari Sunflower seeds
 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
 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, brusselsproat and quinoa bowl with a mustard apple cider vinegarett
 LUNCH # 3 Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
 NUTS Almonds
 DINNER # 1 Peri Peri Tofu
 DINNER # 2 Lemon Herb Tofu Stew & Nut Crushed Quinoa
 DINNER # 3 Courgette canaolini 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 Tamari Pumpkin seeds
 DINNER # 1 Gf Herbed Tofu Soba Noodle Stir-Fry
 DINNER # 2 Mexican Style Oxacan bowl: Cabbage, sweet potato and candied pecans with Chimichurri Dressing
 DINNER # 3 Mediterranean Mushroom Rice Bowl W Grilled Tofu
 DESSERT Cookie dough bites