

# Active Vegan 10/03/25 - 16/03/25

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 Vanilla Overnight Oats With Nuts & Berries  
BREAKFAST #2 Blueberry Oat Bread with Almond Butter, and berry compote  
BREAKFAST #3 Braised Beans & Chickpea With Asparagus  
SNACKS Hummus pea and edamame pot  
LUNCH # 1 Cashew Cream Chickpea, apple and walnut Salad  
LUNCH # 2 Mexican Edamame-Tofu Taco Bowl  
LUNCH # 3 Quinoa & Roasted Beetroot-Chickpea Salad  
NUTS Walnut  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Vietnamese Veggie Stew With Soba Noodles & Bok Choy  
DINNER # 2 Mushroom Stroganoff With Creamy Mash  
DINNER # 3 Courgette canaolli in a rich tomatoe sauce  
DESSERT Kunafa Energy Balls - Pistachio

## Tuesday

MORNING JUICE Vitamin C  
BREAKFAST #1 Vegan Banana Pancakes with peanut butter & maple syrup  
BREAKFAST #2 Acai Smoothie  
BREAKFAST #3 Cornbread muffins with avocado and slow roasted tomato's  
SNACKS Hummus with carrots  
LUNCH # 1 Wild Rice Salad With Cauliflower (Tofu)  
LUNCH # 2 Beetroot, lentil, edamame salad with agave mustard dressing  
LUNCH # 3 Teriyaki Tofu With Spinach & Quinoa  
NUTS Toasted Tamar Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Tofu and quonia meatballs in a coconut curry  
DINNER # 2 Gf Veg Tomato Spaghetti  
DINNER # 3 Creamy Truffle & Lentil Risotto  
DESSERT Banana Bread

## Wednesday

MORNING JUICE Hulk  
BREAKFAST #1 Coconut & Flax Pancake  
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries  
BREAKFAST #3 Blueberry Muffin  
SNACKS Red pepper and butterbean dip and celery sticks  
LUNCH # 1 Quinoa Tabbouleh With Za'Atar Chickpea  
LUNCH # 2 Spinach potato cakes with green slaw and coconut dressing  
LUNCH # 3 Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette  
NUTS Almonds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Kung Pao Veggies With Edamame, Jasmine Rice & Crispy Broccoli  
DINNER # 2 Lasagne - lentil Bolognese with creamy bechamel sauce  
DINNER # 3 Tofu With Mushroom Quinotto  
DESSERT Peanut Butter Bar

## Thursday

MORNING JUICE When the beet drops  
BREAKFAST #1 Blueberry chia seed pudding with caramelised apples  
BREAKFAST #2 Overnight Oats With Chia And Blueberries  
BREAKFAST #3 Raspberry Fruit Bowl  
SNACKS Edamame  
LUNCH # 1 Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing  
LUNCH # 2 Quinoa & Roasted Beetroot-Chickpea Salad  
LUNCH # 3 Mexican Edamame-Tofu Taco Bowl  
NUTS Toasted Tamar Sunflower seeds  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Italian Veggie Ball Marinara With Gf Pasta  
DINNER # 2 Mushroom Stroganoff With Creamy Mash  
DINNER # 3 Tofu and vegetable broth  
DESSERT Sweet potato brownies

## Friday

MORNING JUICE ABC Juice  
BREAKFAST #1 Blueberry Muffin  
BREAKFAST #2 Vanilla Overnight Oats With Nuts & Berries  
BREAKFAST #3 Chocolate chip banana pancakes with strawberries and maple syrup  
SNACKS Spinach and butterbean dip with crudités  
LUNCH # 1 Tofu Keema With Roasted Squash & Quino  
LUNCH # 2 Beetroot, lentil, edamame salad with agave mustard dressing  
LUNCH # 3 Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing  
NUTS Cashews  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 5 bean chilli with hassleback potato  
DINNER # 2 Creamy Truffle & Lentil Risotto  
DINNER # 3 Tofu Tikka Masala With Jeera Pulao & Dal Tadka  
DESSERT Sea-Salted Quinoa Pecan Brittle

## Saturday

MORNING JUICE So fresh so green  
BREAKFAST #1 Acai Smoothie  
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt  
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote  
SNACKS Beetroot Humus  
LUNCH # 1 Teriyaki Tofu With Spinach & Quinoa  
LUNCH # 2 Lentil, pea and asparagus salad with an apple cider vingerette  
LUNCH # 3 Quinoa Tabbouleh With Za'Atar Chickpea  
NUTS Almonds  
AFTERNOON DRINK Cashew Mylk  
DINNER # 1 Cashew Tofu Curry With Steamed Broccoli & Rice  
DINNER # 2 Tofu and coconut rice with roasted vegetables and tahini dressing  
DINNER # 3 Vietnamese Veggie Stew With Soba Noodles & Bok Choy  
DESSERT Seasonal Fruit Pot

## Sunday

MORNING JUICE Vitamin C  
BREAKFAST #1 Cornbread muffins with avocado and slow roasted tomato's  
BREAKFAST #2 Vegan Banana Pancakes with peanut butter & maple syrup  
BREAKFAST #3 Braised Beans & Chickpea With Asparagus  
SNACKS Zatar and butterbean dip  
LUNCH # 1 Spinach potato cakes with green slaw and coconut dressing  
LUNCH # 2 Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette  
LUNCH # 3 Wild Rice Salad With Cauliflower (Tofu)  
NUTS Toasted Tamar Pumpkin seeds  
AFTERNOON DRINK Chocolate cashew mylk  
DINNER # 1 Tofu With Mushroom Quinotto  
DINNER # 2 Kung Pao Veggies With Edamame, Jasmine Rice & Crispy Broccoli  
DINNER # 3 Tepsi - Aubagine, chickpea and potato casserole  
DESSERT Chocolate chip cookie