

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 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
DINNER #1 Vietnamese Veggie Stew With Soba Noodles & Bok Choy
DINNER #2 Mushroom Stroganoff With Creamy Mash
DINNER #3 Courgette canaolini 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 Tamari Pumpkin seeds
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
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 Tamari Sunflower seeds
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 crudites
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
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
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 Zaatar 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 Tamari Pumpkin seeds
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