

Active Vegan 24/03/25 - 30/03/25

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 ABC Juice
BREAKFAST #1 Black Bean & Quinoa Bowl
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #3 Oatmeal With Banana, Walnuts & Cinnamon
SNACKS Red pepper and butterbean dip and celery sticks
LUNCH # 1 Tofu & mango poke bowl: edamame, carrots, cucumber, white rice, spinach and pickled ginger with tamari dressing
LUNCH # 2 Gf Asian Slaw Veggie Sandwich
LUNCH # 3 Greek Souvlaki With Quinoa Pilaf (Chickpeas)
NUTS Walnut
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Classic French Chickpea Stew With Mashed Potato
DINNER # 2 Tepsi - Aubagine, chickpea and potato casserole
DINNER # 3 Sumac-Crusted Tofu With Pistachio, Brown Rice & Steamed Veggies
DESSERT Chocolate chip cookie

Tuesday

MORNING JUICE So fresh so green
BREAKFAST #1 Blueberry chia seed pudding with caramelised apples
BREAKFAST #2 Gf Banana Pancake With Coconut Cream
BREAKFAST #3 Dates & Mango Bircher Muesli
SNACKS Edamame & Nut Pot
LUNCH # 1 Mediterranean Chickpea Salad
LUNCH # 2 Chinese spiced broccoli, hibisci cabbage, wild rice with an almond butter dressing
LUNCH # 3 Super-Green Salad With Quinoa
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Lentil Bolognese with courgetti
DINNER # 2 Creamy Butter Tofu With Basmati Rice & Cauliflower
DINNER # 3 Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast
DESSERT Mango & Coconut Energy Balls

Wednesday

MORNING JUICE Dates & Almond Smoothie
BREAKFAST #1 Nutty Cocoa Overnight Oats
BREAKFAST #2 Gf Cinnamon Pancake With Apple-Cranberry Sauce
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Zaatar and butterbean dip
LUNCH # 1 Chipotle Chickpeas With Cauli Pilaf & Pineapple Salsa
LUNCH # 2 Kale Tofu Salad With Maple Dressing
LUNCH # 3 Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
NUTS Almonds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Korean Soy Fried Rice (Soya Chunks)
DINNER # 2 Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips
DINNER # 3 Sweet potato and coconut dahl
DESSERT Crunchy Seed & Chocolate Bites

Thursday

MORNING JUICE Beetroot-Orange Juice
BREAKFAST #1 Coconut Yogurt Granola With Nuts & Dried Fruits
BREAKFAST #2 Cornbread muffins with avocado and slow roasted tomato's
BREAKFAST #3 Gf Saffron Pancake
SNACKS Toasted Chickpea Salad
LUNCH # 1 Balsamic roasted vegetables with quinoa
LUNCH # 2 Thai Basil Tofu With Quinoa & Veggies
LUNCH # 3 Mediterranean Grilled Tofu With Olive-Quinoa & Buttered Veggies
NUTS Toasted Tamar Sunflower seeds
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Peri-Peri Tofu With Sweet Potato & Broccoli Mash
DINNER # 2 Lentil and mushroom Shepheard's pie with broccoli
DINNER # 3 Tofu Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney
DESSERT Sweet potato brownies

Friday

MORNING JUICE Vitamin C
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup
BREAKFAST #2 Black Bean & Quinoa Bowl
BREAKFAST #3 Oatmeal With Banana, Walnuts & Cinnamon
SNACKS Spinach and butterbean dip with crudites
LUNCH # 1 Greek Souvlaki With Quinoa Pilaf (Chickpeas)
LUNCH # 2 Butternut squash, pomegranate & quinoa salad w pomegranate dressing
LUNCH # 3 Gf Asian Slaw Veggie Sandwich
NUTS Cashews
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Moroccan Tagine with brown rice
DINNER # 2 Classic French Chickpea Stew With Mashed Potato
DINNER # 3 Sumac-Crusted Tofu With Pistachio, Brown Rice & Steamed Veggies
DESSERT Peanut Butter, Chocolate & Granola Protein Bar

Saturday

MORNING JUICE So fresh so green
BREAKFAST #1 Gf Cinnamon Pancake With Apple-Cranberry Sauce
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt
BREAKFAST #3 Gf Banana Pancake With Coconut Cream
SNACKS Hummus pea and edamame pot
LUNCH # 1 Super-Green Salad With Quinoa
LUNCH # 2 Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips
LUNCH # 3 Cashew Cream Chickpea, apple and walnut Salad
NUTS Almonds
AFTERNOON DRINK Cashew Mylk
DINNER # 1 Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast
DINNER # 2 Vegetable Thai green curry with brown rice
DINNER # 3 Creamy Butter Tofu With Basmati Rice & Cauliflower
DESSERT Gf Berries Lemon Cheesecake

Sunday

MORNING JUICE When the beet drops
BREAKFAST #1 Dates & Mango Bircher Muesli
BREAKFAST #2 Nutty Cocoa Overnight Oats
BREAKFAST #3 Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Beetroot Humus
LUNCH # 1 Mexican stuffed sweet potato
LUNCH # 2 Mediterranean Chickpea Salad
LUNCH # 3 Kale Tofu Salad With Maple Dressing
NUTS Toasted Tamar Pumpkin seeds
AFTERNOON DRINK Chocolate cashew mylk
DINNER # 1 Tofu Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney
DINNER # 2 Peri-Peri Tofu With Sweet Potato & Broccoli Mash
DINNER # 3 Lentil Pasta with mushroom duxelles
DESSERT Banana Bread