

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 **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**  
 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, hibisc cabbage, wild rice with an almond butter dressing**  
 LUNCH # 3 **Super-Green Salad With Quinoa**  
 NUTS **Toasted Tamari Pumpkin seeds**  
 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**  
 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 Tamari Sunflower seeds**  
 DINNER # 1 **Peri-Peri Tofu With Sweet Potato & Broccoli Mash**  
 DINNER # 2 **Lentil and mushroom Shepherd's pie with broccoli**  
 DINNER # 3 **Tofu Tikka Masala, Sautéed 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 crudités**  
 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**  
 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**  
 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 Tamari Pumpkin seeds**  
 DINNER # 1 **Tofu Tikka Masala, Sautéed 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**