

# Active Vegan 21/04/25 - 27/04/25

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** Blueberry chia seed pudding with caramelised apples  
**BREAKFAST #2** Black Bean & Quinoa Bowl  
**BREAKFAST #3** Coconut Yogurt Granola With Nuts & Dried Fruits  
**SNACKS** Edamame & Nut Pot  
**LUNCH # 1** Kale Tofu Salad With Maple Dressing  
**LUNCH # 2** Butternut squash, pomegranate & quinoa salad w pomegranate dressing  
**LUNCH # 3** Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips  
**NUTS** Walnut  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Korean Soy Fried Rice (Soya Chunks)  
**DINNER # 2** Peri-Peri Tofu With Sweet Potato & Broccoli Mash  
**DINNER # 3** Aubagine stuffed red peppers  
**DESSERT** Mixed Nuts & Granola Bites

## Tuesday

**MORNING JUICE** Carrot & Orange Juice  
**BREAKFAST #1** Nutty Cocoa Overnight Oats  
**BREAKFAST #2** Oatmeal With Banana, Walnuts & Cinnamon  
**BREAKFAST #3** Cornbread muffins with avocado and slow roasted tomato's  
**SNACKS** Beetroot Humus  
**LUNCH # 1** Beetroot, lentil, edamame salad with agave mustard dressing  
**LUNCH # 2** Super-Green Salad With Quinoa & Grilled Chicken  
**LUNCH # 3** Thai Basil Tofu With Quinoa & Veggies  
**NUTS** Toasted Tamar Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Sweetcorn fritters and smoky baked beans  
**DINNER # 2** Tofu and quonia meatballs in a coconut curry  
**DINNER # 3** Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast  
**DESSERT** Peanut Butter, Chocolate & Granola Protein Bar

## Wednesday

**MORNING JUICE** Hulk  
**BREAKFAST #1** Gf Cinnamon Pancake With Apple-Cranberry Sauce  
**BREAKFAST #2** Pecan and coconut granola with coconut yogurt and berries  
**BREAKFAST #3** Dates & Mango Bircher Muesli  
**SNACKS** Toasted Chickpea Salad  
**LUNCH # 1** Greek Souvlaki With Quinoa Pilaf (Chickpeas)  
**LUNCH # 2** Mediterranean Chickpea Salad  
**LUNCH # 3** Spinach potato cakes with green slaw and coconut dressing  
**NUTS** Almonds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Lentil Bolognese with courgetti  
**DINNER # 2** Tofu Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney  
**DINNER # 3** Classic French Chickpea Stew With Mashed Potato  
**DESSERT** Crunchy Seed & Chocolate Bites

## Thursday

**MORNING JUICE** Beetroot-Orange Juice  
**BREAKFAST #1** Gf Saffron Pancake  
**BREAKFAST #2** Black Bean & Quinoa Bowl  
**BREAKFAST #3** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH # 1** Super grain salad with balsamic dressing  
**LUNCH # 2** Chipotle Chickpeas With Cauli Pilaf & Pineapple Salsa  
**LUNCH # 3** Kale Tofu Salad With Maple Dressing  
**NUTS** Toasted Tamar Sunflower seeds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Peri-Peri Tofu With Sweet Potato & Broccoli Mash  
**DINNER # 2** Butternut squash curry with brown rice  
**DINNER # 3** Cilantro Lime Tofu With Sweet Potato & Mushrooms  
**DESSERT** Chocolate chip cookie

## Friday

**MORNING JUICE** Abc Juice  
**BREAKFAST #1** Chocolate chip banana pancakes with strawberries and maple syrup  
**BREAKFAST #2** Oatmeal With Banana, Walnuts & Cinnamon  
**BREAKFAST #3** Coconut Yogurt Granola With Nuts & Dried Fruits  
**SNACKS** Spinach and butterbean dip with crudites  
**LUNCH # 1** Mediterranean Tofu With Olive-Quinoa & Buttered Veggies  
**LUNCH # 2** Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing  
**LUNCH # 3** Super-Green Salad With Quinoa & Grilled Chicken  
**NUTS** Cashews  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Sumac-Crusted Tofu With Pistachio, Brown Rice & Steamed Veggies  
**DINNER # 2** Creamy Butter Tofu With Basmati Rice & Cauliflower  
**DINNER # 3** Tofu and vegetable broth  
**DESSERT** Gf Chocolate Financiers

## Saturday

**MORNING JUICE** Dates & Almond Smoothie  
**BREAKFAST #1** Nutty Cocoa Overnight Oats  
**BREAKFAST #2** Dates & Mango Bircher Muesli  
**BREAKFAST #3** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Zaatar and butterbean dip  
**LUNCH # 1** Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips  
**LUNCH # 2** Thai Basil Tofu With Quinoa & Veggies  
**LUNCH # 3** Lentil, pea and asparagus salad with an apple cider vingerette  
**NUTS** Almonds  
**AFTERNOON DRINK** Cashew Mylk  
**DINNER # 1** Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast  
**DINNER # 2** Sweetcorn fritters and smoky baked beans  
**DINNER # 3** Korean Soy Fried Rice (Soya Chunks)  
**DESSERT** Gf Berries Lemon Cheesecake

## Sunday

**MORNING JUICE** Apple-Cinnamon Water  
**BREAKFAST #1** Dates & Mango Bircher Muesli  
**BREAKFAST #2** Vegan Banana Pancakes with peanut butter & maple syrup  
**BREAKFAST #3** Gf Cinnamon Pancake With Apple-Cranberry Sauce  
**SNACKS** Hummus pea and edamame pot  
**LUNCH # 1** Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarett  
**LUNCH # 2** Greek Souvlaki With Quinoa Pilaf (Chickpeas)  
**LUNCH # 3** Mediterranean Chickpea Salad  
**NUTS** Toasted Tamar Pumpkin seeds  
**AFTERNOON DRINK** Chocolate cashew mylk  
**DINNER # 1** Tofu Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney  
**DINNER # 2** Tofu and coconut rice with roasted vegetables and tahini dressing  
**DINNER # 3** Classic French Chickpea Stew With Mashed Potato  
**DESSERT** Mango & Coconut Energy Balls