

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 Orange Juice
BREAKFAST #1 Mango Chia Seed Pudding & Almonds
BREAKFAST #2 Rye bread with smashed avocado & slow roasted tomato's
BREAKFAST #3 Vegan Oatmeal Apple Pancake
SNACKS Zaatar and butterbean dip
LUNCH # 1 Cashew Cream Chickpea, apple and walnut Salad
LUNCH # 2 Quinoa & Roasted Beetroot Salad With Tofu
LUNCH # 3 Dairy Free Greek Tofu Salad
NUTS Walnut
DINNER # 1 Tofu Saloona With Green Beans
DINNER # 2 Sweetcorn fritters and smoky baked beans
DINNER # 3 Gf Herbed Tofu Soba Noodle Stir-Fry
DESSERT Banana Bread

Tuesday

MORNING JUICE When the beet drops
BREAKFAST #1 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #2 Baked Sweet Potato With Chickpeas & Chopped Nuts
BREAKFAST #3 Eggplant & Tomato Bake
SNACKS Veggie Taco Pot
LUNCH # 1 Thai Tofu Salad
LUNCH # 2 Cajun Tofu Power Bowl With Guacamole (Quinoa)
LUNCH # 3 Artichoke, potatoe green bean and edamame salad with a apple cider vinegar
NUTS Toasted Tamari Pumpkin seeds
DINNER # 1 Lentil and mushroom Shepheard's pie with broccoli
DINNER # 2 Creamy Tofu With Wild Rice
DINNER # 3 Gf Pesto Pasta Mushroom With Roasted Bell Peppers
DESSERT Cinnamon & Apple Muffin

Wednesday

MORNING JUICE Pineapple-Cucumber Fresh
BREAKFAST #1 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl, NO EGGS)
BREAKFAST #2 Key Lime Overnight Oats
BREAKFAST #3 Blueberry Oat Bread with Almond Butter, and berry compote
SNACKS Edamame
LUNCH # 1 Lemon Pepper Tofu
LUNCH # 2 Tofu, cranberry, brusselsproat and quinoa bowl with a mustard apple cider vinegarette
LUNCH # 3 Golden Turmeric Lentil Risotto
NUTS Almonds
DINNER # 1 Lemon Herb Tofu Stew & Nut Crushed Quinoa
DINNER # 2 Classic Chilli Con Carne [Tofu]
DINNER # 3 Tofu and vegetable broth
DESSERT Salted caramel cookie dough bars

Thursday

MORNING JUICE Beetroot-Orange Juice
BREAKFAST #1 Bircher Muesli - oats, apple, sunflower seeds
BREAKFAST #2 Mango Chia Seed Pudding & Almonds
BREAKFAST #3 Vegan Oatmeal Apple Pancake
SNACKS Red pepper hummus dip
LUNCH # 1 Dairy Free Greek Tofu Salad
LUNCH # 2 Zesty Lemon Quinoa With Chickpeas
LUNCH # 3 Lentil, asparagus, carrots and hazelnut salad
NUTS Toasted Tamari Sunflower seeds
DINNER # 1 Vegetable Thai green curry with brown rice
DINNER # 2 Massaman Tofu Curry & Jasmine Rice
DINNER # 3 Tofu Saloona With Green Beans
DESSERT Sesame Dates & Coconut Energy Balls

Friday

MORNING JUICE So fresh so green
BREAKFAST #1 Eggplant & Tomato Bake
BREAKFAST #2 Pecan and coconut granola with coconut yogurt and berries
BREAKFAST #3 Vegan Banana Pancakes with peanut butter & maple syrup
SNACKS Beetroot Humus
LUNCH # 1 Butternut squash, pomegranate & quinoa salad w pomegranate dressing
LUNCH # 2 Peri Peri Tofu
LUNCH # 3 Gf Herbed Tofu Soba Noodle Stir-Fry
NUTS Cashews
DINNER # 1 Mediterranean Mushroom Rice Bowl W Grilled Tofu
DINNER # 2 Tofu and quonia meatballs in a coconut curry
DINNER # 3 Creamy Tofu With Wild Rice
DESSERT Gf Cranberry Brownie

Saturday

MORNING JUICE Citrus Power Juice
BREAKFAST #1 Baked Sweet Potato With Chickpeas & Chopped Nuts
BREAKFAST #2 Cranberry and almond granola w compote & coconut yogurt
BREAKFAST #3 Key Lime Overnight Oats
SNACKS Hummus pea and edamame pot
LUNCH # 1 Cajun Tofu Power Bowl With Guacamole (Quinoa)
LUNCH # 2 Spinach potato cakes with green slaw and coconut dressing
LUNCH # 3 Thai Tofu Salad
NUTS Almonds
DINNER # 1 Gf Pesto Pasta Mushroom With Roasted Bell Peppers
DINNER # 2 Lemon Herb Tofu Stew & Nut Crushed Quinoa
DINNER # 3 Aubagine stuffed red peppers
DESSERT Dark chocolate, strawberry fudge bar

Sunday

MORNING JUICE Hulk
BREAKFAST #1 Chocolate chip banana pancakes with strawberries and maple syrup
BREAKFAST #2 Bircher Muesli - oats, apple, sunflower seeds
BREAKFAST #3 Savory Quinoa Bowl With Avocado & Roasted Veggies (Brekkie Bowl, NO EGGS)
SNACKS Spinach and butterbean dip with crudités
LUNCH # 1 Quinoa & Roasted Beetroot Salad With Tofu
LUNCH # 2 Lemon Pepper Tofu
LUNCH # 3 Mujadara - rice, lentils and crispy onions with green slaw and coconut dressing
NUTS Toasted Tamari Pumpkin seeds
DINNER # 1 Classic Chilli Con Carne [Tofu]
DINNER # 2 Potato Florentine
DINNER # 3 Massaman Tofu Curry & Jasmine Rice
DESSERT Cookie dough bites