

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
- Cranberry and almond granola w compote & coconut yogurt
- BREAKFAST #3
- Gf Banana Pancake With Coconut Cream
- SNACKS
- Red pepper and butterbean dip and celery sticks
- LUNCH #1
- Beetroot, lentil, edamame salad with agave mustard dressing
- LUNCH #2
- Greek Souvlaki With Quinoa Pilaf (Chickpeas)
- LUNCH #3
- Thai Basil Tofu With Quinoa & Veggies
- NUTS
- Walnut
- DINNER #1
- Tofu Tikka Masala, Sauteed Veggies With Brown Rice & Mint Chutney
- DINNER #2
- Peri-Peri Tofu With Sweet Potato & Broccoli Mash
- DINNER #3
- Butternut squash curry with brown rice
- DESSERT
- Chocolate chip cookie

Tuesday

- MORNING JUICE
- Carrot & Orange Juice
- BREAKFAST #1
- Dates & Mango Bircher Muesli
- BREAKFAST #2
- Gf Saffron Pancake
- BREAKFAST #3
- Blueberry Oat Bread with Almond Butter, and berry compote
- SNACKS
- Toasted Chickpea Salad
- LUNCH #1
- Super-Green Salad With Quinoa & Tofu
- LUNCH #2
- Quinoa tabbouleh with zaatar chickpeas
- LUNCH #3
- Mediterranean Tofu With Olive-Quinoa & Buttered Veggies
- NUTS
- Toasted Tamari Pumpkin seeds
- DINNER #1
- Vegetable Thai red curry with brown rice
- DINNER #2
- Sumac-Crusted Tofu With Pistachio, Brown Rice & Steamed Veggies
- DINNER #3
- Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips
- DESSERT
- Gf Chocolate Financiers

Wednesday

- MORNING JUICE
- So fresh so green
- BREAKFAST #1
- Blueberry chia seed pudding with caramelised apples
- BREAKFAST #2
- Oatmeal With Banana, Walnuts & Cinnamon
- BREAKFAST #3
- Nutty Cocoa Overnight Oats
- SNACKS
- Edamame & Nut Pot
- LUNCH #1
- Mediterranean Chickpea Salad
- LUNCH #2
- Cilantro Lime Tofu With Sweet Potato & Mushrooms
- LUNCH #3
- Raw Pad Thai with almond butter satay
- NUTS
- Almonds
- DINNER #1
- Classic French Chickpea Stew With Mashed Potato
- DINNER #2
- 5 bean chilli with hassleback potato
- DINNER #3
- Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast
- DESSERT
- Mango & Coconut Energy Balls

Thursday

- MORNING JUICE
- Hulk
- BREAKFAST #1
- Gf Cinnamon Pancake With Apple-Cranberry Sauce
- BREAKFAST #2
- Coconut Yogurt Granola With Nuts & Dried Fruits
- BREAKFAST #3
- Cornbread muffins with avocado and slow roasted tomato's
- SNACKS
- Hummus with carrots
- LUNCH #1
- Detox salad - kale, strawberries, chickpeas, roasted cauliflower with a balsamic dressing
- LUNCH #2
- Gf Asian Slaw Veggie Sandwich
- LUNCH #3
- Kale Tofu Salad With Maple Dressing
- NUTS
- Toasted Tamari Sunflower seeds
- DINNER #1
- Chipotle Chickpeas With Cauli Pilaf & Pineapple Salsa
- DINNER #2
- Creamy Butter Tofu With Basmati Rice & Cauliflower
- DINNER #3
- Dosas with masala potatoes
- DESSERT
- Sweet potato brownies

Friday

- MORNING JUICE
- Vitamin C
- BREAKFAST #1
- Almond Butter Banana Toast On Gf Bread
- BREAKFAST #2
- Chocolate chip banana pancakes with strawberries and maple syrup
- BREAKFAST #3
- Dates & Mango Bircher Muesli
- SNACKS
- Zaatar and butterbean dip
- LUNCH #1
- Mediterranean Tofu With Olive-Quinoa & Buttered Veggies
- LUNCH #2
- Buddha Bowl: Roasted sweet potato, cumin chickpeas, spinach, broccoli and cauliflower with a maple tamari dressing
- LUNCH #3
- Thai Basil Tofu With Quinoa & Veggies
- NUTS
- Cashews
- DINNER #1
- Courgette canaollini in a rich tomatoe sauce
- DINNER #2
- Korean Soy Fried Rice (Soya Chunks)
- DINNER #3
- Gf Classic Spaghetti Bolognese
- DESSERT
- Gf Berries Lemon Cheesecake

Saturday

- MORNING JUICE
- When the beet drops
- BREAKFAST #1
- Pecan and coconut granola with coconut yogurt and berries
- BREAKFAST #2
- Black Bean & Quinoa Bowl
- BREAKFAST #3
- Gf Banana Pancake With Coconut Cream
- SNACKS
- Hummus pea and edamame pot
- LUNCH #1
- Super-Green Salad With Quinoa & Tofu
- LUNCH #2
- Greek Souvlaki With Quinoa Pilaf (Chickpeas)
- LUNCH #3
- Vegan Tofu Nicoise Salad
- NUTS
- Almonds
- DINNER #1
- Peri-Peri Tofu With Sweet Potato & Broccoli Mash
- DINNER #2
- Lentil Bolognese with courgetti
- DINNER #3
- Lime Chili Edamame-Tofu Bowl (Brown Rice) With Guacamole & Corn Chips
- DESSERT
- Crunchy Seed & Chocolate Bites

Sunday

- MORNING JUICE
- So fresh so green
- BREAKFAST #1
- Gf Saffron Pancake
- BREAKFAST #2
- Vegan Banana Pancakes with peanut butter & maple syrup
- BREAKFAST #3
- Oatmeal With Banana, Walnuts & Cinnamon
- SNACKS
- Spinach and butterbean dip with crudité's
- LUNCH #1
- Zaatar chickpea salad with rocket, green beans & apple cider dressing
- LUNCH #2
- Cilantro Lime Tofu With Sweet Potato & Mushrooms
- LUNCH #3
- Mediterranean Chickpea Salad
- NUTS
- Toasted Tamari Pumpkin seeds
- DINNER #1
- Sumac-Crusted Tofu With Pistachio, Brown Rice & Steamed Veggies
- DINNER #2
- Creamy Pasta Veg Alfredo (Gluten Free) With Gf Garlic Toast
- DINNER #3
- Lasagne - lentil Bolognese with creamy bechamel sauce
- DESSERT
- Peanut Butter, Chocolate & Granola Protein Bar