



VEG OR VEGAN MENU

WEEK 1

Our vegetarian and vegan menus offer a plant based option for those who choose not to eat meat, chicken or fish. You can **opt for a fully vegan plan** or choose to include eggs and/or dairy cheeses and yoghurt. We use whole fresh foods combining plant based protein, naturally sustaining carbs and healthy fats for a well balanced, meat free plan. **We do not provide macros for these options but the main meals are portioned at 400-500kcal***

DAY 1

LUNCH

KCALs = 400-500

Creamy spaghetti with broccoli and garlic roasted tomatoes (V)

tomatoes - broccoli - wholewheat spaghetti - spinach - coconut milk - nutritional yeast
olive oil - garlic - homemade herb mix - salt & black pepper **+/- parmesan cheese**

Heat until steaming hot and enjoy

DINNER

KCALs = 400-500

Korean rice and vegetable bibimbap (+/- fried eggs) (V-GF-DF)

carrots - mushrooms - cabbage - tomatoes - tomato paste - brown rice - BBQ sauce - garlic
brown sugar - sesame seeds - apple cider vinegar - salt & black pepper **+/-eggs**

Heat until steaming hot and enjoy.

DAY 2

LUNCH

KCALs = 400-500

Veggie bolognaise with vegetable noodles and garlic bread (V)

carrots - zucchini - tomatoes - celery - onions - tomato paste - french bread - parsley - garlic
homemade italian herb mix - salt & black pepper **+/-cheddar cheese +/- butter**

Heat until steaming hot and enjoy.

DINNER

KCALs = 400-500

Saucy BBQ lentils with mashed potatoes and minted peas (VE-GF-DF)

potatoes - green peas - tomatoes - lentils - onions - BBQ sauce - olive oil - tomato paste
mint - parsley - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy

DAY 3

LUNCH

KCALs = 400-500

Green pea patties with pineapple salsa and cauliflower rice (+/- mayo sauce)(V-GF)

cauliflower - broccoli - pineapple - green peas - butter beans - brown rice - onion - green onions - coriander
gram flour - garlic - salt & black pepper **+/-mayonnaise**

Remove sauce pot, heat until steaming hot and enjoy with salsa on the side

DINNER

KCALs = 400-500

Bunless veggie burgers with crunchy salad and beetroot relish (+/-island sauce) (V)

romaine lettuce - carrots - kidney beans - raddish - onions - beetroot - soy sauce - sunflower seeds
pumpkin seeds - breadcrumbs - maple syrup - coriander - parsley - oats - flax seeds - garlic
homemade spice mixmustard seeds - salt & black pepper **+/-mayonnaise +/- ketchup**

Enjoy chilled or heat burgers until hot and eat with crunchy salad, relish and sauce poured over

KCALs = Kilocalories

V VEGETARIAN **VE** VEGAN **DF** DAIRYFREE **GF** GLUTENFREE **N** NUTS

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DAY 4

LUNCH

KCAL = 400-500

Roasted peppers, olives and Greek style barley salad (+/- feta) **(V)**

peppers - tomatoes - cucumbers - barley - olives - onions - olive oil
parsley - lemon - mint - salt & black pepper **+/- feta cheese**

Enjoy chilled with dressing poured over

DINNER

KCAL = 400-500

Gado Gado crunchy peanut salad (+/- eggs) **(V-GF-DF-N)**

potatoes - cucumber - cabbage - green beans - raddish - coconut milk - peanuts
soy sauce - lime juice - brown sugar - garlic - salt & black pepper **+/- eggs OR tofu**

Enjoy chilled with dressing poured over

DAY 5

LUNCH

KCAL = 400-500

Tortilla and black bean salad with tomato salsa (+/- yoghurt sauce) **(V)**

romaine lettuce - black beans - peppers - tomatoes - onions - tortillas - coriander - tomato paste
lime juice - homemade spice mix - salt & black pepper **+/- yoghurt +/- cheddar cheese**

Enjoy chilled with sauces poured over or on the side

DINNER

KCAL = 400-500

Balsamic ratatouille and quinoa (+/- grilled halloumi) **(V-GF)**

green peas - zucchini - aubergines - peppers - tomatoes - onions - balsamic vinegar - quinoa
maple syrup - olive oil - lemon - garlic - salt & black pepper **+/- halloumi cheese**

Heat until steaming hot and enjoy

DAY 6

LUNCH

KCAL = 400-500

Roast veg ceasar style salad (+/- boiled eggs) **(V)**

peppers - romaine lettuce - tomatoes - onions - olive oil - turkey bacon - lemon - parsley - dijon mustard
worcestershire sauce - garlic - croutons - homemade herb mix - salt & black pepper **+/- eggs +/- yoghurt**

Enjoy chilled with dressing poured over

DINNER

KCAL = 400-500

Spiced chickpeas with potato, cauliflower and pea curry **(VE-GF-DF)**

cauliflower - potatoes - chickpeas - tomatoes - green peas - onions - tomato paste - coriander - olive oil - garlic
ginger - mustard seeds - homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy

KCAL = Kilocalories

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