



VEG OR VEGAN MENU

WEEK 2

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

KCAL = 400-500

Moroccan spiced tofu with jewelled couscous and greens (VE-DF)

tofu - green beans - tomatoes - couscous - onions - tomato paste - dried apricots
green onions - coriander - parsley - garlic - olive oil - homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy.

DINNER

KCAL = 400-500

Chickpea coriander patties with cauliflower brown rice and sweetcorn (V-GF-DF)

cauliflower - corn - broccoli - peppers - chickpeas - brown rice - onions - peri peri sauce - tomato paste
coriander - spring onions - olive oil - gram flour - flax seeds - cumin - garlic - lime juice
salt & black pepper +/- mayonnaise

Heat until steaming hot and enjoy.

DAY 2

LUNCH

KCAL = 400-500

Cumin spiced lentils with sticky sweet potatoes and greens (VE-GF-DF-N)

sweet potatoes - brussel sprouts - aubergines - lentils - peanuts - maple - syrup - tomatoes - tomato paste
coriander sesame seeds - parsley - ginger - garlic - lemon - homemade spice - mix - salt & black pepper

Heat until steaming hot and enjoy.

DINNER

KCAL = 400-500

Crunchy peanut quinoa salad (+/- tofu OR eggs) (V-GF-DF-N)

carrots - red cabbage - quinoa - peanuts - lime - soy sauce - rice vinegar - sesame oil - coriander
spring onions - maple syrup - ginger - salt & black pepper +/- eggs or tofu

Enjoy all chilled OR remove sauce pot, heat until steaming hot and enjoy with sauce poured over

DAY 3

LUNCH

KCAL = 400-500

Roasted tomatoes & courgette spaghetti (V-DF)

broccoli - wholewheat spaghetti - zucchini - tomato - onions - tomato paste - olives - garlic - olive oil
lemon - homemade herb mix - salt & black pepper +/- eggs +/- parmesan cheese

Heat until steaming hot and enjoy.

DINNER

KCAL = 400-500

Pumpkin and quinoa curry with garlic spinach (+/- egg) (V-DF)

pumpkin - spinach - quinoa - onions - tomato paste - coriander - sesame bread - garlic
homemade spice mix - salt & black pepper +/- eggs

Heat until steaming hot and enjoy.

KCAL = Kilocalories

V VEGETARIAN **VE** VEGAN **DF** DAIRY FREE **GF** GLUTEN FREE **N**

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DAY 4

LUNCH

KCAL = 500-400

Sticky sesame tofu with rice noodles and greens **(VE-GF-DF)**

tofu - broccoli - rice noodles - soy sauce - honey - apple cider vinegar - coriander
sesame seeds - garlic - ginger - salt & black pepper

Remove sauce pot, heat until steaming hot and enjoy with sauce poured over

DINNER

KCAL = 500-400

Veggie cottage pie with sweet potato mash and beetroot salad **(V-GF)**

sweet potatoes - chickpeas - lentil - carrots - lettuce - tomatoes - onions - beetroot - potatoes - celery
tomato paste - coriander - parsley - lime - garlic - mixed herbs - salt & black pepper **+/-cheddar cheese**

Heat cottage pie until steaming hot, enjoy with chilled salad on the side

DAY 5

LUNCH

KCAL = 500-400

Bean chili with roasted zucchini and hand made flatbread **(V)**

tomatoes - zucchini - black beans - pinto beans - onions - red kidney beans - celery - tomato paste
flour - olive oil - garlic - cocoa - homemade spice mix - baking powder - salt & black pepper **+/- yoghurt**

Heat until steaming hot and enjoy with flatbread on the side

DINNER

KCAL = 500-400

African peanut chickpea and potato stew with greens **(VE-GF-DF-N)**

broccoli - chickpeas - sweet potatoes - spinach - tomato paste - onions - peanuts
coriander - olive oil - garlic - ginger - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy

DAY 6

LUNCH

KCAL = 500-400

Coconut veg curry with cauliflower rice and greens **(V-GF-DF)**

cauliflower - broccoli - potatoes - pak choy - coconut milk - lemongrass - coriander - tamarind paste - olive oil
sesame oil - ginger - lime - lime leaves - homemade herb mix - salt & black pepper **+/- light cream**

Heat until steaming hot and enjoy

DINNER

KCAL = 500-400

Garlic mushroom patties with caramelised onions and greens (+/ mayo sauce) **(V)**

mushrooms - chickpeas - green beans - onions - barley - balsamic vinegar - gram flour - olive oil - parsley
spring onions - homemade herb mix - salt & black pepper **+/- mayonnaise +/- butter**

Heat until steaming hot and enjoy

KCAL = Kilocalories

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