



VEG OR VEGAN MENU

WEEK 3

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 500-400kcal***

DAY 1

LUNCH

KCALs = 500-400

Roast peppers and grilled pineapple with 'rice n peas' (+/- mayo sauce) **(V-DF)**

peppers - pineapple - red kidney beans - brown rice - coconut milk - olive oil - coriander
parsley - homemade herb & spice mix - salt & black pepper +/- mayonnaise

Heat until steaming hot and enjoy.

DINNER

KCALs = 500-400

Tofu katsu with soba noodles and asian veg slaw **(VE-GF-DF)**

tofu - carrots - peppers - peas - corn - soba noodles - milk - cabbage - apples - breadcrumbs - onions
tahini - lime - coriander - sesame oil & seeds - ginger - tomato paste - rice vinegar - garlic - soy sauce
olive oil - maple syrup - cornstarch - homemade herb & spice mix - salt & black pepper

Pour over sauce from pot and heat all until steaming hot and enjoy.

DAY 2

LUNCH

KCALs = 500-400

Sweet potato falafel and smashed beets veggie box (+/- yoghurt sauce) **(V-GF)**

cauliflower - beetroot - sweet potatoes - pomegranate - green peas - edamame - chickpeas - quinoa
coriander - parsley - gram flour - lemon - olive oil - garlic - homemade spice mix - salt & black pepper +/- yoghurt

Enjoy chilled or remove sauce pots and heat until steaming hot

DINNER

KCALs = 500-400

Curried lentils and broccoli with brown rice **(VE-GF-DF-N)**

lentils - broccoli - coconut milk - brown rice - cashew nuts - onions - soy sauce - ginger
homemade spice mix - coconut oil - salt & black pepper

Heat until steaming hot and enjoy.

DAY 3

LUNCH

KCALs = 500-400

Sesame pad thai style salad with eggs or tempeh **(V-GF-DF)**

carrots - cucumbers - rice noodles - green onions - coriander - soy sauce - maple syrup - sesame oil
sesame seeds - lime - garlic - salt & black pepper +/- eggs OR tempeh

Enjoy chilled with dressing poured over

DINNER

KCALs = 500-400

Korean BBQ tofu bowl with roasted veg quinoa (+/- fried egg) **(V-GF-DF)**

tofu - peppers - zucchini - aubergines - eggs - soy sauce - quinoa - onions - BBQ sauce - spring onions
sesame oil - olive oil - garlic - ginger - sesame seeds - rice vinegar - rice flour - salt & black pepper +/- eggs

Heat until steaming hot and enjoy.

KCALs = Kilocalories

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

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DAY 4

LUNCH

KCAL = 400-500

Vegan meatballs with spaghetti arrabiata and greens (V)

broccoli - wholewheat spaghetti - black beans - lentils - tomatoes - onions - tomato paste - parsley olive oil - oats - garlic - flaxseeds - homemade herb mix - salt & black pepper +/- **parmesan cheese**

Heat until steaming hot and enjoy

DINNER

KCAL = 400-500

Indian spiced potatoes and veg (+/- baked eggs and yoghurt sauce) (V-GF)

cauliflower - potatoes - peppers - carrots - zucchini - yoghurt - coconut oil - coriander - ginger garlic - mustard seeds - lime - homemade spice mix - salt & black pepper +/- **eggs +/- yoghurt**

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

DAY 5

LUNCH

KCAL = 400-500

Nicoise salad with herby dressing (+/- eggs) (V-GF-DF)

potatoes - tomatoes - cucumbers - green beans - olives - olive oil - red grape vinegar - parsley lemon - dijon mustard - garlic - homemade herb mix - salt & black pepper +/- **eggs**

Enjoy chilled with dressing poured over or on the side

DINNER

KCAL = 400-500

Mango cashew tofu with cauliflower rice and greens (VE-GF-DF-N)

cauliflower - broccoli - tofu - mangos - mango juice - cashew nuts - coconut oil - coriander sesame seeds tapioca flour - ginger - garlic - soy sauce - salt & black pepper

Heat until steaming hot and enjoy

DAY 6

LUNCH

KCAL = 400-500

Spicy peanut veggie noodle stir fry (VE-GF-DF-N)

broccoli - peppers - carrots - zucchini - sweet potatoes - mushrooms - peanuts - soy sauce coconut milk - maple syrup - ginger - garlic - sesame oil - salt & black pepper

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

DINNER

KCAL = 400-500

Pea & coriander fritters with carrot & sweet potato mash, soy sauce dressing and greens (VE-GF-DF)

carrots - sweet potatoes - green beans - butter beans - green peas - soy sauce - maple syrup - apple cider vinegar sesame seeds - gram flour - coriander - garlic - cumin - salt & black pepper

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

KCAL = Kilocalories

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