



VEG OR VEGAN MENU

WEEK 4

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

Lentil koftas with flatbread, potato & beetroot salad (+/-yoghurt sauce) (V)

potatoes - beetroot - rocca - cucumber - lentils - flatbread - onions - olive oil - mint - oats - parsley coriander -dill - ginger - garlic - lemon - homemade herb & spice mix- salt & black pepper +/-yoghurt

Heat koftas until steaming hot and enjoy with chilled salad and sauce

DINNER

KCAL = 400-500

Mexican black bean fajita bowl (+/- coriander yoghurt mayo sauce)

cauliflower - black beans - zucchini - peppers - cracked wheat - onions - mushrooms - coriander - olive oil lime - homemade herb & spice mix- salt & black pepper +/- yoghurt +/- mayonnaise

Remove sauce pot, heat until steaming hot and enjoy with chilled sauce

DAY 2

LUNCH

KCAL = 400-500

Roasted veg with tabbouleh salad (+/- feta cheese) (V-N)

peppers - zucchini - aubergines - parsley - cracked wheat - onions - olive oil - garlic - pistachios lime - mint - olive oil - lemon - salt & black pepper +/- feta cheese

Enjoy chilled OR heat all until steaming hot

DINNER

KCAL = 400-500

Garlic cheese baked mushrooms with cauliflower rice and greens (V-GF)

cauliflower - broccoli - mushrooms - parsley - garlic - salt & black pepper +/-mayonnaise +/- garlic herb cheese

Heat until steaming hot and enjoy.

DAY 3

LUNCH

KCAL = 400-500

Veggie meatballs with tomato pesto, almond quinoa and roasted cauliflower (VE-GF-DF-N)

cauliflower - lentils - black beans - tomatoes - spinach - quinoa - onions - almonds - sundried tomatoes tomato paste - flax seeds - olive oil - lemon - garlic - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy.

DINNER

KCAL = 400-500

Sticky sesame tofu tray bake with rice noodles and greens (VE-GF-DF-N)

broccoli - tofu - pak choy - hoisin sauce - rice noodles - maple syrup - cashew nuts - spring onions sesame oil - garlic - ginger - sesame seeds - homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy.

KCAL = Kilocalories

(V) VEGETARIAN (VE) VEGAN (DF) DAIRY FREE (GF) GLUTEN FREE (N)

*Calorie information is calculated for your reference. We do however prepare and package all our meals by hand, therefore values may vary.



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DAY 4

LUNCH

KCAL = 400-500

Creamy lemon, mushroom and pea spaghetti (VE-DF)

wholewheat spaghetti - green peas - spinach - coconut milk - mushrooms - onions
nutritional yeast - olive oil - lemon - rice flour - garlic - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy

DINNER

KCAL = 400-500

Peanut, ginger and tofu vegetable curry with quinoa (VE-GF-DF-N)

tofu - zucchini - potatoes - carrots - tomatoes - spinach - quinoa - peanuts - onions - tomato paste
olive oil - coriander - mustard seeds - ginger - garlic - homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy

DAY 5

LUNCH

KCAL = 400-500

Italian roast pepper and butter bean salad with caesar style dressing (V)

butter beans - lettuce - peppers - tomatoes - olives - bread - olive oil - lemon - parsley - dijon mustard - garlic
apple cider vinegar - homemade herb mix - salt & black pepper +/- **parmesan cheese +/- mayonnaise**

Enjoy chilled with dressing poured over or on the side

DINNER

KCAL = 400-500

Moroccan spiced vegetable stew with couscous and almonds (VE-DF-N)

cauliflower - carrots - zucchini - tomatoes - couscous - almonds - onions - dates - orange juice
olive oil - garlic - ginger - homemade spice mix - garlic - salt & black pepper

Heat until steaming hot and enjoy

DAY 6

LUNCH

KCAL = 400-500

Sweetcorn fritters with crunchy chop salad and sweet chili sauce (+/- mayo sauce) (V-GF)

romaine lettuce - sweetcorn - carrots - cucumbers - flatbread - sweet chili sauce - spring onions
coriander - olive oil - lime - homemade spice mix - salt & black pepper +/- **mayonnaise +/- cheddar cheese**

Enjoy chilled with sauce(s) on the side

DINNER

KCAL = 400-500

Chick pea and sweet potato massaman curry with cauliflower rice (VE-GF-DF-N)

cauliflower - chickpeas - sweet potatoes - green peas - coconut milk - onions - peanuts - tomato paste
coriander - olive oil - garlic - ginger - lemongrass - lime - brown sugar - cornflour
homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy

KCAL = Kilocalories

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

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