

AT LEAST

*what's on the
menu this week?*

IS ONE LESS THING TO WORRY ABOUT





PLANT POWERED

According to your eating plan, your average macro-nutrient intake per day is:

CALORIES
1800 - 2000

KJ
5500 - 7200

PROTEIN
25%

FAT
20 - 35%

CARBS
45 - 60%

STORAGE OF MEALS ON ARRIVAL:

PRODUCT MUST BE STORED IN THE FRIDGE IMMEDIATELY.

AMBIENT PRODUCT TO BE STORED IN THE GROCERY CUPBOARD.

SOUPS/ STEWS TO BE STORED IN THE FREEZER UNLESS YOU ARE GOING TO USE IT IN THE NEXT 3 DAYS.

YOUR WEEKLY MENU

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	ROASTED SWEET POTATO HASH	TREE NUTS	VEGETABLE BURRITO BOWL	ALL THE GREENS + VEGAN PROTEIN SMOOTHIE 250 ml	ROASTED TOMATO & RED PEPPER SOUP
TUESDAY	GRANOLA WITH ALMONDS & VEGAN PROTEIN	ALL THE GREENS + VEGAN PROTEIN SMOOTHIE 250 ml	GREEN CURRY & TOFU BOWL	KETO APPLE MAPLE BAR	CHICKPEA & CASHEW NUT KORMA
WEDNESDAY	MEXI BLACK BEAN & MUSHROOM BOWL	TREE NUTS	ROASTED VEGETABLE STEW	ALL THE GREENS + VEGAN PROTEIN SMOOTHIE 250 ml	ASIAN STIR-FRY WITH TOFU & CASHEW NUTS
THURSDAY	GRANOLA WITH ALMONDS & VEGAN PROTEIN	TREE NUTS	CHICKPEA BIRYANI WITH ROAST ONION & CUMIN CAULI RICE	VEGAN COCOA CASHEW BAR	GARDEN COTTAGE
FRIDAY	CHOCOLATE NUT BUTTER OATS	TREE NUTS	BUTTA VEG CURRY WITH TOFU & LENTILS	BERRY SMOOTHIE 250 ml	BANGKOK BOWL
SATURDAY	OATS WITH NUT BUTTER CINNAMON & CRANBERRY	TREE NUTS	MEXI VEG WITH TACO SAUCE & ROASTED CAULIFLOWER	VITAMIN SEE SMOOTHIE 250 ml	THAI RED CURRY & VEGETABLE SOUP
SUNDAY	GRANOLA WITH ALMONDS & VEGAN PROTEIN	VEGAN COCOA CASHEW BAR	LENTIL & MUSHROOM CHILI	ALL THE GREENS SMOOTHIE 250 ml	MUSHROOM & BLACK BEAN MEATBALLS IN ROAST TOMATO SAUCE

MENU ITEMS CAN BE SUBSTITUTED IF NOT AVAILABLE.

SEE BACK OF MEAL FOR NUTRITIONAL INFORMATION AND WARMING INSTRUCTIONS.

CAUTION: TRAY HOT ONCE WARMED.