

5 Days Breakfast Menu

All plans are vegetarian, incase of any intolerances to dairy and gluten, please notify.

The Day 1

Breakfast	Berry Cheese Sunshine High Protein Smoothie Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale.
Lunch	Sweet Potato Nacho Soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 2

Breakfast	High Protein Kale Smoothie kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk.
Lunch	Cauliflower Turmeric Soup Cauliflower, cloves, tumeric, cumin, salt, red lentils, vegetable broth, almond milk.
Lunch	Chickpea Shakshuka Bowl - High Fiber, High Protein Quinoa, Edamame.

Day 3

Breakfast	High Protein Cheezy berry Bonanaza - High Fiber Smoothie vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery.
Lunch	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
Lunch	Cauliflower Fried Rice Tofu, cauliflower rice, ginger, soysauce, salt and pepper.

Day 4

Breakfast	High Protein Carrot Cake smoothie Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla.
Lunch	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.
Lunch	Green beans Stew - High Fiber and high Protein Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.

Day 5

Breakfast	High Protein Heavy Metal Detox Smoothie Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
Lunch	Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
Lunch	Beetroot And Pearl Barley Risotto Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.

Before doing any plan with us, we will send you a questionnaire to check if the selected plan is right for you. Many times we need a thorough cleaning before we start any plan. Your selected plan may then be altered to a mix of a few plans or a completely different plan than what you chose. Please go ahead and order the plan; still, allow us to send you a questionnaire. If deliveries are delayed please eat something plant based.