

Vegan Harvest:

Healthy Meals To Your Door

MENU A

5 Day Breakfast, Lunch, Dinner & Snacks Plan

FROZEN	Breakfast
DAY 1	Black Forrest Fruit Cup
DAY 2	Breakfast Beans, Spinach and Roast Mushrooms
DAY 3	Rockmelon, Blueberries, Almond, & Coconut Yoghurt - SML
DAY 4	Super-food Muesli & Almond Milk
DAY 5	Paleo Muesli, Cranberry & Almond Milk - SML

	Lunch
DAY 1	Mexican Bean Wrap with Salsa
DAY 2	Grilled Zucchini & Olive Greek Salad Dairy Free
DAY 3	Lentil & Roast Almond Salad with Broccoli
DAY 4	Cauliflower, Carrot and Lentil Dahl
DAY 5	Thai Style Butternut Soup with Rye Croutons

	Dinner
DAY 1	Pistachio Falafel, Quinoa Tabouli & Baba Ganoush
DAY 2	Cashew, Sesame, Ginger, Asian Stir Fry with Brown Rice
DAY 3	Moroccan Roast Pumpkin, Almond & Quinoa Salad
DAY 4	Mediterranean Vegetable Ratatouille & Quinoa
DAY 5	Vegetable Paella, Spring Onion & Macadamia Butter

Snacks

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| 2X | Pieces of Fresh Seasonal Fruit |
| 2X | Hummus & Brown Rice Crackers |
| 2X | Babaganoush Dip & Vegetable Sticks |
| 2X | Almond Protein Balls |
| 2X | Mixed Nuts |