

Vegan - 5 day Plan

Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Fresh Fruit Salad, Pepitas & Coconut Yoghurt	Pesto Mushrooms, Spinach, Roast Tomato & Pumpkin	Wholemeal Fruit Toast with Cashew Butter	Super-food Muesli & Almond Milk	Quinoa Muesli, Apple & Coconut Yoghurt
Lunch	Cashew Pesto & Semi Dried Tomato Organic Wrap	Roast Pine Nuts & Brown Rice Salad	Sweet Potato Rosti & Garden Salad	Mediterranean Chickpea Ratatouille with Cous Cous	Mexican Bean & Vegetable with Brown Rice
Dinner	Zucchini Pasta, Lentil & Vegetable Sauce	Cashew Mushroom Stroganoff & Brown Rice	Semidried Tomato & Spinach Quinoa Risotto	Sweet Potato & Coriander Soup with Croutons	DF Roast Pumpkin & Cashew Pesto Cannelloni

Snacks

- 1 x Fresh Seasonal Fruit
- 1 x Fresh Fruit Salad
- 1 x Olive Tapenade & Brown Rice Crackers
- 1 x Organic Trail Mix
- 1 x Apricot Chia Bliss Balls
- 2 x Roast Mixed Nuts
- 1 x Coconut Yoghurt

Instructions

1. Please place all meals with the blue tab into the freezer -18°C
2. Food must be placed into a refrigerator below 5°C or Freezer
3. within 4-6 hours of receiving delivery.
4. For best results defrost meals in the refrigerator the day before use
5. If you wish to heat meals in the oven please remove from the packaging first
6. Please leave esky & ice packs out for collection on the same day, next delivery.

