

Vegetarian - 5 day Plan

Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Fresh Fruit Salad, Pepitas & Honey Yoghurt	Haloumi, Spinach, Tomato, Mushrooms & Pumpkin	Quinoa Muesli, Apple & Honey Yoghurt	Sweet Potato Hash Cakes, Spinach & Tomato Chutney	Paleo Muesli, Cranberry & Regular Milk
Lunch	Free Range Curry Egg & Lettuce Wrap	Asian Cashew Noodle Salad & Marinated Tofu	Lentil, Beetroot, Fetta & Mint Salad	Pumpkin Soup & Wholemeal Croutons	Mixed Pea, Parmesan & Leek Quisotto
Dinner	Roast Carrot, Quinoa & Cranberry Salad	Cashew Patty with Lime & Tahini	Roast Mediterranean Vegetables with Potatoes	Southern Indian Curry With Brown Rice	Tomato Minestrone Soup

Snacks

- 1 x Fresh Seasonal Fruit
- 1 x Hummus & Vegetable Sticks
- 1 x Onion & Chive Dip with Brown Rice Crackers
- 1 x Organic Raw Mixed Nuts
- 1 x Carrot Friand with Cashew Frosting
- 1 x Almond Protein Balls
- 2 x Creamy Honey 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.

