



SAMPLE MENU



VEGAN CLEANSE

1600 Kcals, 60 grams protein

This is the ultimate reset for those that follow a vegan diet. Delicious, plant-based meals with all the nutrients needed for optimum health.

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DAY 1

Breakfast *Chocolate smoothie* | VE | GF
Banana, cocoa, peanut butter, soya milk, enriched with proteins.
Kcal: 435 Fat: 22g Carbs: 43g Proteins: 26g

or

Morning Muesli | VE
Home-made Muesli soaked in cold soya milk topped with sliced seasonal fruits, grain-free granola and honey.
Kcal: 330 Fat: 4g Carbs: 36g Proteins: 22g

Lunch *Vegan Tikka Masala* | VE
Mix of veggies (green pea, broccoli, potato and carrot) simmered in homemade Indian Tikka Masala paste infused with lots of flavor served with a side of whole-grain rice.
Kcal: 439 Fat: 16g Carbs: 56g Proteins: 16.5g

Snack *Hummus Dip with Carrot & Cucumber Sticks*
Kcal: 346 Fat: 28g Carbs: 20g Proteins: 9g

Dinner *Baked Falafel Bowl* | VE | DF | GF
Flavorful herbed baked falafel pieces on a bed of homemade hummus, with pickled beets, red cabbage, our Mediterranean salad, topped with a special tarator drizzle.
Kcal: 432 Fat: 26g Carbs: 33g Proteins: 14g

DAY 4

Breakfast *Matcha Iced Latte* | VE | GF
Banana, soya milk, organic matcha powder, honey, enriched with proteins.
Kcal: 264 Fat: 4g Carbs: 48g Proteins: 6g

or

Chia Radiancance Bowl
Chia pudding with fruits & nuts, enriched with proteins.
Kcal: 413 Fat: 23g Carbs: 30g Proteins: 26g

Lunch *Vegan Teriyaki Donburi* | VE
Whole grain rice, home-made teriyaki tofu, broccoli, avocado, shredded carrots & cucumbers, roasted mushrooms, with pickled ginger, seed mix & a side of ginger lemon soy sauce.
Kcal: 500 Fat: 35g Carbs: 55g Proteins: 16g

Snack *Peanut Butter Explosion* | VE
Satisfying vegan layers of chocolate peanut butter, sliced banana, chia pudding topped with grain-free granola & strawberry.
Kcal: 329 Fat: 18g Carbs: 34g Proteins: 11g

Dinner *Makdous Moghrabieh* | VE
Makdous, moghrabieh, freshly chopped zucchini, sun-dried tomato, baby spinach, toasted walnuts in a lemon vinaigrette.
Kcal: 332 Fat: 17g Carbs: 39g Proteins: 11g

DAY 2

Breakfast *Golden Latte* | VE | GF
Banana, golden spices, honey, soya milk, enriched with proteins.
Kcal: 294 Fat: 4g Carbs: 20g Proteins: 27g

or

Chia Radiancance Bowl | VE
Chia pudding with fruits & nuts, enriched with proteins.
Kcal: 413 Fat: 23g Carbs: 30g Proteins: 26g

Lunch *Vegan Pad Thai* | VE
With a base of rice sticks - signature sweet-savory flavor, sprinkle of peanuts and tang from lemon, this is a Thai food favorite for good reason.
Kcal: 378 Fat: 8g Carbs: 70g Proteins: 11g

Snack *Soaked Oats with Fruits & Nuts* | VE
Kcal: 273 Fat: 10g Carbs: 26g Proteins: 20g

Dinner *Winter Kale Salad* | VE | GF
Massaged kale with quinoa, green onion, red apple slices, roasted sweet potato, shaved almonds, pomegranate seeds and raisins served with a honey Dijon vinaigrette.
Kcal: 308 Fat: 9g Carbs: 50g Proteins: 9g

DAY 5

Breakfast *Chocolate smoothie* | VE | GF
Banana, cocoa, peanut butter, soya milk, enriched with proteins.
Kcal: 435 Fat: 22g Carbs: 43g Proteins: 26g

or

Acai Smoothie Bowl | VE | GF
A superfood organic acai berry smoothie with a large dollop of chia pudding, GJ grain-free granola, sliced bananas & strawberries, enriched with proteins.
Kcal: 246 Fat: 7g Carbs: 19g Proteins: 20g

Lunch *Baked Falafel Burger* | VE | DF | GF
Flavorful herbed baked falafel patty on a bed of homemade hummus, with pickled slaw, lettuce, tomato, topped with a special tarator drizzle, served on a whole-wheat burger bun.
Kcal: 420 Fat: 13g Carbs: 50g Proteins: 22g

Snack *Chocolate Avocado Mousse* | VE
Avocado, banana, vegan chocolate powder, dates, topped with chia seeds & a strawberry.
Kcal: 443 Fat: 18g Carbs: 64g Proteins: 13g

Dinner *Winter Buddha Bowl* | VE | GF
Base of baby spinach with quinoa, mixed roasted veggies (eggplant, sweet potato, cauliflower), avocado, beetroot, with kale sesame chips, served with tahini cilantro lemon.
Kcal: 365 Fat: 21g Carbs: 33.5g Proteins: 10g

DAY 3

Breakfast *Coconut Mango Smoothie* | VE
Banana, mango, coconut milk, enriched with proteins.
Kcal: 163 Fat: 2g Carbs: 18g Proteins: 14g

or

Chocolate Smoothie Bowl | VE | GF
Dark chocolate smoothie with a large dollop of coconut chia pudding, grain-free granola, sliced bananas and strawberries on top, enriched with proteins.
Kcal: 327 Fat: 14g Carbs: 24g Proteins: 24g

Lunch *Vegan Burrito Bowl* | VE
Deconstructed Mexican heaven, loaded with brown rice, kidney beans, charred corn, Pico de Gallo, avocado cream, shredded lettuce, topped with GF corn crackers.
Kcal: 633 Fat: 33g Carbs: 73g Proteins: 14g

Snack *Fruit Salad* | VE | GF
Chopped seasonal fruits in orange juice.
Kcal: 140 Fat: 1g Carbs: 35g Proteins: 2g

Dinner *Vegan Pasta Salad* | VE
Whole wheat pasta loaded with grilled veggies (mushroom, eggplant, zucchini and broccoli), herbs, raw walnuts, black olives, served with herby lemon oil.
Kcal: 502 Fat: 29g Carbs: 52g Proteins: 11g

DAY 6

Breakfast *Peanut Butter Smoothie* | VE
Frozen banana, Soy milk, peanut butter, vanilla, flax seeds, enriched with proteins.
Kcal: 410 Fat: 21g Carbs: 35g Proteins: 25g

or

Morning Muesli | VE
Home-made Muesli soaked in cold soya milk topped with sliced seasonal fruits, grain-free granola & honey, enriched with proteins.
Kcal: 330 Fat: 4g Carbs: 36g Proteins: 22g

Lunch *Vegan Green Curry*
Homemade Green Curry with seasonal veggies and a side of whole-grain rice topped with fresh herbs.
Kcal: 453 Fat: 18g Carbs: 62g Proteins: 10g

Snack *Avocado Cream with Edamame, Cucumber & Carrot Sticks* | VE | GF
Kcal: 298 Fat: 18g Carbs: 25g Proteins: 9g

Dinner *Honey-Cinnamon Pumpkin Lentil Salad* | VE | GF
Warm cinnamon-laced pumpkin, greens, purple onion, roasted beetroot & pumpkin, candied walnuts sprinkle on a base of organic beluga lentils, served with a spiced honey ginger vinaigrette.
Kcal: 374 Fat: 18g Carbs: 54g Proteins: 16g