



Breakfast Menu



Day 1

Poached egg
On
Wilted Spinach

Day 2

Cacao Smoothie

Day 3

Cashew Nut Milk
With Nut Cereal

Day 4

Tahini Toast
With
Microgreens / sprouts

Day 5

Kumara Hash
Apple Slaw
Poached Egg

Day 6

Sliced Banana
With Coconut Yoghurt
& Cacao Nibs

Day 7

Berry & Cashew
Milk Smoothie



Lunch Menu

Day 1

Fennel, Red Cabbage
& Carrot Slaw

Day 2

Chicken & Kumara
Salad

Day 3

Sushimi

Day 4

Beetroot, Carrot
Sprouts & Aioli
Open Sandwich

Day 5

Chicken Soup
Or
Leftover Fritata

Day 6

Green Smoothie

Day 7

Kumara Chips
& Aioli
With Herb Salad





Dinner Menu



Day 1

Roast Chicken
Kumara
Pumpkin
Cauliflower Tabhoulli

Day 2

Thai Fish Curry
Stuffed Kumara
Carrot salad
(Make sauerkraut)

Day 3

Pink Chicken Soup
With Noodles
Nut Bread & Sprouts

Day 4

Pumpkin & Pork Frittata
Seed Salad
With Green Goddess
Dressing

Day 5

Fish Chowder
&
Parsnip Chips

Day 6

Meatballs
Colourful Coleslaw
Spiralised beetroot salad

Day 7

Sausage Ragout
Kumara Mash
Sauerkraut