



# Vegan Menu

A hand holding a wooden honey dipper with honey dripping into a glass jar of overnight oats. The jar is filled with a creamy oatmeal mixture, topped with a banana slice and chocolate chips. The background is a light, textured surface.

# overnight oats breakfast jars

1. Peanut Butter, Cocoa & Banana

2. Toasted Coconut & Chia Seeds

3. Dairy-free Chocolate & Strawberries

4. Classic Cinnamon & Honey

**Price• R60 per jar**

*\*extra R10 for Protein Powder*

# 1 litre jars



## **WEEK 1 & 3**

### **Monday**

Fresh Napolitana Tomato Pasta Salad

### **Tuesday**

Crispy Chickpea, Butternut & Brown Rice Salad

### **Wednesday**

3 Bean Coleslaw

### **Thursday**

Couscous, Butter Bean & Potato Medley

### **Friday**

Vegan Burger

**Price. R65 per jar**



# 1 litre jars



## WEEK 2 & 4

### Monday

Fresh Broccoli & Cauliflower Couscous Salad

### Tuesday

Zucchini Noodles & Lentil "Mince"

### Wednesday

Curried Cauliflower & Couscous

### Thursday

White Mushroom Pasta Salad

### Friday

Chipotle Style Vegan Wrap

**Price: R65 per jar**



# 1 litre snack jars

**Sweet Potato/Carrot/Beetroot Jar**

*R65-00*

**Vegan Chocolate Covered Chickpeas**

*R130-00*

**Chocolate Vegan Peanut Butter Brownies**

*R165-00*

**Health Granola Mix**

*R95-00*