





Monday

Evening

Sweet Butter Nut Black Bean Curry

&

Mango & Pineapple Curry

Both dishes served with Basmati, Cauliflower or Broccoli Rice & Flat Bread

Desert

Triple Chocolate No-Cheese Cake Carrot Cake

Beverages

Fresh Fruit Juices & Infused Water With Every Meal

<u>Tuesday</u>

Break-Fast

Fruit In Abundance Healing Herbal Tea & Dehydrated Cacao Cookies

Afternoon

Pesto Zucchini Noodles With No-Meat Balls Served with Mixed Salad & Tahini Dressing

Evening

Chilli No-Con-Carne

Served with Basmati, Cauliflower or Broccoli Rice & Flat Bread or Jacket Potato

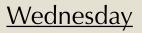
Desert

Strawberry No-Cheese Cake

Beverages

Fresh Fruit Juices & Infused Water With Every Meal







Fruit In Abundance Healing Herbal Tea

Afternoon

Sweet Mustard Cucumber Noodles

Served with Mixed Salad

Evening

Fruit Curry

&

Apple & Raisin Curry

Both dishes served with Basmati, Cauliflower or Broccoli Rice & Flat Bread

Desert

Raw Snicker Pie Raw Banoffee Pie

Beverages

Fresh Fruit Juices & Infused Water With Every Meal

Thursday

Break-Fast

Fruit in Abundance
Healing Herbal Tea
&
Fresh Squeezed Orange Juice

Afternoon

Potato & Avocado Salad Served With Mixed Salad and Spinach Pesto Dressing

Evening

Plant Based Shepards Pie

Served With Green Beans





Dessert

Lemon No-Cheese Cake Double Chocolate Fudge Cake

Beverages

Fresh Fruit Juices & Infused Water With Every Meal

Friday

Break-Fast

Fruit In Abundance Healing Herbal Tea & Dehydrated Orange Oat Cookies Fresh Squeezed Orange Juice

All the food is Homemade, Organic & made with Love

At the Joy of Nutrition we love to create meals that provide satisfaction and health in abundance, We hope you In-Joy these Natural Food Sources as much as we do!

