

Menu

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

Tuesday

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

Wednesday

Break-Fast

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!

