

VEGGIE FOODPACK

Iceland Nomads



READY IN 3 MINUTES

BREAKFAST



What you get:

- **Bread and chocolate:** Add some cheese to make it a salty breakfast
- **Muesli:** Delicious with an extra apple
- **Crunchy granola:** Perfect with a banana

READY IN 5-10 MINUTES

LUNCH

What you get:

- **Cashew nasi:** rice, lentils, cashew nuts, veggies, and satay sauce
- **Pasta alle noci:** with nuts veggies, and tomato sauce
- **Veggie couscous**
- **Pasta funghi:** with mushrooms, veggies and cheese
- **Veggie hotpot:** mashed potatoes, gravy, and veggies
- **Quinoa a la mexicana**



This list is provided as an example and may be subject to change.

READY IN 5-10 MINUTES

DINNER



What you get:

- **Super rice:** Add some bell peppers & zucchini
- **Pasta pesto:** Delicious with some Parmesan and cherry tomatoes
- **Mexican mix:** Ideal with plant-based mince
- **Mushroom couscous:** Add some veggies
- **Burritos**
- **Pasta spinach**
- **Pasta tomato-mozzarella**

FOR EVERY STEP

EXTRA'S

What you get:

- Nuts
- Cookies
- Crackers



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FOODPACK

Iceland Nomads 2026

LUNCH



READY IN 3 MINUTES

BREAKFAST



What you get:

- **Bread and chocolate:** Add some cheese to make it a salty breakfast
- **Muesli:** Delicious with an extra apple
- **Crunchy granola:** Perfect with a banana

READY IN 5-10 MINUTES

LUNCH

What you get:

- **Cashew nasi:** rice, lentils, cashew nuts, veggies, and satay sauce
- **Pasta alle noci:** with nuts veggies, and tomato sauce
- **Sate Babi:** rice, veggies, ham, satay sauce
- **Pasta bolognaise**
- **Bobotie:** rice, beef, veggies and beans
- **Minced beef hotpot:** mashed potatoes, veggies, and minced beef



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READY IN 5-10 MINUTES

DINNER



What you get:

- **Super rice:** Add some chicken
- **Pasta pesto:** Delicious with some Parmesan and cherry tomatoes
- **Mexican mix:** Perfect with mined meat
- **Mushroom couscous :** Add some veggies
- **Burritos**
- **Pasta carbonara**
- **Quinoa a la mexicana**

FOR EVERY STEP

EXTRA'S

What you get:

- **Nuts**
- **Cookies**
- **Crackers**



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