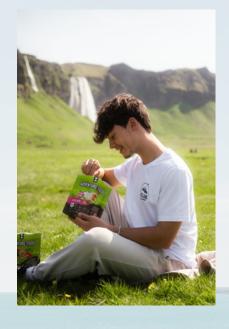


READY IN 3 MINUTES

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



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

EXTRA'S

FOR EVERY STEP

What you get:

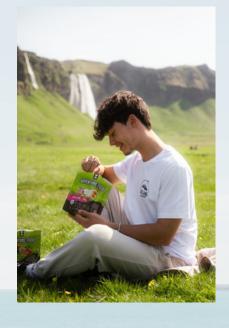
- Nuts
- Cookies
- Crackers





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, veggues and beans
- Minced beef hotpot: mashed potatoes, veggies, and minced beef



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

EXTRA'S

FOR EVERY STEP

What you get:

- Nuts
- Cookies
- Crackers

