

PLANTIFUL

# THIS WEEK'S MENU

## PLANT-BASED/VEGAN

### MONDAY

- MEAL** Khua Khling Mushroom Quinoa  
(Thai Yellow Curry Quinoa)
- MEAL** Hummus Tempeh Flaxseed Wrap
- SIDE** Cauliflower Soup
- JUICE** Detox Greens

### TUESDAY

- MEAL** Mushroom Quinoa Penne with  
Cashew Pesto Sauce
- MEAL** Omnipork Hamburg and Vegetable  
Stew with Brown Rice
- SIDE** Quinoa Muffins & Goji Spread
- JUICE** Immune Booster

### WEDNESDAY

- MEAL** Beetroot Black Bean Burger  
with Baby Spinach Salad
- MEAL** Cacio e Pepe Kelp Noodle
- SIDE** Banana Bread with Coconut Cream
- JUICE** Digestive Aid

### THURSDAY

- MEAL** Baked Cabbage Rolls with Classic  
Marinara Sauce
- MEAL** Mushroom Bourguignon and  
Cauliflower-Potato Mashed
- SIDE** Fresh Fruits
- JUICE** Beetroot Juice

### FRIDAY

- MEAL** Turmeric Kale Fried Rice with  
Grilled Tempeh
- MEAL** Lemongrass Miso Soba Noodle  
Soup
- SIDE** Sweet Ginkgo Ginger Soup
- JUICE** Celery Juice

### DAILY DELIVERY BOX:

- 2 meals
- 1 side dish
- 1 cold-pressed juice
- 1 detoxifying tea sachet

FREE DELIVERY IN BANGKOK BCD ZONE  
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