



Little Erth Plan

VEGAN

Sunday

- Zesty Spaghetti with a side of Sun-dried Tomatoes
(raw - contains nuts)
- Raw Carrot Cake
- Mloukhiyeh *(a dark leafy vegetable stew served with brown rice)* *(contains nuts)*

Tuesday

- Tabbouleh Twist with Lentil Celery Soup
- Banana Ice-cream Cake
(contains nuts)
- Veggie Tofu Bowl
(contains nuts)

Thursday

- Pea Mint Soup with Summer Rolls
(contains nuts)
- Nibble Box *(cut up veggies with beetroot hummus dip)*
- Butternut Squash Stew served with Quinoa

Monday

- Yoga Bowl served with Carrot Mint Soup
- Chia Pudding with Fruits
(raw - contain nuts)
- Truffle Mushroom Risotto
(contains nuts)

Wednesday

- Zucchini Marinara with Vegan Meatballs
(contains nuts)
- Matcha Muse
(contains nuts)
- Stuffed Cabbage with side Fattoush

Week 1

**TO REGISTER, CALL
055-354-1667**