



Autumn

Sample Plant based Ayurvedic – Lacto Menu | Developed by Nutritionist, Katy Cox

Day 1 Welcome Drink & Snack

Blue pea flower elixir with lemongrass and raw honey
Quinoa, carob and cardamom cookies

Day 1 Dinner

Cream of carrot and ginger soup with tamari glazed pumpkin seeds
Slow baked butternut squash topped with a herbed wild rice pilaf, golden raisins, toasted pistachio and served with a smoked paprika and cannellini bean pesto
Black sesame truffles with white chocolate

Day 2 Breakfast

Multigrain (millet, oat, teff) porridge with cinnamon topped with cooked apricots and cranberries and a sprinkling of sweet spiced sunflower seeds

or

Buckwheat pancakes with slow baked tomato compote and warm fresh herbed goat's curd

Almond milk chai

Gluten free toast and avocado

Day 2 Drink & Snack

Hibiscus spritzer
Sea salt and cumin dry roasted chickpeas

Day 2 Lunch

Beauty Bowl



Buckwheat, roasted beetroot, pumpkin, courgette, sweet peppers, avocado, lightly cooked sprouted lentils, crispy kale and hempseed - herb dressing

Mini raw black cherry, vanilla and cashew cheese cake

Day 2 Drink & Snack

Ginger and lemon infusion
Raw crackers with olive tapenade and micro sprouts

Day 2 Dinner

Minted pea and courgette soup with dill sour cream

Oven roasted cauliflower steaks served with saffron infused cashew cream, on a bed of sugars snaps and brown rice – side of lightly dressed baby leaves

Golden milk pudding

Day 3 Breakfast

Mung bean porridge with coconut milk, raisins and almonds topped with toasted coconut flakes and banana

or

Chia pudding with berry compote and fresh mint

Almond milk chai

Gluten free toast and avocado

Day 3 Drink & Snack

Alkaline green juice
Dehydrated fruit and vegetable crisps

Day 3 Lunch



Warm Lakshmi Bowl

Pearl barley and lentil kitchari with slow roasted root vegetables, steamed seasonal greens and cucumber – pink peppercorn raita

Baked plum with a coconut macaroon topping and spiced yoghurt

Day 3 Drink & Snack

Vanilla rooibos chai

Superfood power balls with ashwagandha and medicinal mushrooms

Day 3 Dinner

Black bean soup

(V) Brown rice sushi platter

Wasabi-Sesame dressed seaweed salad

Miso baked eggplant with toasted sesame sticks

Matcha truffles

Day 4 Breakfast

Chai spiced apple and oat pots with toasted nut crumble and fresh blackberries

or

Scrambled tofu burritos with sautéed chard, avocado and warm tomato salsa

Almond milk chai

Gluten free toast and avocado