



WHAT YOU'LL GET?

Healthy delicious and satiating
lunch + sweet snack that will
nourish you with goodness
during your busy day

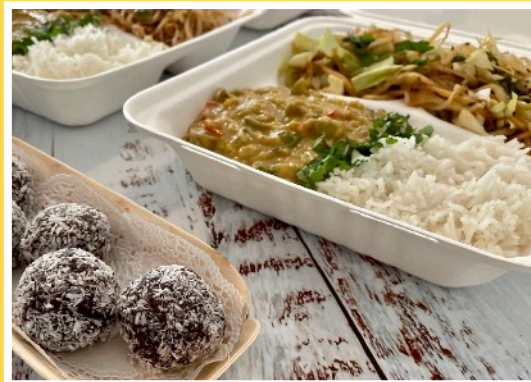
HOW IT GOES?

Please contact me for more
details...

*Deliveries are possible in P.Berg & Mitte



HEALTHY LUNCH BOX



Vegan Balanced Meals
With No Oil or Sugar
that will keep you fresh and
awake for the rest of your day!

SUNSHINE IN A BOWL
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PLANT-BASED DELICIOUS MEALS



#Sunshine_In_A_Bowl

Watch an example menu on
the next page





All the dishes are sugar & oil free and 100% plant-based.

Green

The lunch box is packed using recyclable and sustainable materials

Nutrient Packed

Every meal contains all food groups from quality plant-based ingredients

Simple

Home made food straight from my heart to your plate

EXAMPLE MENU

TUESDAY:

Main: **African Peanuts & Pinto Beans Stew**

with potatoes, tomatoes sauce and seasonal vegetables

Side: **Leafy Salad**

lettuce and cucumbers in spicy tahini & coriander dressing topped with roasted brazil-nuts

Snack: **Cacao & Dates Energy Balls**

Coated with coconut cacao (contains nuts)

WEDNESDAY:

Main: **Roasted Beetroots, Onions & Potatoes**

with balsamic braised greens, along with chickpea and steamed greens

Side: **Zoodle Salad**

zucchini stripes with tomatoes and fresh basil in balsamic dressing

Snack: **Granola & Peanut-Butter Cookies**

with banana and chia seeds

THURSDAY:

Main: **Pumpkin Curry**

with yellow mung-beans, and seasonal vegetables along with cooked wheat, topped with fresh coriander

Side: **Red Cabbage & Carrots Slaw**

crunchy salad with parsley and roasted sesame seeds

Snack: **Chia & Oats Pudding**

with fresh fruit, nuts & seeds

FRIDAY:

Main: **Mediterranean Green Mung-Beans Stew**

with seasonal veggies along with steamed white rice

Side: **Roasted Pumpkin**

spiced with cumin & coriander

Snack: **Chocolate Brownies**

with almond-butter & hazelnuts



Leafy Salad



African Peanut & Beans Stew



Granola & Peanut-Butter Cookies



Zoodle Salad



Chia & Oats Pudding



Curry & Wheat



Tapioca Pudding



Roasted Veggies