



## 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

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#### 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

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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

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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