

Cleanse & restore - 3 day plan

Our cleanse & restore meal plan will show you how delicious & filling a plant based diet can be as well as how much variety you can enjoy without meat or dairy.

Taste aside, what's truly remarkable is the health benefits that many people experience even after just 1 week of following a plant based diet. Many who have done this plan have experienced; more energy, weight loss, brighter skin, better sleep, increased motivation, more regular bowel movements and healthier stools...too much info?

We've worked with a registered nutritionist to carefully consider the ingredients of all our meals & snacks and ensure you are getting the right balance of macronutrients as well as a wide range of vitamins & minerals to really make your body feel at its best.

This plan aims to help you to break bad habits and motivate you to make positive changes towards a healthy, sustainable lifestyle. It is not about depriving yourself, it's about fuelling yourself with goodness.



DAY 1 - BREAKFAST

Almond & walnut granola



A healthy balance of oats, seeds, nuts & fruit will ensure you’re getting a good balance of nutrients in your first meal of the day. Baked in a sweet blend of cinnamon & orange juice theres a subtle zesty charge to this crunchy granola to kick start your morning.

Enjoy with a serving of mixed berry compote (included) & a splash / spoonful of your favourite plant based milk or yoghurt.

COOKING GUIDELINES:

Defrost mixed berry compote in the fridge for 24hrs. Spoon on top of granola and serve with plant-based milk or yoghurt of your choice.

INGREDIENTS: Oats (may contain **gluten**), raisins, pumpkin seeds, coconut chips, **almond flakes**, **walnuts**, coconut oil, coconut sugar, orange, cinnamon, apple, blackberry, strawberry, raspberry.

NUTRITIONAL INFO	per portion (120g)
kcal	1,637kJ / 390kcal
fat	15g
carbs	52g
protein	9g

DAY 1 - LUNCH

Chunky autumn veg soup



There’s so much veggie goodness in this chunky autumn veg soup. A very traditional mix of veg including; swede, squash, carrot & tomato, makes for a very comforting dish. Paired with a unique yet subtle combination of spices this dish is far from boring. Low in calories but high in protein it is a great midday meal that will energise you without leaving you feeling heavy or sluggish.

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way and allow to stand for 1 min before serving.

INGREDIENTS: Butternut squash, swede, white potato, chopped tomatoes, chickpeas, carrots, onion, **celery**, ginger, garlic, coriander, smoked paprika, ground coriander, **vegetable boullion** (salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder (2%), carrots (1.5%), herbs (parsley, tarragon), spices (**celery** seeds, garlic, turmeric, pepper, parsley roots), tomato powder (0.9%), red pepper (0.2%), caramel syrup, flavourings (contain **celery**), leek, maltodextrin, dextrose), cumin, cinnamon.

NUTRITIONAL INFO	per portion (400g)
kcal	853kJ / 202kcal
fat	2g
carbs	36g
protein	7g

DAY 1 - DINNER

Coconut dhal



The base of brown lentils and coconut milk give this dish a lovely thick creamy texture and make it high in protein & fibre.

The cherry tomatoes provide a juicy bite whilst also super charging the dish with antioxidants

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way and allow to stand for 1 min before serving.

INGREDIENTS: Chopped tomatoes, coconut milk, brown lentils, cherry tomatoes, onions, ginger, garlic, coriander, cumin seeds, coriander seeds, turmeric, olive oil, salt, cayenne pepper.

NUTRITIONAL INFO	per portion (400g)
kcal	2,018kJ / 481kcal
fat	19g
carbs	57g
protein	23g

DAY 2 - BREAKFAST

Peanut butter & raspberry bircher



This breakfast will really set you up for the day. With an oaty base it's full of fibre to keep you full up for longer and slow the energy release of the sugars from the fruit. You will also get a healthy dose of protein from the peanut butter to get you pumped and ready to take on what the day has in store.

This breakfast is so creamy it's hard to believe it doesn't contain any dairy.

COOKING GUIDELINES:

Peel back the film and fill to the brim with water, mix the water through the oat layer. Leave for 1hr at room temp or overnight in the fridge. Transfer to a bowl & mix thoroughly, breaking up the peanut butter base and mixing through. Enjoy.

INGREDIENTS: Oats (may contain **gluten**), banana, raspberries, **peanut butter**, coconut milk powder, coconut sugar.

NUTRITIONAL INFO	per portion (250g)
kJ / kcal	2,073kJ / 484kcal
fat	14g
carbs	75g
protein	12g

DAY 2- LUNCH

Sweetcorn chowder



With a base of onions, garlic & beans, the sweetness of the corn is well balanced. Blended with coconut milk it makes for a lovely creamy, filling chowder.

Did you know sweetcorn contains vitamin C & B as well as antioxidants that are good for your eye health...bonus!

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way and allow to stand for 1 min before serving.

INGREDIENTS: Sweetcorn, cannellini beans, coconut milk, onions, garlic, olive oil, vegetable bouillon (Salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder (2%), carrots (1.5%), herbs (parsley, tarragon), spices (**celery** seeds, garlic, turmeric, pepper, parsley roots), tomato powder (0.9%), red pepper (0.2%), caramel syrup, flavourings (contain **celery**), leek, maltodextrin, dextrose), lemon juice, chilli flakes.

NUTRITIONAL INFO	per portion (400g)
kJ / kcal	1,570kJ / 376kcal
fat	19g
carbs	31g
protein	13g

DAY 2 - DINNER

'Meat'ball marinara



The meatiest tasting plant-based balls around! Made with black beans, brown rice, onions & sun dried tomatoes these lightly spiced 'meat'balls are delicious & filling.

Cooked in a rich tomato marinara sauce full of antioxidants.

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way and allow to stand for 1 min before serving. Serve with courgetti, fresh spinach or steamed greens.

INGREDIENTS: Black beans, brown rice, chopped tomatoes, onion, sundried tomatoes (Sunflower Oil, Rehydrated Sundried Tomatoes, Extra Virgin Olive Oil (2%), Salt, Sugar, Acidity Regulators (Citric Acid, Lactic Acid), Garlic Paste, Oregano, Antioxidant (Ascorbic Acid), Black Pepper.), garlic, tomato puree, oregano, basil, chilli powder, salt, pepper.

NUTRITIONAL INFO	per portion (380g)
kJ / kcal	934kJ / 222kcal
fat	5g
carbs	33g
protein	8g

DAY 3 - BREAKFAST

Immune boosting porridge



Oats are reported to help reduce bad cholesterol & blood sugar levels...what better way to start the day.

The sweetness of the dates combined with the nutty flavours of the pecans & almonds makes this porridge a caramel dream.

The rich yellow colour comes from the turmeric. As well as being a lovely vibrant colour, turmeric is an anti-inflammatory & great for the immune system.

COOKING GUIDELINES:

Place in microwaveable bowl with 275ml water. Micro for 3 mins, stir well. If it has reached your desired consistency leave to sit for 1 min then enjoy, If you want it thicker micro for 1 min longer, if you want it runnier add a splash of plant based milk.

INGREDIENTS: Oats (may contain **gluten**), dates, **pecans**, **almonds**, **almond flour**, turmeric, cinnamon.

NUTRITIONAL INFO	per portion (100g)
kcal	2,287kJ / 544kcal
fat	19g
carbs	83g
protein	12g

DAY 3 - LUNCH

Chilli bean soup



Low in fat but high in protein from the mix of beans, this is a hearty, filling soup. It packs a punch with a hit of chilli, but balanced with the sweetness of the corn and red peppers don't worry it shouldn't leave you with the chilli sweats at your desk!

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way & allow to stand for 1 min before serving.

INGREDIENTS: Chopped tomatoes, kidney beans, black beans, black-eyed beans, red pepper, sweetcorn, red onion, garlic, tomato puree, lime juice, **vegetable boullion** (salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder (2%), carrots (1.5%), herbs (parsley, tarragon), spices (**celery** seeds, garlic, turmeric, pepper, parsley roots), tomato powder (0.9%), red pepper (0.2%), caramel syrup, flavourings (contain **celery**), leek, maltodextrin, dextrose), chilli powder, cumin, oregano, paprika, coconut sugar.

NUTRITIONAL INFO	per portion (400g)
kcal	1,164kJ / 277kcal
fat	3g
carbs	38g
protein	16g

DAY 3 - DINNER

Shepherdess pie



A delicious blend of green lentils, chickpeas, carrots, onion, celery & sun dried tomatoes provides a filling and hearty base that is rich in protein, iron & antioxidants.

Accompanied with a creamy sweet potato & baby potato mash this is comfort food at its best *and* most nourishing.

COOKING GUIDELINES:

Microwave on full power for 5 mins / 8 mins from chilled / frozen, until piping hot. Stir half way and allow to stand for 1 min before serving.

INGREDIENTS: White potato, sweet potato, mushrooms, chickpeas, green lentils, carrots, onions, **celery**, garlic, **balsamic vinegar** (Wine Vinegar (**Sulphites**), Cooked Grape Must (**Sulphites**), olive oil, coriander seeds, thyme, **vegetable boullion** (salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder (2%), carrots (1.5%), herbs (parsley, tarragon), spices (**celery** seeds, garlic, turmeric, pepper, parsley roots), tomato powder (0.9%), red pepper (0.2%), caramel syrup, flavourings (contain **celery**), leek, maltodextrin, dextrose).

NUTRITIONAL INFO	per portion (400g)
kcal	1,956kJ / 464kcal
fat	7g
carbs	84g
protein	15g

SAVOURY SNACKS



**Trail mix
(nuts, seeds,
dried fruit)**



Hot chilli peanuts



**Tropical mix
(mango, banana &
coconut chips)**

A pre-portioned snack of nuts, seeds, or dried fruit is included in the plan every day. Portioned in snack sized bags they are easy to enjoy on the go so you can have a nibble whenever you need a little extra fuel.

	Trail mix (40g)	Hot chilli peanuts (40g)	Tropical mix (30g)
kJ / kcal	773kJ / 185kcal	1004kJ / 242kcal	477kJ / 161kcal
fat	11g	19g	10g
carbs	18g	6g	15g
protein	5g	10g	1g

ENERGY BITES

Now bars not balls, equally delicious, easier to handle and a little bit bigger :-D



Carrot cake



Cacao & coconut



Hazelnut & raisin

We also include a different delicious energy bar each day for when you need a little energy boost. All of our bars are made with natural sugars, combined with a source of protein and fibre to provide a slower release of energy, therefore avoiding the sugar rush and crash that are often experienced with refined sugar products.

	Carrot cake (40g)	Cacao coconut (40g)	Hazelnut & raisin (40g)
kJ / kcal	1265kJ / 308kcal	941kJ / 224kcal	966kJ / 231kcal
fat	24g	11g	11g
carbs	20g	26g	28g
protein	4g	4g	4g

TEA

It's easy to become dependent on caffeine without even realising. Your cup of coffee in the morning might be second nature to you, but what happens if you cut it out? How do you feel?

If you have developed a dependancy on caffeine chances are you won't feel great if you suddenly cut it out. So it tends to be more effective to reduce your intake slowly rather than go cold turkey. This also means you're more likely to make a sustainable change.

We spent some time speaking with the experts at [Eteaket](#) and drinking tea to put together a combination of teas to help manage your energy levels throughout the day. Three loose leaf teas are included each day, these aim to help you become more mindful of the amount of caffeine that you consume and help instil positive habits.

Green tea (morning); contains much less caffeine than coffee. It also contains amino acids that works with caffeine to improve brain function - so a great way to start the day.

Chai tea (afternoon); helps improve digestion, so a great afternoon tea. Again it does contain caffeine, but much less than coffee, so it will help to curb any caffeine withdrawal symptoms. Avoid drinking straight after a meal as caffeine inhibits absorption of iron.

Peppermint tea (before bed); helps promote good sleep as it acts as a muscle relaxant. It is also an appetite suppressant so great for weight loss.



HYDRATION

When you first wake up, you are likely to be slightly dehydrated as you've just spent the last 6-8 hours sleeping, therefore not hydrating. A great habit to get into is to have a glass of water on waking. It's a really easy way to get the day off to a healthy start.

WHY?

Your mood, concentration and energy levels can all be affected, even by mild dehydration. Keeping hydrated can make you feel happier, better able to concentrate and more energised.

It is important that you drink 1l of water throughout the course of every day to keep you hydrated (in addition to the teas detailed in the plan). It's common to think you're hungry but your body might just be asking for water.

BUT WATER IS SO BORING...

Experiment with tasty infusions using fruits, vegetables and herbs: lemon, lime, orange, strawberry, apple, cucumber, mint, rosemary, ginger. A good opportunity to get a few extra nutrients into your diet too!



STORAGE, USAGE & RE-USING/ RECYCLING

Everything will be delivered frozen apart from the porridges, granola, savoury snacks & teas. Your box will be packed with ice packs and thermo wrapped to keep everything cold. When you receive your box, unpack the meals & snacks that you will eat within 3 days into the fridge and everything else into the freezer. All meals can be stored in the freezer for up to 3 months. Meals will take approx. 24hrs to defrost so take them out of the freezer a day before you plan to eat them and then use within 48 hrs from defrosting. All of the meals can either be defrosted and heated from chilled or heated direct from frozen. Refer to individual cooking guidelines for each meal.

The trays that all of the meals are packaged in are biodegradable and can be discarded with food waste, unfortunately the film needs to be disposed of with general waste. The outer cardboard box is also fully recyclable. But if you can find a secondary use before you recycle then please do. If you live in Edinburgh, please return the outer packaging for re-use if you can, get in touch with us at hello@newnorm.co.uk to arrange where/when to drop off/ collect.





NUTRITIONAL INFO

All of our meals are nutritionally balanced to help you fuel your body with a healthy balance of proteins, fats and carbs as well as all the wonderful vitamins & minerals that all of our lovely fresh plant based ingredients are packed full of. We've worked with a registered nutritionist to make sure each meal is well balanced individually and throughout the day / week.

Overall plant-based foods tend to be naturally low in calories, so you will probably be consuming slightly less than your recommended daily amount each day. Your recommended daily amount of calories depends on your weight and level of activity. So if you are particularly active or you feel like you need it serve the main meals with brown rice, courgetti, side salad etc., serving suggestions are provided in the footnotes for each meal.

Snacks are included in the plan, but if you feel particularly hungry or are training then supplement these with fresh fruit, veg or nuts throughout the day. This is not about depriving yourself, it is about fuelling yourself with whole foods that nourish you from the inside out.





Experiencing some of the benefits of following a plant-based diet often motivates people to integrate more of the principles of a whole food plant-based diet into their on-going lifestyle. For some these are small changes and it might just be cutting down the amount of meat and dairy products you eat. For others it's a more drastic lifestyle shift, the important thing is to do what works for you so it's sustainable. Sustainable for you and for the planet.

I would love to hear more about where you are on your journey and if / how our meal plans have played a part in that journey.

Please don't be shy, I'd love to chat:

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Look forward to hearing from you,
Norma x

