



**garden
of vegan.**

— ◆ **The NDIS Handbook** ◆ —

Australia's healthiest prepared meals, delivered to your door.

Are you a Plan Managed or Self Managed

NDIS PARTICIPANT?

You can be enjoying Australia's Healthiest Meals every day of the week, delivered fresh, straight to your door!

Garden Of Vegan is a non-registered NDIS provider, and can provide our meals to eligible participants who have a 'Self Managed' plan, or are 'Plan Managed'. Please note; For 'Agency Managed' (NDIA) participants, you will be unable to order through Garden Of Vegan at this stage. We are currently working through the process to become a registered provider for NDIA participants.

Please ensure you are eligible to be covered for the cost of meal preparation and delivery under your NDIS plan. If you are unsure if you are covered for meal preparation under your plan, please speak to your Plan Manager or Support Coordinator first.

Your 'out-of-pocket' expense is for the cost of the ingredients used in the meal we cook for you. Please see the following pages to view our delicious menu, and your out-of-pocket "food cost" for each meal. Please note: We continually change the meals on our menu to keep things fresh and interesting, and to follow the seasons with different fresh produce.



The Garden of Vegan DIFFERENCE

So why do we consider ourselves Australia's Healthiest meals? We do things differently on purpose. We truly care about our health, your health and the health of the planet.

We are free from oil, gluten and refined sugar.

We only source the finest quality certified organic produce, free from dangerous herbicides, pesticides and chemicals.

We don't use any preservatives, emulsifiers, stabilisers, un-natural flavouring enhancers, gums etc.

We support small family run local Australian businesses.



Mains



Afrikaan Peanut Stew

Loaded with deliciously creamy, traditional African flavours, this dish has strong tones of ginger, paprika, pepper and lemon travelling on a rich tomato and peanut broth.

~~Retail Price: \$14.95~~
Your Out-Of-Pocket Price: \$3.30



Red Lentil Dahl

This Indian classic is a hugely popular dish, not only is it loaded with health benefits and medicinal properties, it also tastes amazing! This meal will be enjoyed by your taste buds and loved by your body!

~~Retail Price: \$14.95~~
Your Out-Of-Pocket Price: \$3.30



Chilli Non Carne

Beans, hot chilli, corn & spices; this dish is an American classic with the Garden of Vegan twist. Our Chilli NON Carne like all our meals is 100% certified organic, cruelty free, WFPB & utterly delicious.

~~Retail Price: \$14.95~~
Your Out-Of-Pocket Price: \$3.30



Rosemary Lentil Mushroom Stew

Rich and flavour and all the good stuff to keep you happy and satisfied for hours! potato crust baked to golden perfection.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Potato Bake

Layers of baked potato and sweet potato are infused with classic herbs and the strong aroma of garlic, we are sure this creamy dish is going to rival our Shepherds pie as our best seller.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Caraway Lentil Curry

This dish has a ton of flavour packed into one low fat, high fibre bowl of delicious. Sweet potato and lentils cooked in caraway, cumin, ginger & garlic form the base of this robust curry.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Mac n' Cheese

Our Mac N' Cheese originally came from our mystery meal menu. We got so much good feedback from you guys that we were left with no choice but to add it to our menu STRAIGHT AWAY.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Pad Thai Stirfry

A fresh Thai salad for brunch, lunch or dinner, packed full of nutrient rich vegetables from all of the colours of the rainbow. This zesty, nutty and fresh dish is accompanied with lean organic sweet potato noodles.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Mexican Burrito Bowl

Rich Mexican flavours with spicy black beans, a tomato & herb salsa and sauteed veggies. Holy guacamole! This dish is filling, nutritious & oh so delicious.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30

Mains



Black Bean Noodle Salad

This noodle salad is packed full of vitamins and enzymes. Also a great choice in the cooler months when heated, boasting anti-inflammatory and immune boosting ingredients.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Creamy Pumpkin & Herb Pasta

Golden pumpkin, blended to a perfect smooth cream infused with herbs & lightly seasoned.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Pumpkin Korma

This fragrant Indian dish is based off a thick, creamy golden coconut sauce, roasted and marinated cauliflower along with slow cooked pumpkin.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Red Tahini Curry

Packed full of flavour, spices & organic wholefoods. The chickpeas are slow cooked for enhanced flavour and better digestion, coated in a tasty, spiced tomato sauce.

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Chilli Cashew Stirfry

The all in one sweet, savory and spicy sauce is bursting with flavour. Not to mention the seasonal vegetable in abundance and from the rainbow!

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30



Creamy Alfredo

Suffused with garlic, parsley & sage this comforting, creamy pasta dish is high in protein, dietary fibre and iron, making it a wholesome choice for any meal.

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30



Mushroom Arancini Bolognese

Rich tomato bolognese sauce accompanied with hand rolled mushroom arancini balls that taste oh so delicious!

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30



Shepherd's Pie

The classic Shepherd's Pie, a rich, herbed tomato gravy, slow cooked lentils, garlic mushrooms, and hearty vegetables, topped with a 'cheesy' potato crust baked to golden perfection.

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30



Satay Tofu Stirfry

Packed full of fresh seasonal veggies, this dish brings a whopping 26 grams of protein and plenty of healthy fats too! We accompany this one with medicinal turmeric infused brown rice & quinoa.

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30

Mains



The 'Buddha Bowl'

Fresh vegetables, Oven roasted Turmeric Chickpeas, Caramelised Baked Pumpkin, Steamed Quinoa, Pickled mixed Vegetables all topped with a Tahini and Lemon dressing... Seriously what more could you want?

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30



Jungle Curry

The organic tofu is bursting with flavours, soaking up the subtle essence of lemongrass and surprising tamarind extract to leave your taste buds tantalised.

~~Retail Price: \$19.95~~
Your Out-Of-Pocket Price: \$3.30

Breakfasts



Nourish Breakfast Bowl

Creamy herb potato mash, garlic mushrooms, roasted tomatoes, sautéed greens, what more could you ask for?

~~Retail Price: \$16.95~~
Your Out-Of-Pocket Price: \$3.30



Golden Breakfast

Medicinal turmeric and warming cinnamon infused buckwheat pudding served with organic maple roasted bananas, slivered almonds and beetroot vanilla cashew cream.

~~Retail Price: \$17.95~~
Your Out-Of-Pocket Price: \$3.30

Soups



'Cheesy' Broccoli Soup

A slow cooked puree of Broccoli, cooked with a base of leeks, garlic, thyme, onion. Nutritional yeast and roasted cashews thicken this soup into a delicious, filling winter warming meal.

~~Retail Price: \$10.95~~
Your Out-Of-Pocket Price: \$2.20



Roasted Pumpkin Soup

Rich in antioxidants to help boost your immune system! It's also a great source of protein, iron, calcium, vitamin C, Vitamin E, beta-carotene and much more!

~~Retail Price: \$10.95~~
Your Out-Of-Pocket Price: \$2.20



Medicinal Turmeric Vegetable Soup

This is sure to be a favourite! Take care of your gut, keep yourself healthy and enjoy every bite with this medical, hearty and tasty soup!

~~Retail Price: \$12.95~~
Your Out-Of-Pocket Price: \$2.20



Curried Veggie Pack

Seasonal vegetables in a light coconut curry sauce. Mildly spiced and full of flavour this side dish is the perfect starting point to any family dinner, (or you might end up eating it on it's own ;)

~~Retail Price: \$10.95~~

Your Out-Of-Pocket Price: \$2.20



Potato Mash Energy Pack

This creamy Potato Mash Energy Pack, suffused with medicinal garlic, chives and parsley, finished with Celtic Sea salt and a dash of black pepper.

~~Retail Price: \$10.95~~

Your Out-Of-Pocket Price: \$2.20



Mexican Beans Protein Pack

A mix of borlotti, pinto and black beans, slow cooked in a rich tomato sauce, with chilli, paprika, coriander, lime and red onion, this is authentic flavour straight to your door.

~~Retail Price: \$12.95~~

Your Out-Of-Pocket Price: \$2.20



Vitality Veggie Pack

Packed full of nutrients and colour our rainbow vegetable mix. Our certified organic vegetables are sourced from local Australian farmers, are lightly steamed and served with lime and sesame.

~~Retail Price: \$10.95~~

Your Out-Of-Pocket Price: \$2.20



Teriyaki Tofu Protein Pack

Our delicious Teriyaki Tofu Protein Pack will keep you fuelled and replenished throughout the day, and much more!

~~Retail Price: \$10.95~~

Your Out-Of-Pocket Price: \$2.20



Satay Tofu Protein Pack

Tofu coated in rich satay sauce made from blended peanuts with lime, chilli and garlic. This side dish is the perfect protein addition to your meal or to share with the family!

~~Retail Price: \$12.95~~

Your Out-Of-Pocket Price: \$2.20

HOW DO I GET STARTED?

Once you are ready to place your first order, just follow the steps below...

1. Go to www.gardenofvegan.com.au
2. Press "Order Now"
3. Choose the meals you fancy (enough for a week - breakfasts, lunches, dinners and snacks)
4. Press "Checkout".
5. Create your "Account", and make sure you select the "NDIS Eligible" tick box.
6. Enter your details and follow the prompts to finalise your order!

QUALITY ASSURED

We only use premium filtered water from our custom designed water filtration system for all cooking, prepping and cleaning.

Our current packaging is 100% recyclable. Trust that we are working hard on finding innovative technologies, moving towards plastic free or more environmentally friendly solutions.

All meals are Fresh not Frozen.

Our menu is designed with the help of leading health professionals using the latest science around health and a wholefood plant-based diet.

We donate our food scraps to local animal sanctuaries.

We educate on and advocate all things health and wellbeing for us as humans and for the sustainability of the planet.

"We are deeply aware of how important it is to support our planet so that our future generations can thrive" - CO-FOUNDER MEL PHILLIPS





WHY ORGANIC?

Organic food is grown without the use of synthetic chemicals, such as human-made pesticides and fertilizers, and does not contain genetically modified organisms (GMOs).

Eating organically is better for your health, and better for the environment. Here is some great reasons why;

1. Bees! - Bees are so important, that without them, we would have global mass extinction. Bee numbers around the world have massively declined in recent times, and pesticide use is believed to be the main reason why. In fact, in some countries like America, pesticide use is so prolific that they have to constantly import more bee colonies, from countries like Australia, just to pollinate their crops. This turns out be in most cases, a suicide mission, immediately killing the bee colony in the process because the crops are so heavily laced with pesticides.

2. Ocean dead zones! - Fertiliser run-off ends up in our waterways and causes eutrophication in our rivers and coastlines. This contributes to dead zones in our marine ecosystems. Fertiliser run-off is one of the major factors contributing to the destruction of the Great Barrier Reef.

3. Nutrients in your Veggies! - Agrochemical residue on your food is certainly not good for you. Simply washing this off is a good start, but the main factor we need to worry about is nutrient absorption. The impact pesticides, herbicides and fertilisers have on the soil is irrefutable. The microbiota that lives in the soil is responsible for assisting the plant at absorbing minerals. It's not dissimilar to the way your gut biota works. The agrochemicals sprayed on plants destroy this microbiota. A meta-analysis of 343 peer reviewed studies show a significant difference between the composition of organic and non-organically grown produce. It showed that antioxidants and polyphenols were substantially higher in organic food. Many of these compounds are linked to a reduced risk of chronic diseases, including CVD and neurodegenerative diseases and certain cancers.

THINGS TO KNOW!

Check if we deliver to your postcode...

When you get to www.gardenofvegan.com.au, in the middle of the screen, enter your postcode and a message will pop up confirming we can get to you.

When setting up your Account...

When you create your account for the first time, make sure you select the 'NDIS Eligible' tick box. Once selected it will ask you for two pieces of information; your NDIS ID number, and your Plan Manager's email address. In the 'Plan Manager Email' box, please enter the email address of where you want a copy of your tax invoice to go.

Weekly deliveries...

We deliver once a week and your delivery day changes depending on where you live. When you check your postcode, as mentioned above, it will let you know when your next delivery day is.

Cut-off day for making an order...

All orders need to be submitted and paid in full, 7 days prior to your delivery day. From your selections, we collect the fresh produce we need to make your delicious meals. Your order needs to be paid in full, prior to the cut-off date, to be on the next delivery. This can be affected depending on your checkout method.

At checkout...

As an NDIS participant, there are two options for you at the checkout screen;

1. You can pay for the full amount at checkout (recommended). Both you and your NDIS Plan Manager will receive a detailed tax receipt, so you can be reimbursed directly for the preparation and delivery costs. You are able to set up a weekly recurring order if you choose this option.

2. You pay for the "food-cost" only component at checkout. A detailed tax invoice is sent to both you and your nominated NDIS email, however the balance of the payment will need to be paid in full by NDIS before your order is added to our cook run. Please note; due to delays in payments made by different Plan Managers, we cannot guarantee when your meal box will arrive if you choose this option. When the balance is paid, you will be added to our next weekly cook run. As such, you will not be able to start a weekly recurring order if you choose this option.

By paying up front, you can still claim the preparation and delivery costs back from NDIS, subject to your eligibility. However, you can rest assured you will have a constant weekly supply of meals delivered to your door without the stress of wondering if your Plan Manager has made their co-payment.

The invoicing...

A tax invoice is automatically emailed to you whenever you make an order. This invoice shows an itemised breakdown of the 'food cost', the 'preparation cost', and the 'delivery cost' components. The invoice is sent to you, and a copy is sent to the email address of your Plan Manager.

If you are Self Managed, you will need to submit this tax invoice when lodging your claim. If you are Plan Managed, please check to ensure your Plan Manager has received their copy



"LET FOOD BE THY MEDICINE"

~ HIPPOCRATES

Garden of Vegan was started by four humble Aussie blokes, united by their dedication for health, love for animals and their passion for great food.

Co-Founder Damien Turner.

"At Garden of Vegan we truly care about people, purpose and planet with a passion."

Co-Founder & Head Chef Druen Dorn.

"Our mission is to make it easy for individuals and their families to engage with trusted healthy food choices, and feel supported in the process whilst helping to contribute to a more sustainable world."

Co-Founder Benny Walker.

"We want to ensure we are doing our part to educate and support Australians in achieving a higher quality of life, free from disease and illness."

Co-Founder Gareth Sharples.

"Research has shown that a wholefood plant-based diet is the one diet proven to help reverse, prevent and manage lifestyle diseases and illnesses such as type II Diabetes, Heart Disease, some cancers, auto-immune conditions and many more."



MADE WITH LOVE

Got a question?

Please get in touch by emailing
ndis@gardenofvegan.com.au

  wearegardenofvegan

www.gardenofvegan.com.au

