10 Days Gut Cleanse

1100 Calories • Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G

Day 1		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	**Sweet Kale Juice**	Kale, lemon, apple.
1pm	**Orange Turmeric Juice**	Orange, apple, lemon juice, black pepper,Aloevera.
3pm	**Butternut Carrot Juice**	Butternut carrot, beetroot, lemon, carrots,spinach, parsley, ginger, kale, apple.
5pm	**Young love Juice**	Pineapple, Berries, agave, Chia seeds.
7pm	**Carrot Coriander Soup**	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 2		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	**Mermaid Lemonade Probiotic Juice**	Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts.
1pm	**White Eyed Bean Stew Protein Bowl**	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
3pm	**Dynamo Juice + Tropical Kombucha**	Kale,spinach, celery, parsley, apple, lemon, dandelion greens. + Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	**Tofu and Spinach Soup**	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 3		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	**Chill Pill Probiotic Juice**	Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic.
1pm	**West African Peanut Stew Bowl**	beans, quinoa, Carrots. Lemon , peanuts , cilantro ,sweet potatoes, vegetable broth, lemons , quinoa , salt and pepper.
3pm	**Spinach Kale Juice + Golden Life Kombucha**	Spinach, kale. Cucumber, lemon . celery. parsley. + Golden Life Kombucha - to boost the intestinal health and aid in digestion.
7pm	**Miso Soup**	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock.

Day 4		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	**Boss Tonic Probiotics Juice**	Ginger, Turmeric, Lemon, Tangerine Oil , Coconut Nectar, Vegan Probiotic.
1pm	**Green Mung and Tempeh High Protein Bowl**	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
3pm	**Pure Green Juice + Cardamon Rose Kombucha**	Cucumber, Courgettes, fennel, lemon, spinach, parsley + Cardamon Rose Kombucha - to aid in digestion . Cardamom has antioxidant and diuretic property that may lower blood pressure.
7pm	**Cauliflower and turmeric soup**	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 5		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	**Mermaid Lemonade Probiotic Juice**	Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts.
1pm	**Tempeh Rendang Bowl**	tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
3pm	**Cucumber Celery Juice + Apple & Ginger Kombucha**	Cucumber, Celery, parsley, spinach. + Apple & Ginger Kombucha - to aid in digestion and enhance good gut microbiome
7pm	**Soothing Gut healing Soup**	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 6		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	**Chill Pill Probiotic Juice**	Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic.
1pm	**Tofu and Veggie Noodle Bowl**	Tofu and Veggie noodles , chickpeas, edamame, spinach with same sauce as Chilli sauce.
3pm	**Spinach Ginger Juice + Tropical Kombucha**	Spinach, cucumber, lemon, ginger, apple, Celery. + Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	**Turmeric and Lentil Soup**	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

Day 7		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	**Karma Ayurveda Juice (Added Holy basil and Neem)**	Chia seeds, Blue berries, pineapple, strawberies, Spinach, Pure Aloe Vera, Indian gooseberry.
1pm	**Bhakti Ayurveda Juice (Added Triphala)**	Cucumbers, Coconut water, lemon, Pure Aloe,Pineapple, mint,apple, Brain tonic.
3pm	**Dnyan Ayurveda Juice (Added Turmeric Limestone)**	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
5pm	**Vatta Ayurveda Juice (to balance the Vatta Dosha)**	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
7pm	**Courgette, Lemon, mint Soup**	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 8		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	**Boss Tonic Probiotics Juice**	Ginger, Turmeric, Lemon, Tangerine Oil , Coconut Nectar, Vegan Probiotic.
1pm	**Chickpea Shakshuka Bowl**	Chickpea Shakshuka Quinoa, Broccoli, Edamame.
3pm	**Braniac - Slender Green Juice + Golden Life Kombucha**	Spinach, Cucumber, Parsley, Lemon,Apple , Celery. + Golden Life Kombucha - to boost the intestinal health and aid in digestion.
7pm	**Hearty Cabbage soup**	Cabbage, carrots, white beans, onions, chilli powder, black pepper, roasted tomatoes.

Day 9		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	**Mermaid Lemonade Probiotic Juice**	Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts.
1pm	**Protein Peanut Noodles Bowl**	Peanut Noodles, with Tofu, Edamame, Tempeh , Bell Peppers and Carrots. Peanut sauce
3pm	**Sweet Kale Juice + Cardamon Rose Kombucha**	Apple ,Lemon, Ginger, Kale and Added Apple Cider. + Cardamon Rose Kombucha - to aid in digestion . Cardamom has antioxidant and diuretic property that may lower blood pressure.
7pm	**Healing Turmeric soup**	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper.

Day 10		Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G
9am	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	**Chill Pill Probiotic Juice**	Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic.
1pm	**Supercharged Satay**	Tofu ,Black Rice ,Edamame [Soybean] ,Cabbage ,Carrot ,Peanut Butter , Ginger ,Sesame Seeds
3pm	**Gravity - Soothe with added Apple Cider Juice + Apple & Ginger Kombucha**	Cucumbers, Mint, Lemon, Apple and Apple Cider. + Apple & Ginger Kombucha - to aid in digestion and enhance good gut microbiome
7pm	**Creamy Vegan Spinach Soup**	Spinach , Onion , Ginger , Potato , Almond Milk , Basil , Pepper .