

10-DAYS CORTISOL RESET PHASE STRUCTURE

Day 1

Low Glycemic Juices

9am	Braniac Green Juice	Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade Juice	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	Gravity Glow Juice	cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Juice	beet root, carrot, ginger, apple and lemon.
7pm	Cold Crusher Juice	Carrots, Orange, lemon, ginger, parsley.

Day 2

When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	Celery juice	Celery, lemon.
11am	Roasted Swede Soup	roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
1pm	Spinach Kale Juice	Spinach, kale, Lemon, celery, parsley.
3pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Beet a licious	Beets, carrots, cherries, lime, Filtered water. Ashwagandha.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 3

9am	High Protein Berry licious breakfast Smoothie - Collagen	Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen.
11am	Protein Bar + Dynamo Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Dynamo Juice - Kale, spinach, celery, parsley, apple, lemon, dandelion greens.
12pm	Super Charged Satay Bowl	Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds.
4pm	After Party Juice	Beet, Carrot, Lemon, Ginger, Apple.
6pm	Creamy Thai Soup with basil (vegetable + phytonutrient mix)	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.

Day 4		
9am	Berry Cheese Sunshine High Protein Smoothie - Collagen	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen.
11am	Protein Bar + Spinach Kale Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Spinach Kale Juice - Spinach, kale. Cucumber, lemon. celery. parsley.
12pm	Tempeh Rendang Bowl	Tempeh cooked in Rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers with Rendang sauce.
4pm	Master Cleanse Juice	Pineapple, Turmeric, Lemon, Pepper.
6pm	Romesco Soup with Chickpeas (legume + veg combo, good for satiety)	red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas.

Day 5		
9am	High Protein Carrot Cake smoothie - Collagen plus Plant Protein	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein.
11am	Protein Bar + Pure Green Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Pure Green Juice - Cucumber, Courgettes, fennel, lemon, spinach, parsley.
12pm	Super Charged Satay Bowl	Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds.
4pm	After Math Juice	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
6pm	Leek and Celery Soup (gut calming + electrolyte balance)	leeks, celery root, lemon, onions, olive oil.

Day 6		
9am	High Protein Mean Green Smoothie - Collagen	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), Collagen.
11am	Protein Bar + Spinach Ginger Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Spinach Ginger Juice - Spinach, cucumber, lemon, ginger, apple, Celery.
12pm	Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
4pm	Citrus 3 - bottle of juice	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral salts.
6pm	Cauliflower Potato Chowder (fiber + bitter veg)	cauliflower, onions, celery, curry powder, rosemary, black pepper, coconut milk, lemon.

Day 7		
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9am	High Protein Kale Smoothie - Plant Protein	kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein.
11am	Protein Bar + Sweet Kale Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Sweet Kale Juice - Apple, Lemon, Ginger, Kale and Added Apple Cider.
12pm	Green Mung and Tempeh High Protein Bowl	Sprouted Mung, Tempeh, Broccoli, Edamame and Carrots. Dressing - Lemon Tahini.
4pm	Braniac - Slender Green Juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
6pm	White-eyed Bean Stew (slow carbohydrate + resistant starch)	

Day 8

9am	High Protein Heavy Metal Detox Smoothie - Creatine, Plant Protein, Ashwagandha	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha.
11am	Protein Bar + Gravity - Soothe with added Apple Cider Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Gravity - Soothe with added Apple Cider Juice - Cucumbers, Mint, Lemon, Apple and Apple Cider.
12pm	Vegan Panang with added chickpeas and tempeh	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.
4pm	Boss Tonic Probiotics Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
6pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 9

9am	High Protein Banana Berry Bonfire Smoothie - Protein and Collagen	Strawberry Oatmeal Breakfast Smoothie - Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen.
11am	Protein Bar + Braniac - Slender Green Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Braniac - Slender Green Juice - Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
12pm	West African Peanut Stew Bowl	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
4pm	Orange Turmeric Juice	Orange, apple, lemon juice, black pepper, Aloe vera.
6pm	Carrot Coriander Soup (anti-inflammatory + fiber)	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 10

9am	High Protein Cheezy berry Bonanaza - High Fiber Smoothie - Protein and Collagen	vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery, Protein and Collagen.
11am	Protein Bar + Cucumber Celery Juice	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. + Cucumber Celery Juice - Cucumber, Celery, parsley, spinach.
12pm	Black Eyed Bean Stew Bowl	kimchi, edamame, spinach, Quinoa, Carrots, black eyed peas, tomato puree, fennel, onions, black pepper and rosemary with Stew sauce.
4pm	Afterparty Juice	beet root, carrot, ginger, apple and lemon.
6pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Before doing any plan with us, we will send you a questionnaire to check if the selected plan is right for you. Many times we need a thorough cleaning before we start any plan. Your selected plan may then be altered to a mix of a few plans or a completely different plan than what you chose. Please go ahead and order the plan; still, allow us to send you a questionnaire. If deliveries are delayed please eat something plant based.