

14 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
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:00am	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 Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	Millet and Quinoa Paella	saffron, olive oil, onion, minced, red bell pepper, smoked paprika, paprika, thyme, oregano, grain brown rice, quinoa, or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
3pm	Golden Life Kombucha	to boost the intestinal health and aid in digestion.
6pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 2		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Box of Walnuts and After Party Cold Pressed Juice	Beet, Carrot, Lemon, Ginger, Apple.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Kombucha	made with Tropical ingredients and live scoby.
6pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 3		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Tempeh Rendang Curry with almond bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.

Day 3		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
6pm	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
8:45am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9:00am	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	Milk Thistle - After Math	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
1pm	Superfood Kale and Walnut Salad	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
6pm	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
8:45am	Turmeric Root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:00am	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	Quinoa Porridge with Keto shake	Quinoa Porridge - quinoa, almond milk, maple syrup, salt and water. + Keto shake - Cinnamon Chai - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
1pm	Green Mung Bean Stew	beans, some broth, coconut milk, spices, spinach.
3pm	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 6		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Turmeric shot	Carrots, Lemon, peeled Ginger, Turmeric.
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.

Day 6		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
11am	Oatmeal porridge with Keto shake and Master Cleanse Probiotic Juice	Oats, almond milk, maple syrup, salt and water. + Keto shake - Chocolate Mocha - Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt, collagen, creatine. + Master Cleanse Probiotic Juice - Pineapple, Turmeric, Lemon, Pepper.
1pm	Millet Paella	saffron, olive oil, onion, minced, red bell pepper, smoked paprika, paprika, thyme, oregano, grain brown rice, quinoa, or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
3pm	Kombucha - Tropical Kombucha	made with Tropical ingredients and live scoby.
6pm	Cauliflower Soup	Cauliflower, cumin, turmeric, red lentils, almond milk.

Day 7		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
1pm	Sweet Potato Buddha Bowl	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
3pm	Boss Tonic Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
6pm	Turmeric and Lentil Soup	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

Day 8		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Kombucha - Golden Life Kombucha + Granola Porridge + Chocolate Mocha	to boost the intestinal health and aid in digestion. + Granola Porridge - almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + Chocolate Mocha - Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
1pm	Tofu and Cauliflower Fried Rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
3pm	Mermaid lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.

Day 8		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 9		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha - Cardamon Rose Kombucha + carrot sticks	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure. + carrot sticks.
1pm	Miso Bowl	Soba noodles, miso paste, broccoli, baby spinach, radish.
3pm	Chill Pill Probiotic Juice	Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic.
6pm	Hearty Cabbage soup	Cabbage, carrots, white beans, onions, chilli powder, black pepper, roasted tomatoes.

Day 10		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Kombucha - Apple & Ginger Kombucha + Quinoa Porridge + Keto Shake	to aid in digestion and enhance good gut microbiome. + Quinoa Porridge - quinoa, almond milk, maple syrup, salt and water. + Keto Shake - Vanilla Praline - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.
3pm	Braniac Green juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
6pm	Grains and Greens Salad	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans. Dressing - pomegranate, vinegar, orange, salt, pepper.

Day 11		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Braniac Green juice	Spinach, cucumber, lemon, ginger, apple.
1pm	Sweet Potato Buddha bowl	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.

Day 11		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
3pm	After party Juice	After Party - Beet, Carrot, Lemon, Ginger, Apple.
6pm	Healing Turmeric soup	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper.

Day 12		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha - Tropical Kombucha	made with Tropical ingredients and live scoby.
1pm	Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
3pm	Mermaid lemonade Probiotic juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
6pm	Mezze bowl	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.

Day 13		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
1pm	Tempeh Rendang Curry with Gluten Free bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
3pm	Cold Crusher cold pressed juice	Carrots, Orange, lemon, ginger, parsley.
6pm	Turmeric and lentil care soup	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Tumeric, Red pepper.

Day 14		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:00am	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 Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	Super Charged Satay Bowl	Hard Tofu, Black rice, Edamame, cabbage, carrots, lemons, peanut butter, tahini, ginger, sesame seeds.
3pm	Golden Life Kombucha	to boost the intestinal health and aid in digestion.
6pm	Spinach Cleansing Creamy soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.