

14 Day Glucose Balance Cleanse. No-Sugar Reset!

The 14-Day Meal Plan

Day 1

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

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	Roasted Swede Soup	roasted swede, carrots, onion, paprika, black pepper, salt and water.
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 Juice	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 2

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

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	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Courgettes, lemon, apple.
3pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	Cucumber and Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 3

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

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	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	Butternut Squash carrot juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu (Soya, Sulphite), Onions, Carrots, Lemongrass, Fresh Ginger, Fresh Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika, Kaffir lime leaves, Kashmiri Chilli Powder.
5pm	Celery juice	Celery, lemon.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 4

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

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	Kalefornia Dreaming Soup	Kale, Spinach, Potatoes, Onions, Leeks.
1pm	After party juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5pm	Celery juice	Celery, lemon.
7pm	Vegan Miso Soup	Lots of gut-healing veggies cooked in a slow Miso based broth for the tangy taste.

Day 5

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

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	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
1pm	Butternut Carrot Juice	Butternut, Carrots, lemon, ginger. Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach. kale, Courgettes, edamame, Onions, Ginger, peas.

Day 6

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

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	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
1pm	Braniac Cold Pressed Green Juice	Spinach, cucumbers, lemon, ginger and apple.
3pm	Vegan Stew soup	Miso paste, leeks, onions, sweet potatoes, celery, salt, olive oil, rosemary and thyme.
5pm	After party juice	Beetroots, carrots, lemon, ginger, apple.
7pm	Butternut Squash soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

Day 7

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

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	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
1pm	Celery juice	Celery, lemon.
3pm	Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	Gravity Glow Juice	A bright Cleansing cucumber based juice with mint, parsley and apple.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 8

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

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	Cucumber and Watercress Soup	A delicate raw soup with cucumbers and watercress, mildly flavoured.
1pm	Celery juice	Celery, lemon.
3pm	Tomato soup for the soul	Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.
5pm	Butternut Squash Orange Lemon Juice	Butternut, orange, carrots, beetroot, lemon, orange.
7pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 9

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

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	Pumpkin Coconut soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.
1pm	Spinach Ginger Juice	Spinach, Cucumber, lemon, ginger, apple, celery.
3pm	Leek and Celery Soup	leeks, celery root, lemon, onions, olive oil.
5pm	Beet a licious Juice	Beets, carrots, cherries, lime, Filtered water.
7pm	Courgette, Lemon and Mint Soup	Courgette, lemon, mint, Onions, Celery, Leeks, Potatoes, mint, thyme.

Day 10

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

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	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.
1pm	Dynamo Green Juice	A dark green juice with green veggies and a little apple.
3pm	Butternut Squash Soup	Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
5pm	Celery juice	Celery, lemon.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 11

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

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	Vegan Oat meal with Keto Shake	
1pm	Cauliflower and turmeric Soup	A delicate blend of Cauliflower and turmeric soup with mild herbs.
3pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
5pm	Detox Tonic Lemonade	Lemon, Blue spirulina, lemon, agave.
7pm	Romesco Soup	red bell peppers, almonds, tomatoes, vegetable broth, black pepper, chickpeas, salt.

Day 12

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

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	Crackers	
1pm	Kale salad	Kale, Spring onion, Bulgur wheat, Tomato, Lemon, Olive oil, Salt, Pepper. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	After party juice	Beetroots, carrots, lemon, ginger, apple.
5pm	Mermaid lemonade Probiotic Juice	Vegan Probiotic, lemon, ginger, aloe, blue spirulina.
7pm	Turmeric and lentil Inflammation soup with Almond Bun	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

Day 13

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

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	After party Juice	Beetroots, carrots, lemon, ginger, apple.
1pm	Tofu and Spinach Soup	This soup is based on a sauce made with spinach and herbs along with added Tofu for protein. A mild tasting alkaline soup.
3pm	Braniac juice	Spinach, cucumber, lemon, ginger, apple.
5pm	Mermaid lemonade Probiotic Juice	Vegan Probiotic, lemon, blue spirulina, coconut water.
7pm	African Stew	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

Day 14

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

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	After Party Cold Pressed Juice	Beetroots, carrot, lemon, ginger and apple.
1pm	Cauliflower stir fry rice with Tofu and Veggies	Tofu, Cauliflower Rice, Vegetable Mix, Onion, Ginger, Toasted Sesame Oil.
3pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
5pm	Black lemonade	Activated charcoal, lemon, Filtered water.
7pm	Super Green soup	This delicate soup made with spinach as the base cooked with mild herbs and added peas is an extremely alkaline soup to give you the best detox effect.

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.