

# The 14-Day High Fiber Cleanse

## Day 1

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

|      |   |   |
|------|---|---|
| 9am  | <b>High Protein Blue Magik Protein Smoothie</b>     | Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, 3gm PHGG, ground flax, green banana powder, chia. |
| 11am | <b>Protein Bar - Raw Granola Bar</b>                | Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.  |
| 1pm  | <b>Creamy Thai soup with basil</b>                  | Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.   |
| 3pm  | <b>Boss Tonic Probiotic juice with Electrolytes</b> | Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.                              |
| 5pm  | <b>Spa Day Juice with Natural Electrolytes</b>      | Honeydew, Cucumber, Coconut Water, Lemon.   |
| 7pm  | <b>Kabocha Congee Soup</b>                          | Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.               |

## Day 2

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

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| 9am  | <b>Berry Cheese Sunshine High Protein Smoothie</b> | Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, flax, green banana flour.  |
| 11am | <b>Grains and Greens Salad</b>                     | quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, tempeh. fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. |
| 1pm  | <b>Butternut Squash Soup</b>                       | Butternut, Onions, Carrots, black pepper, salt, water.   |
| 3pm  | <b>Mermaid Lemonade Probiotic Juice</b>            | Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts.   |
| 5pm  | <b>Kombucha - Tropical Kombucha</b>                | made with Tropical ingredients and live scoby.   |
| 7pm  | <b>Leek and Celery Soup</b>                        | Leeks, Celery Root, Lemon, Onions, Olive Oil.  |

## Day 3

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

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| 9am  | <b>High Protein Strawnana Smoothie</b>                       | Berries, bananas, avocado, kale, beets. apple, 3gm PHGG, Added Flax.                                   |
| 11am | <b>Protein Bar - Raw Granola Bar</b>                         | Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. |
| 1pm  | <b>Cauliflower Potato Chowder</b>                            | Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon.      |
| 3pm  | <b>Citrus 3 cold pressed juice with added prozac</b>         | Grapefruit, apple, mint. Added Humantra Electrolytes, Mineral salts.                                   |
| 5pm  | <b>Bhakti Ayurveda Cold pressed juice added electrolytes</b> | Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon with added Triphala.     |
| 7pm  | <b>Lentil me entertain soup</b>                              | Red lentils, Carrots, Spring onions, carrots, cumin.   |

## Day 4

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

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| 9am  | <b>Berry Full Smoothie</b>  | Strawberries, bananas, apple, red beets, vanilla, Acacia Fiber, Chia.  |
| 11am | <b>Kale Tabbouleh Salad</b> | Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper. |

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| 1pm | <b>Creamy Roasted pepper and Tomato soup</b> | Roasted red bell peppers, Tomato paste, dill, ginger, basil, coconut milk, red pepper flakes. |
| 3pm | <b>Master Cleanse Probiotic Juice</b>        | Pineapple, Turmeric, lemon, cayenne. Added Humantra, Mineral salts.                           |
| 5pm | <b>Golden Life Kombucha</b>                  | to boost the intestinal health and aid in digestion.  |
| 7pm | <b>Fennel Consomme Soup</b>                  | Fennel, Celery, leeks, spring onions, ginger.   |

## Day 5

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

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| 9am  | <b>High Protein Liver Detox Smoothie</b>      | carrot, beetroot, apples, ginger, parsley, flax seed, green banana flour, ground flax.                 |
| 11am | <b>Protein Bar - Raw Granola Bar</b>          | Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup. |
| 1pm  | <b>African Peanut Stew</b>                    | peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.                   |
| 3pm  | <b>Cardamon Rose Kombucha</b>                 | to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.     |
| 5pm  | <b>Mermaid Lemonade with added Probiotics</b> | Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Huimantra and Mineral salt.         |
| 7pm  | <b>Carrot Coriander soup</b>                  | Carrots, coriander, ginger, celery, onions, cumin seeds, salt.   |

## Day 6

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

|      |  |   |
|------|--|---|
| 9am  | <b>High Protein Blue Magik Protein Smoothie</b>  | Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk. 3gm PHGG, Flax, Chia.                     |
| 11am | <b>Sprouting Broccoli Salads</b>                 | Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}. |
| 1pm  | <b>Carrot Ginger Soup</b>                        | Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.   |
| 3pm  | <b>After Math Electrolytes with Milk Thistle</b> | Orange, Ginger, Aloe, Basil Oil, Milk Thistle. Added Humantra and mineral salt.   |
| 5pm  | <b>Kombucha - Golden Life Kombucha</b>           | to boost the intestinal health and aid in digestion.  |
| 7pm  | <b>Parsnip apple Soup</b>                        | Parsnips, Apple, Water, Celery, Apple Cider, Cayenne pepper.  |

## Day 7

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

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|------|--|--|
| 9am  | <b>Spinach ginger cold pressed juice</b>   | Spinach, cucumbers, ginger, lemon, celery.   |
| 11am | <b>Tofu and Spinach Soup</b>               | Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.                    |
| 1pm  | <b>Orange Turmeric Juice</b>               | Orange, apple, lemon, aloe vera.   |
| 3pm  | <b>Cauliflower and turmeric soup</b>       | Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk. |
| 5pm  | <b>After Math Elixir with Milk Thistle</b> | Orange, ginger, aloe, basil oil, Milk thistle.   |
| 7pm  | <b>Black lentil stew</b>                   | black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger. |

## Day 8

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

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| 9am | <b>Alkaline Power Smoothie</b> | Turmeric, spinach, watercress, avocado, lemon, cayenne. |
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| <b>11am</b> | <b>Turmeric and Lentil Soup - Cure Inflammation</b> | Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.  |
| <b>1pm</b>  | <b>Spa Day Cold Pressed Juice</b>                   | Cucumbers, Cantaloupe, coconut water, lemon.  |
| <b>3pm</b>  | <b>Hearty Quinoa Gut Cleanse Soup</b>               | Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.  |
| <b>5pm</b>  | <b>Karma Ayurveda</b>                               | This Bottle of Juice contains Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Aloe vera, Indian Gooseberry. Newly added Tulsi and Neem. |
| <b>7pm</b>  | <b>Leek and Celery Soup</b>                         | This Soup Contains Leeks, Celery Root, Lemon, Onions, Olive Oil.  |

## Day 9

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

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|-------------|--|---|
| <b>9am</b>  | <b>Karma Ayurveda Cold pressed Juice</b> | Mix of berries, spinach, tulsi, neem, chia seeds, pineapple.                      |
| <b>11am</b> | <b>Creamy Vegan Spinach Soup</b>         | Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.                       |
| <b>1pm</b>  | <b>Young love</b>                        | Blueberries, strawberries, pineapple, chia seeds.                                 |
| <b>3pm</b>  | <b>Roasted Swede Soup</b>                | Swede, Carrots, Onion, Cloves, nutmeg, thyme, black pepper, salt.                 |
| <b>5pm</b>  | <b>After Math Liver Cleansing juice</b>  | Milk thistle with Orange, ginger, aloe and basil oil.                             |
| <b>7pm</b>  | <b>Soothing Gut healing Soup</b>         | Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger. |

## Day 10

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

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| <b>9am</b>  | <b>Gravity Glow Cold pressed juice</b> | With Cucumbers, lemon and mint.  |
| <b>11am</b> | <b>Sweet Potato Detox Soup</b>         | cooked red lentils, sweet potatoes, carrots, olive oil, coconut milk, lemon, ginger, chilli powder, cumin powder, turmeric powder, salt, and pepper. |
| <b>1pm</b>  | <b>Butternut Carrot Juice</b>          | Butternut, carrot, lemon, spinach, parsley, ginger, apple.   |
| <b>3pm</b>  | <b>Cauliflower and turmeric soup</b>   | Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.   |
| <b>5pm</b>  | <b>Milk thistle Juice - After Math</b> | Orange, Ginger, Aloe, Basil Oil, Milk Thistle.   |
| <b>7pm</b>  | <b>Lentil Me Entertain</b>             | Lentils, Carrots, Celery, Spring Onion, Turmeric Root, Cumin Seed.   |

## Day 11

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

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|-------------|---------------------------------------|---|
| <b>9am</b>  | <b>Cosmic Coco Cold pressed juice</b> | Coconut water, blue berries, lemon, lychees and mint.   |
| <b>11am</b> | <b>Kalefornia Soup</b>                | Kale, Sweet Potato, Onions, ginger, parsley.  |
| <b>2pm</b>  | <b>Vatta Ayurveda Ayurvedic Juice</b> | Beetroot, Carrots, Cherries, Lime Filtered Water and NEW ADDED PSYLLUM HUSK.  |
| <b>3pm</b>  | <b>Chickpea Stew</b>                  | tomatoes, onions, peppers, carrots, and a blend of dried herbs.   |
| <b>5pm</b>  | <b>Black Lemonade</b>                 | Filtered water, lemon, Activated charcoal.  |
| <b>7pm</b>  | <b>Pumpkin Coconut Soup</b>           | soup are Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder. |

## Day 12

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

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|-------------|-----------------------------------|--|
| <b>9am</b>  | <b>Braniac Cold Pressed Juice</b> | Spinach, cucumbers, lemon, ginger and apple.                     |
| <b>11am</b> | <b>Leek and Celery Soup</b>       | This Soup Contains Leeks, Celery Root, Lemon, Onions, Olive Oil. |

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|------------|----------------------------------|---|
| <b>1pm</b> | <b>Spa Day Juice</b>             | Honeydew, Cucumber, Coconut Water, Lemon.   |
| <b>3pm</b> | <b>Roasted Swede Soup</b>        | Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine. |
| <b>5pm</b> | <b>Kombucha</b>                  |   |
| <b>7pm</b> | <b>Creamy Vegan Spinach Soup</b> | Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.                                 |

### Day 13

|             |   |  |
|-------------|---|--|
| <b>9am</b>  | <b>Dynamo Deep Green Cold Pressed Juice</b>       | Kale, Spinach, Parsley, lemon, ginger apple.   |
| <b>11am</b> | <b>Kombucha + Quinoa Porridge with Keto Shake</b> |  |
| <b>1pm</b>  | <b>Vermicelli Noodles</b>                         | rice vinegar, Sweet Chili Tofu, vermicelli noodles, bean sprouts, cilantro, mint, thai basil, roasted peanuts. |
| <b>3pm</b>  | <b>Almonds with Braniac Green Juice</b>           | juice contains spinach, cucumber, parsley, lemon, apple, celery.   |
| <b>7pm</b>  | <b>Harissa Tofu and lentil stew</b>               | A spicy stew with lentils, spinach, tofu and more in rich tomato and harissa paste.                            |

### Day 14

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|-------------|---|--|
| <b>9am</b>  | <b>Break fast - Vegan High Protein Oatmeal Porridge</b> | Oats, almond milk, maple syrup, salt and water.    |
| <b>11am</b> | <b>Kombucha + Oat meal porridge with Keto Shake</b>     |  |
| <b>1pm</b>  | <b>Lunch - Alkaline Dhal</b>                            | Lentil, and Spinach based anti inflammatory dhal.  |
| <b>3pm</b>  | <b>Walnuts with After party juice</b>                   | juice contain beet, carrot, lemon, ginger, apple.  |
| <b>7pm</b>  | <b>Dinner Soba Noodles Pomodoro</b>                     | Soba Noodles cooked in traditional Pomodoro sauce. |

*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.*