

The 14-Day High Fiber Cleanse

Day 1

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

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

Day 2

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

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

Day 3

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

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

Day 4

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

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

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

Day 5		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	High Protein Liver Detox Smoothie	carrot, beetroot, apples, ginger, parsley, flax seed, green banana flour, ground flax.
11am	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	African Peanut Stew	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
3pm	Cardamon Rose Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
5pm	Mermaid Lemonade with added Probiotics	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Huimantra and Mineral salt.
7pm	Carrot Coriander soup	Carrots, coriander, ginger, celery, onions, cumin seeds, salt.

Day 6		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk. 3gm PHGG, Flax, Chia.
11am	Sprouting Broccoli Salads	Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
1pm	Carrot Ginger Soup	Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.
3pm	After Math Electrolytes with Milk Thistle	Orange, Ginger, Aloe, Basil Oil, Milk Thistle. Added Humantra and mineral salt.
5pm	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
7pm	Minestrone Soup	Kale, Courgette, Tomato Puree, Basil.

Day 7		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Spinach ginger cold pressed juice	Spinach, cucumbers, ginger, lemon, celery.
11am	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
1pm	Orange Turmeric Juice	Orange, apple, lemon, aloe vera.
3pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
5pm	After Math Elixir with Milk Thistle	Orange, ginger, aloe, basil oil, Milk thistle.
7pm	Black lentil stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.

Day 8		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Alkaline Power Smoothie	Turmeric, spinach, watercress, avocado, lemon, cayenne.

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

Day 9			Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.			
9am	Karma Ayurveda Cold pressed Juice	Mix of berries, spinach, tulsi, neem, chia seeds, pineapple.	
11am	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.	
1pm	Young love	Blueberries, strawberries, pineapple, chia seeds.	
3pm	Roasted Swede Soup	Swede, Carrots, Onion, Cloves, nutmeg, thyme, black pepper, salt.	
5pm	After Math Liver Cleansing juice	Milk thistle with Orange, ginger, aloe and basil oil.	
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.	

Day 10			Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.			
9am	Gravity Glow Cold pressed juice	With Cucumbers, lemon and mint.	
11am	Fennel Consomme Soup	Florence Fennel, Celery, Leeks, Spring Onions.	
1pm	Butternut Carrot Juice	Butternut, carrot, lemon, spinach, parsley, ginger, apple.	
3pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.	
5pm	Milk thistle Juice - After Math	Orange, Ginger, Aloe, Basil Oil, Milk Thistle.	
7pm	Lentil Me Entertain	Lentils, Carrots, Celery, Spring Onion, Turmeric Root, Cumin Seed.	

Day 11			Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.			
9am	Cosmic Coco Cold pressed juice	Coconut water, blue berries, lemon, lychees and mint.	
11am	Kalefornia Soup	Kale, Spinach, Potatoes, Onions, Leeks.	
2pm	Vatta Ayurveda Ayurvedic Juice	Beetroot, Carrots, Cherries, Lime Filtered Water and NEW ADDED PSYLLUM HUSK.	
3pm	Chickpea Stew	tomatoes, onions, peppers, carrots, and a blend of dried herbs.	
5pm	Black Lemonade	Filtered water, lemon, Activated charcoal.	
7pm	Pumpkin Coconut Soup	soup are Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.	

Day 12			Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.			
9am	Braniac Cold Pressed Juice	Spinach, cucumbers, lemon, ginger and apple.	
11am	Leek and Celery Soup	This Soup Contains Leeks, Celery Root, Lemon, Onions, Olive Oil.	
1pm	Spa Day Juice	Honeydew, Cucumber, Coconut Water, Lemon.	

3pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.
5pm	Kombucha	
7pm	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 13		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
9am	Dynamo Deep Green Cold Pressed Juice	Kale, Spinach, Parsley, lemon, ginger apple.
11am	Kombucha - Tropical Kombucha	Kombucha made with Tropical ingredients and live scoby.
	Quinoa Porridge	Quinoa, almond milk, maple syrup, salt and water.
	with Keto Shake - Cinnamon Chai Shake	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
1pm	Vermicelli Noodles	rice vinegar, Sweet Chili Tofu, vermicelli noodles, bean sprouts, cilantro, mint, thai basil, roasted peanuts.
3pm	Almonds with Braniac Green Juice	juice contains spinach, cucumber, parsley, lemon, apple, celery.
7pm	Harissa Tofu and lentil stew	A spicy stew with lentils, spinach, tofu and more in rich tomato and harissa paste.

Day 14		Macros: Protein 64G Fiber 58G Carbs 64G Fat 38G
9am	Break fast - Vegan High Protein Oatmeal Porridge	Oats, almond milk, maple syrup, salt and water.
11am	Kombucha - Golden Life Kombucha	To boost the intestinal health and aid in digestion.
	with Keto Shake - Chocolate Mocha Keto Shake	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.
1pm	Lunch - Alkaline Dhal	Lentil, and Spinach based anti inflammatory dhal.
3pm	Walnuts with After party juice	juice contain beet, carrot, lemon, ginger, apple.
7pm	Soba Noodles Pomodoro	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.