

# 14 Days Anti Parasite & Microbiome Reset

## Day 1

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Spinach Kale</b>	Spinach, Parsley, kale, lemon, apple, cucumbers. Kale and parsley are rich in chlorophyll, which alkalizes the body and helps expel toxins. Ginger and lemon improve digestion and kill harmful bacteria. Cucumber and celery hydrate and flush out toxins.
11am	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	<b>Millet and Quinoa Paella</b>	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. Millets have prebiotics which stimulate the growth of probiotics within the microbiome. Quinoa is rich in fiber, aiding in flushing out of Mucoid plaque.
3pm	<b>Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
6pm	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 2

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Citrus 3 Cold Pressed Juice</b>	Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts. Citrus fruits are high in Vitamin C, strengthening immunity.
11am	<b>Box of Walnuts and After Party Cold Pressed Juice</b>	Beet, Carrot, Lemon, Ginger, Apple. Beets support liver Detox and apple pectin binds to toxins and helps eliminate them.
1pm	<b>Butternut Squash soup</b>	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	<b>Kombucha</b>	made with Tropical ingredients and live scoby. Squash is soothing to the digestive system while coconut milk contains lauric acid, which kills harmful microbes.
6pm	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 3

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Mean Green Smoothie</b>	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds. Chlorophyll detoxifies and boosts immunity.
11am	<b>Mermaid Lemonade Probiotic Juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1pm	<b>Tempeh Rendang Curry with almond bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas. Due to the fermentation process, tempeh is a rich source of live probiotic culture and active enzymes. It is high in protein and contain prebiotics.
3pm	<b>Tropical Kombucha</b>	made with Tropical ingredients and live scoby.
6pm	<b>Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock. Miso is high in probiotics and helps maintain a healthy bacteria levels. The delicious soup with miso and veggies make a great probiotic soup.

## Day 4

9am	<b>Beetroot lemon shot on empty stomach</b>	Beetroot, lemon, apple.
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<b>9:30am</b>	<b>Young Love Juice</b>	Pineapple, berries, Filtered water, Chia seeds. Pineapple's bromelain breaks down parasites and is anti-inflammatory.
<b>11am</b>	<b>Milk Thistle - After Math</b>	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
<b>1pm</b>	<b>Superfood Kale and Walnut Salad</b>	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>3pm</b>	<b>Kombucha</b>	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
<b>6pm</b>	<b>Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

## Day 5

<b>9am</b>	<b>Turmeric Root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</b>	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, turmeric, apple. Carrots are high in vitamin A, supporting skin repair. Turmeric is anti-inflammatory and antimicrobial, helping eliminate parasites.
<b>11am</b>	<b>Quinoa Porridge with Keto shake</b>	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. Quinoa is rich in fiber, aiding in flushing out mucoid plaque.
<b>1pm</b>	<b>Green Mung Bean Stew</b>	beans, some broth, coconut milk, spices, spinach. Aids Liver Detox and Improves Gut Microbe.
<b>3pm</b>	<b>Kombucha - Apple &amp; Ginger Kombucha</b>	to aid in digestion and enhance good gut microbiome.
<b>6pm</b>	<b>Vegan Panang</b>	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choy, peas.

## Day 6

<b>9am</b>	<b>Turmeric shot</b>	Carrots, Lemon, peeled Ginger, Turmeric.
<b>9:30am</b>	<b>Gravity Glow Cold Pressed Juice</b>	Cucumbers, lemon, mint.
<b>11am</b>	<b>Oatmeal porridge with Keto shake and Master Cleanse Probiotic Juice</b>	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.
<b>1pm</b>	<b>Millet Paella</b>	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.
<b>3pm</b>	<b>Kombucha - Tropical Kombucha</b>	made with Tropical ingredients and live scoby.
<b>6pm</b>	<b>Cauliflower Soup</b>	Cauliflower, cumin, turmeric, red lentils, almond milk. Combines anti-inflammatory and Anti-parasitic effects.

## Day 7

<b>9am</b>	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
<b>9:30am</b>	<b>Chia infused granola porridge with Keto Shake</b>	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + 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.
<b>11am</b>	<b>Kombucha - Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
<b>1pm</b>	<b>Sweet Potato Buddha Bowl</b>	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.

3pm	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
6pm	<b>Turmeric and Lentil Soup</b>	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

## Day 8

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Celery Juice</b>	Celery with lemon.
11am	<b>Kombucha - Golden Life Kombucha + Granola Porridge + Chocolate Mocha</b>	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	<b>Tofu and Cauliflower Fried Rice</b>	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
3pm	<b>Mermaid lemonade Probiotic Juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
6pm	<b>Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

## Day 9

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Oatmeal Porridge with Keto Shake</b>	Oats, 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.
11am	<b>Kombucha - Cardamon Rose Kombucha + carrot sticks</b>	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
1pm	<b>Miso Bowl</b>	Soba noodles, miso paste, broccoli, baby spinach, radish.
3pm	<b>Chill Pill Probiotic Juice</b>	Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic.
6pm	<b>Hearty Cabbage soup</b>	Cabbage, carrots, white beans, onions, chilli powder, black pepper, roasted tomatoes. Cabbage soothes the gut lining and carrots are rich in Vitamin A and hence boost immunity.

## Day 10

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Butternut Squash and Carrot Cold Pressed Juice</b>	Butternut Squash, carrots, lemon, kale, spinach, ginger, apple, lemon, parsley.
11am	<b>Kombucha - Apple &amp; Ginger Kombucha + Quinoa Porridge + Keto Shake</b>	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	<b>Beetroot and Pearl barley Risotto</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	<b>Braniac Green juice</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
6pm	<b>Grains and Greens Salad</b>	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans. Dressing - pomegranate, vinegar, orange, salt, pepper. High in Fiber and Detox Supportive ingredients.

## Day 11

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
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<b>9:30am</b>	<b>Gluten Free Bread with Tofu Shakshuka</b>	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
<b>11am</b>	<b>Braniac Green juice</b>	Spinach, cucumber, lemon, ginger, apple.
<b>1pm</b>	<b>Sweet Potato Buddha bowl</b>	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
<b>3pm</b>	<b>After party Juice</b>	After Party - Beet, Carrot, Lemon, Ginger, Apple.
<b>6pm</b>	<b>Healing Turmeric soup</b>	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper.

## Day 12

<b>9am</b>	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
<b>9:30am</b>	<b>Bhakti Ayurveda Cold Pressed Juice</b>	Spinach, Pineapple, lemon, Triphala.
<b>11am</b>	<b>Kombucha - Tropical Kombucha</b>	made with Tropical ingredients and live scoby.
<b>1pm</b>	<b>Chickpea Shakshuka</b>	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
<b>3pm</b>	<b>Mermaid lemonade Probiotic juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
<b>6pm</b>	<b>Mezze bowl</b>	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves. High in fiber and detox supportive ingredients.

## Day 13

<b>9am</b>	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
<b>9:30am</b>	<b>Oatmeal Porridge with Keto Shake</b>	Oats, 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.
<b>11am</b>	<b>Kombucha - Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
<b>1pm</b>	<b>Tempeh Rendang Curry with Gluten Free bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
<b>3pm</b>	<b>Cold Crusher cold pressed juice</b>	Carrots, Orange, lemon, ginger, parsley.
<b>6pm</b>	<b>Turmeric and lentil care soup</b>	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

## Day 14

<b>9am</b>	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
<b>9:30am</b>	<b>Braniac Cold Pressed Juice</b>	Spinach, cucumber, lemon, ginger and apple.
<b>11am</b>	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
<b>1pm</b>	<b>Super Charged Satay Bowl</b>	Hard Tofu, Black rice, Edamame, cabbage, carrots, lemons, peanut butter, tahini, ginger, sesame seeds.
<b>3pm</b>	<b>Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
<b>6pm</b>	<b>Spinach Cleansing Creamy soup</b>	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.