20 Days Strength & Power Reset Meal Plan

Day 1		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**White Eyed Bean Stew Protein Bowl**	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
Lunch	**Grains and Greens Salad**	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
Snacks	**High Protein Carrot Cake smoothie**	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
Dinner	**Harissa Tofu and lentil Stew + Bread**	lentils, tofu, and spinach

Day 2		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**West African Peanut Stew Bowl**	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
Lunch	**Kale Tabbouleh Salad**	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
Snacks	**High Protein Flax Seed Protein Smoothie**	banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds.
Dinner	**Alkaline Dhal + Bread**	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.

Day 3		
Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**Green Mung and Tempeh High Protein Bowl**	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
Lunch	**Sprouting Broccoli Salads**	Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
Snacks	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Dinner	**Black eyed pea and Tomato Stew+ Bread**	Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.

Day 4		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**Tempeh Rendang Bowl**	tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
Lunch	**Quinoa and Pomegranate Salad**	Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).
Snacks	**High Protein Kale Smoothie**	kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds.
Dinner	**Red Kidney Bean Stew + Bread**	Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.

Day 5		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**Tofu and Veggie Noodle Bowl**	Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce. Dressing - Lemon Tahini
Lunch	**Superfood Kale and Walnut Salad**	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
Snacks	**High Protein Cheezy berry Bonanaza- High Fiber Smoothie**	vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery, Protein and Collagen, green banana flour and flax seeds.
Dinner	**Red Lentil Stew + Bread**	Red lentils, onion, ginger, ginger powder, vegetable broth, tomatoes, lemon.

Day 6		
Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**Chickpea Shakshuka Bowl**	Chickpea Shakshuka Quinoa, Broccoli, Edamame.
Lunch	**Quinoa and Black Rice Roasted Veggie Salad**	Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper.
Snacks	**High Protein Berry licious breakfast Smoothie**	Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen, green banana flour and flax seeds.
Dinner	**Black Lentil Stew + Bread**	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.

Day 7		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**Protein Peanut Noodles Bowl**	Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce
Lunch	**Grains and Greens Salad**	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
Snacks	**High Protein Strawnana Smoothie**	Berries, bananas, avocado, kale, beets. apple, green banana flour and flax seeds.
Dinner	**Chickpea Stew + Bread**	chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.

Day 8		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**Supercharged Satay**	Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds
Lunch	**Kale Tabbouleh Salad**	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
Snacks	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk, green banana flour and flax seeds.
Dinner	**Green Moong Bean Stew + Bread**	beans, some broth, coconut milk, spices, spinach.

Day 9		
Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**Miso Bowl**	Soba noodles, miso paste, broccoli, baby spinach, radish.
Lunch	**Sprouting Broccoli Salads**	Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
Snacks	**High Protein Genius Protein Smoothie**	Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.
Dinner	**Harissa Tofu and lentil Stew + Bread**	lentils, tofu, and spinach

Day 10		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**Mezze Bowls**	quinoa, sweet potato, chickpea, bell pepper, quinoa, sweet potato, chickpea, bell pepper, kale.
Lunch	**Quinoa and Pomegranate Salad**	Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).
Snacks	**High Protein Alkaline Power Smoothie**	turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.
Dinner	**Alkaline Dhal + Bread**	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.

Day 11		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**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.
Lunch	**Superfood Kale and Walnut Salad**	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
Snacks	**High Protein Leptin balancing power Smoothie**	coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, green banana flour and flax seeds. water,
Dinner	**Black eyed pea and Tomato Stew+ Bread**	Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.

Day 12		
Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**White Eyed Bean Stew Protein Bowl**	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
Lunch	**Quinoa and Black Rice Roasted Veggie Salad**	Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper.
Snacks	**High Protein Heavy Metal Detox Smoothie**	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
Dinner	**Red Kidney Bean Stew + Bread**	Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.

Day 13		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**West African Peanut Stew Bowl**	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
Lunch	**Grains and Greens Salad**	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
Snacks	**High Protein Liver Detox Smoothie**	carrot, beetroot, apples, ginger, parsley, flax seed.Green banana flour and flax seeds, green banana flour and flax seeds.
Dinner	**Black Lentil Stew + Bread**	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.

Day 14		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**Green Mung and Tempeh High Protein Bowl**	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
Lunch	**Kale Tabbouleh Salad**	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
Snacks	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Dinner	**Chickpea Stew + Bread**	chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.

Day 15		
Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**Tempeh Rendang Bowl**	tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
Lunch	**Sprouting Broccoli Salads**	Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
Snacks	**High Protein Beetroot Smoothie**	beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.
Dinner	**Green Moong Bean Stew + Bread**	beans, some broth, coconut milk, spices, spinach.

Day 16		
Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**Tofu and Veggie Noodle Bowl**	Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.
Lunch	**Quinoa and Pomegranate Salad**	Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).
Snacks	**Berry Cheese Sunshine High Protein Smoothie**	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
Dinner	**Harissa Tofu and lentil Stew + Bread**	lentils, tofu, and spinach

Day 17		
Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.

Lunch	**Chickpea Shakshuka Bowl**	Chickpea Shakshuka Quinoa, Broccoli, Edamame.
Lunch	**Superfood Kale and Walnut Salad**	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
Snacks	**High Protein Anti Inflammatory Cherry Spinach Smoothie**	Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.
Dinner	**Alkaline Dhal + Bread**	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.

Day 18

Breakfast	**High Protein Mean Green Smoothie**	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Lunch	**Protein Peanut Noodles Bowl**	Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce
Lunch	**Quinoa and Black Rice Roasted Veggie Salad**	Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper.
Snacks	**High Protein Strawnana Smoothie**	Berries, bananas, avocado, kale, beets. apple, green banana flour and flax seeds.
Dinner	**Black eyed pea and Tomato Stew+ Bread**	Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.

Day 19

Breakfast	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
Lunch	**Supercharged Satay**	Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds
Lunch	**Grains and Greens Salad**	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
Snacks	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk, green banana flour and flax seeds.
Dinner	**Red Kidney Bean Stew + Bread**	Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.

Day 20

Breakfast	**High Protein Blue Magik Protein Smoothie**	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Lunch	**Miso Bowl**	Soba noodles, miso paste, broccoli, baby spinach, radish.
Lunch	**Kale Tabbouleh Salad**	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
Snacks	**High Protein Genius Protein Smoothie**	Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.
Dinner	**Black Lentil Stew + Bread**	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.

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.