

20 Days Clean Ph Protocol. Alkaline & Anti Inflammatory Meal plan Post Reset.

Day 1		
9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger, apple.
11am	Braniac Green Juice	spinach, cucumber, lemon ginger and apple.
1pm	Alkaline Dhal	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
3pm	Walnuts with Butternut carrot Juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Penne with Mung Bolognese sauce	Mirepoix, Red pepper flakes, bell pepper, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

Day 2		
9am	Cucumber and Celery Juice	Celery, lemon, cucumber, apple.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Millet Paella	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.
3pm	Almonds with Strawberry Basil lemonade	Strawberries, lemon, basil, Monk fruit.
7pm	Harissa Tofu and lentil stew	lentils, tofu, and spinach.

Day 3		
9am	Bread with Scrambled Tofu Brekkie	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
11am	Detox Tonic Lemonade	Blue Spirulina, Lemon, milk thistle, agave.
1pm	Tofu and Cauliflower Rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
3pm	Vatta Ayurveda cold pressed juice	Ayurvedic Beetroot juice - juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.
7pm	Roasted Swede soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 4		
9am	Granola with Protein shake	organic wholegrain oats, almonds, pistachios, sunflower seeds, pumpkin seeds sweetened with organic agave, golden raisins, coconut oil and dates.
11am	Carrot sticks	
1pm	Mezze Bowl	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
3pm	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
7pm	Thai Green Vegetable Curry with 1 almond Bun	Paste, coconut milk, lime leaves, veggie stock, tamari, lime, coconut sugar, butternut squash, broccoli, bean sprouts.

Day 5		
9am	Karma Ayurveda	Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
11am	Seed bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.

1pm	Millet and Quinoa Paella	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.
3pm	Pure Green juice	spinach, cucumber, parsley, Arabic courgettes, fennel, apple.
7pm	Romesco soup with smashed chickpeas	Red bell peppers, Raw almonds, ginger, apple cider, maple syrup, harissa, Chick peas.

Day 6

9am	Bhakti Ayurveda cold pressed juice	aloevera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon. WITH ADDED TRIPHALA.
11am	Whole Oats Cookie	oats, almond flour, agave syrup, baking powder.
1pm	Beetroot and Pearl Barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Walnuts with Butternut Carrot juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Tomato soup for the soul with almond bun	Crushed tomatoes, almond milk, red lentils, onions, apple cider, tomato paste, ginger, coconut milk, salt, pepper, mixed herbs.

Day 7

9am	Pure Green Juice	Spinach, cucumber, broccoli, courgette, lemon, apple.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Vegan Panang Curry with Tofu	Vegan Panang - Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas, tofu.
3pm	Almond Bun with Afterparty juice	juice contains beet, carrot, lemon, ginger, apple.
7pm	Kale salad with walnuts	Kale, Pumpkin seeds, Walnuts, raisins, Pomegranate, Little Broad beans. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

Day 8

9am	Bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Cabbage Soup with almond Bun	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
3pm	Edamame beans and Celery Juice	Celery and lemon.
7pm	Quinoa and Roasted Veggie salad	Quinoa, black rice, sweet potato, kale, zucchini, black pepper, blue berry, Sesame seeds, parsley. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

Day 9

9am	Spinach Ginger Juice	Spinach, Lemon, ginger, apple, Parsley.
11am	Cookies	Sesame butter, almond flour, agave syrup, baking powder, sesame seeds. A box of 4.
1pm	Supercharged Satay	Tofu, Edamame, black rice, peanut butter, coconut flakes, lemon juice, Soy sauce, Tahini, lemon juice, sunflower seeds.
3pm	Broad beans and After party juice	juice contains beet, carrot, lemon, ginger, apple.
7pm	Beetroot and Pearl barley Risotto	beetroot, shallot, vegetables stock, sunflower seeds, salt and pepper.

Day 10

9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger, apple.
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11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Black lentil stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
3pm	Dates and Orange Turmeric Juice	Oranges, turmeric, aloe vera, black pepper.
7pm	Broccoli and Brussel sprout salad	Broccoli, Brussel sprouts, olive oil, miso, lemon, salt and pepper.

Day 11

9am	Spinach kale Juice	Spinach, kale, lemon, celery, parsley.
11am	Walnuts	
1pm	Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, tofu with Gluten Free bread.
3pm	Cherry tomatoes and Dynamo Green juice	spinach, parsley, celery, kale, apple, lemon, dandelion greens.
7pm	Vegan Tom Yum soup	Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Lemongrass, Ginger, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika.

Day 12

9am	Cucumber and Celery Juice	Celery, lemon, cucumber, apple.
11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Raw pad thai salad	Shredded carrots, zucchini, red bell pepper, bean sprouts, cilantro, raw cashews or peanuts, lime wedges. Dressing - Olive oil, agave, dijon mustard, pepper.
3pm	Almonds with Beet a licious juice	juice contains ginger, beets, grapefruit, apples, cucumbers, lemons, oranges.
7pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

Day 13

9am	Oatmeal porridge with Keto shake	Oats cooked in almond Mylk. + 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.
11am	Pure Green Juice	Spinach, Cucumber, Broccoli, Courgette, Lemon, Apple.
1pm	Cauliflower Turmeric Soup with almond bun	Cauliflower, cloves, tumeric, cumin, salt, red lentils, vegetable broth, almond milk.
3pm	Cucumber sticks with Butternut Squash Orange Lemon juice	Butternut Squash, Orange, beetroot, spinach.
7pm	Alkaline Harissa and Tofu Lentil	lentils, tofu, and spinach.

Day 14

9am	Sweet kale	Apple, Lemon, Ginger, Kale and Added Apple Cider.
11am	Seed Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Rendang Veg curry	Coconut milk red onion, lemon grass, fresh ginger, red chilli, green chilli, turmeric, ground coriander, salt, lime leaves), mixed rice, butternut squash, tempeh, broccoli, peas.
3pm	Edamame beans with Ayurvedic Beetroot Vatta Juice	juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.

7pm	Cabbage soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
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Day 15

9am	Chai infused Quinoa porridge with Keto shake and seasonal fruits	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + 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	Protein Byte	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Pumpkin coconut soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.
3pm	Carrot sticks with Strawberry basil lemonade Juice	juice contain water, strawberries, monk fruit, lemon, basil.
7pm	Vegan Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock.

Day 16

9am	Vegan Granola with Protein shake	
11am	Edamame beans	
1pm	Kale Tabbouleh with almond bun	Kale, Spring onion, Bulgur wheat, Tomato, Lemon, Olive oil, Salt, Pepper. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Carrot sticks and Detox Tonic Juice	Lemon, Blue spirulina, Monk fruit, water.
7pm	Sweet Potato Soup	red lentils, sweet potatoes, carrots, olive oil, coconut milk, lemon, ginger, chilli powder, cumin powder, turmeric powder, salt, and pepper.

Day 17

9am	Spinach Ginger Juice	Spinach, Ginger, lemon, parsley, apple.
11am	Gluten Free Oats Cookie	oats, almond flour, agave syrup, baking powder.
1pm	Green Mung bean stew	beans, some broth, coconut milk, spices, spinach.
3pm	Walnuts and After party juice	juice contain beet, carrot, lemon, ginger, apple.
7pm	Mezze Bowl	Sweet Potatoes, Dill, Canneloni Beans, almonds, Arugula, Olive oil, Bell peppers.

Day 18

9am	Celery Juice	Celery and Lemon.
11am	Oats Cookie	oats, almond flour, agave syrup, baking powder.
1pm	Cauliflower rice stir fry with Tofu and Veggies	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
3pm	Cherry tomatoes and Butternut Carrot Juice	Butternut Squash, Lemon, Beetroot, carrot, spinach, apple.
7pm	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 19

9am	Chai infused Granola Porridge With Keto shake	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.
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11am	Croissant	Wholemeal Flour, Sugar, Salt, Improver, Vegan butter, Yeast, Fresh Water.
1pm	Superfood kale and Walnut salad	Kale, Pumpkin seeds, Walnuts, raisins, Pomegranate, Little Broad beans. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Dates and Alkaline Power Smoothie	Avacado based Green smoothie - turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 20

9am	Bhakti Ayurveda	alovera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon. WITH ADDED TRIPHALA.
11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Tempeh Rendang with almond bun	Rendang sauce (coconut milk, red onion, lemon grass, fresh ginger, red chilli, green chilli, turmeric, ground coriander, salt, lime leaves), mixed rice (brown rice, red rice, black rice), butternut squash, tempeh, (soya), broccoli, peas.
3pm	Broad beans and After party cold pressed juice	juice contains beet, carrot, lemon, ginger, apple.
7pm	Kale Tabbouleh salad	Kale, Spring onion, Bulgur wheat, Tomato, Lemon, Olive oil, Salt, Pepper. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

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.