

# 20 Days Healthy Breakfast Menu

All plans are vegetarian, in case of any intolerances to dairy and gluten, please notify.

## The Day 1

<b>Breakfast</b>	<b>Berry Cheese Sunshine High Protein Smoothie</b> Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale.
<b>Lunch</b>	<b>Sweet Potato Nacho Soup</b> Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

## Day 2

<b>Breakfast</b>	<b>High Protein Kale Smoothie</b> kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk.
<b>Lunch</b>	<b>Cauliflower Turmeric Soup</b> Cauliflower, cloves, tumeric, cumin, salt, red lentils, vegetable broth, almond milk.
<b>Lunch</b>	<b>Chickpea Shakshuka Bowl - High Fiber, High Protein</b> Quinoa, Edamame.

## Day 3

<b>Breakfast</b>	<b>High Protein Cheezy berry Bonanaza - High Fiber Smoothie</b> vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery.
<b>Lunch</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
<b>Lunch</b>	<b>Cauliflower Fried Rice</b> tofu, cauliflower rice, ginger, soysauce, salt and pepper.

## Day 4

<b>Breakfast</b>	<b>High Protein Carrot Cake smoothie</b> Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla.
<b>Lunch</b>	<b>Tom Yum Soup</b> Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.
<b>Lunch</b>	<b>Green beans Stew - High Fiber and high Protein</b> Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.

## Day 5

<b>Breakfast</b>	<b>High Protein Heavy Metal Detox Smoothie</b> Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
<b>Lunch</b>	<b>Hearty Quinoa Gut Cleanse Soup</b> Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
<b>Lunch</b>	<b>Beetroot And Pearl Barley Risotto</b> Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.

## Week 2

### Day 1

<b>Breakfast</b>	<b>High Protein Berry Full Smoothie</b> Strawberries, bananas, apple, red beets, vanilla.
<b>Lunch</b>	<b>Roasted Swede Soup</b> Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt.

<b>Lunch</b>	<b>Chickpea Shakshuka</b> Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
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## Day 2

<b>Breakfast</b>	<b>High Protein Beetroot Smoothie</b> beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk.
<b>Lunch</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
<b>Lunch</b>	<b>Chickpea Rice and pumpkin kibbeh</b> Pumpkin, Whole grain Flour, Chickpeas, herbs, rice.

## Day 3

<b>Breakfast</b>	<b>High Protein Liver Detox Smoothie</b> carrot, beetroot, apples, ginger, parsley, flax seed.
<b>Lunch</b>	<b>Millet Paella</b> saffron, olive oil, onion, minced red bell pepper smoked paprika, paprika, thyme oregano, brown rice, quinoa or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
<b>Lunch</b>	<b>Butternut Squash soup</b> Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

## Day 4

<b>Breakfast</b>	<b>High Protein Anti Inflammatory Cherry Spinach Smoothie</b> Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds.
<b>Lunch</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 5

<b>Breakfast</b>	<b>High Protein Peanuttty Banana Blast - OatMeal Smoothie</b> Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots.
<b>Lunch</b>	<b>Hearty Quinoa Gut Cleanse soup</b> Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
<b>Lunch</b>	<b>Beetroot and Pearl Barley Risotto</b> Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.

## Week 3

### Day 1

<b>Breakfast</b>	<b>Berry Cheese Sunshine High Protein Smoothie</b> Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale.
<b>Lunch</b>	<b>Carrot Coriander soup</b> Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
<b>Lunch</b>	<b>Peanut Noodles</b> Soba noodles, Peanut sauce, sesame oil, Tofu, five spice blend, ginger, Tamari.

### Day 2

<b>Breakfast</b>	<b>High Protein Kale Smoothie</b> kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk.
<b>Lunch</b>	<b>Cabbage soup</b> Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
<b>Lunch</b>	<b>Hearty Quinoa Gut Cleanse Soup with 1 Portion Gluten Free bread</b> Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

## Day 3

<b>Breakfast</b>	<b>High Protein Cheezy berry Bonanaza - High Fiber Smoothie</b> vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery.
<b>Lunch</b>	<b>Turmeric and lentil soup</b> Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.
<b>Lunch</b>	<b>Soba Noodles Pomodoro</b> Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.

## Day 4

<b>Breakfast</b>	<b>High Protein Carrot Cake smoothie</b> Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla.
<b>Lunch</b>	<b>Romesco Soup</b> red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas.
<b>Lunch</b>	<b>Pizza Filling Quesadilla</b> Tortilla, spinach, zucchini, bell peppers, tomatoes, Vegan Cheese.

## Day 5

<b>Breakfast</b>	<b>High Protein Heavy Metal Detox Smoothie</b> Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
<b>Lunch</b>	<b>Green Mung beans Stew</b> beans, some broth, coconut milk, spices, spinach.
<b>Lunch</b>	<b>Superfood Kale and Walnut Salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

## Week 4

### Day 1

<b>Breakfast</b>	<b>High Protein Berry Full Smoothie</b> Strawberries, bananas, apple, red beets, vanilla.
<b>Lunch</b>	<b>Sweet Potato Nacho Soup</b> Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
<b>Lunch</b>	<b>Quinoa and Pomegranate Salad</b> Quinoa, Pomegranate, Italian Parsley, Balsamic Vinegar, Olive Oil, Water, Sea Salt, Pepper. Dressing - Lemon Olive Oil {Lemon, Olive Oil, Salt, Pepper}.

### Day 2

<b>Breakfast</b>	<b>High Protein Beetroot Smoothie</b> beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk.
<b>Lunch</b>	<b>Cauliflower Turmeric Soup</b> Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
<b>Lunch</b>	<b>West African Peanut Stew with one portion Gluten Free bread</b> peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

### Day 3

<b>Breakfast</b>	<b>High Protein Liver Detox Smoothie</b> carrot, beetroot, apples, ginger, parsley, flax seed.
<b>Lunch</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

<b>Lunch</b>	<b>Vegan Soba noodles and meatballs in marinara sauce</b> Soba Noodles, Vegan Meatballs, Onions, Olive oil Pumpkin seeds, Basil, Baby Spinach, Oregano, Pumpkin seeds, Tomato sauce.
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## Day 4

<b>Breakfast</b>	<b>High Protein Anti Inflammatory Cherry Spinach Smoothie</b> Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds.
<b>Lunch</b>	<b>Tom Yum Soup</b> Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.
<b>Lunch</b>	<b>Miso Bowl</b> Soba noodles, miso paste, baby spinach, radish.

## Day 5

<b>Breakfast</b>	<b>High Protein Peanuty Banana Blast - OatMeal Smoothie</b> Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots.
<b>Lunch</b>	<b>Soothing Gut healing Soup</b> Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
<b>Lunch</b>	<b>Harissa Tofu and lentil stew</b> lentils, tofu, and spinach.

*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.*