

20 Days Strength & Power Reset Meal Plan

Day 1

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
11am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
1pm	White Eyed Bean Stew Protein Bowl	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.
5pm	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
7pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 2

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
1pm	Harissa Tofu and lentil Stew	lentils, tofu, and spinach.
5pm	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.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 3

9am	Chickpea Shakshuka In Spinach Wrap	Quinoa, Edamame. spinach.
11am	High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie	Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.
1pm	West African Peanut Stew Bowl	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
5pm	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 4

9am	Tempeh Rendang in Spinach Wrap	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
11am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
1pm	Alkaline Dhal	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
5pm	High Protein Cheezy berry Bonanza - 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.
7pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

Day 5

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
11am	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.
1pm	Green Mung and Tempeh High Protein Bowl	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.
5pm	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
7pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 6

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
1pm	Black eyed pea and Tomato Stew	Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.
5pm	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 7

9am	Chickpea Shakshuka In Spinach Wrap	Quinoa, Edamame. spinach.
11am	High Protein Cheezy berry Bonanza - 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.
1pm	Tempeh Rendang Bowl	tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers.
5pm	High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie	Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.
7pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 8

9am	Tempeh Rendang in Spinach Wrap	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
11am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
1pm	Red Kidney Bean Stew	Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.
5pm	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), Collagen, Green, green banana flour and flax seeds.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 9

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
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11am	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
1pm	Tofu and Veggie Noodle Bowl	Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.
5pm	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.
7pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 10

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie	Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.
1pm	Red Lentil Stew	Red lentils, onion, ginger, ginger powder, vegetable broth, tomatoes, lemon.
5pm	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
7pm	Kabocha Congee Soup	Pumpkin Seeds, Kabocha Squash, Cinnamon, Brown Rice, chia.

Day 11

9am	Chickpea Shakshuka In Spinach Wrap	Quinoa, Edamame. spinach.
11am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
1pm	Protein Peanut Noodles Bowl	Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce.
5pm	High Protein Cheezy berry Bonanza - 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.
7pm	Tomato Soup for the Soul	Tomatoes, Red Lentils, Onion, Basil, Salt, Black Pepper, Mixed Herbs.

Day 12

9am	Tempeh Rendang in Spinach Wrap	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
11am	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.
1pm	Black Lentil Stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
5pm	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
7pm	Romesco Soup with Smashed Chickpeas	red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas.

Day 13

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
11am	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.

1pm	Green Mung and Tempeh High Protein Bowl	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.
5pm	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
7pm	Butternut Squash Soup	Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

Day 14

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	High Protein Cheezy berry Bonanza - 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.
1pm	Chickpea Stew	chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.
5pm	High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie	Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.
7pm	Carrot Ginger Soup	Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.

Day 15

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
11am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
1pm	White Eyed Bean Stew Protein Bowl	White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.
5pm	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
7pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 16

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
1pm	Harissa Tofu and lentil Stew	lentils, tofu, and spinach. Dressing - Lemon Tahini.
5pm	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.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 17

9am	Chickpea Shakshuka In Spinach Wrap	Quinoa, Edamame. spinach.
11am	High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie	Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.
1pm	West African Peanut Stew Bowl	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

5pm	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 18

9am	Tempeh Rendang in Spinach Wrap	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
11am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
1pm	Alkaline Dhal	Turmeric, ginger, tomato, lentils, coriander, black pepper and salt.
5pm	High Protein Cheezy berry Bonanza - 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.
7pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

Day 19

9am	Tempeh Korma Wrap	organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
11am	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.
1pm	Green Mung and Tempeh High Protein Bowl	Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.
5pm	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
7pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 20

9am	Tempeh Scramble Wrap	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt, with tempeh, and added peanut sauce.
11am	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.
1pm	Black eyed pea and Tomato Stew	Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary. Dressing - Lemon Tahini.
5pm	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, 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.