

## 20 Days Strength & Power Reset Meal Plan

### Day 1

|                  |                                                |                                                                                                                                                                  |
|------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Heavy Metal Detox Smoothie</b> | Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.                   |
| <b>Lunch</b>     | <b>White Eyed Bean Stew Protein Bowl</b>       | White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums                                                                                                 |
| <b>Lunch</b>     | <b>Grains and Greens Salad</b>                 | quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. |
| <b>Snacks</b>    | <b>High Protein Carrot Cake smoothie</b>       | Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.                                    |
| <b>Dinner</b>    | <b>Harissa Tofu and lentil Stew + Bread</b>    | lentils, tofu, and spinach                                                                                                                                       |

### Day 2

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|------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Liver Detox Smoothie</b>       | carrot, beetroot, apples, ginger, parsley, flax seed. Green banana flour and flax seeds, green banana flour and flax seeds.                             |
| <b>Lunch</b>     | <b>West African Peanut Stew Bowl</b>           | beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.                                     |
| <b>Lunch</b>     | <b>Kale Tabbouleh Salad</b>                    | Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.                                |
| <b>Snacks</b>    | <b>High Protein Flax Seed Protein Smoothie</b> | banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds. |
| <b>Dinner</b>    | <b>Alkaline Dhal + Bread</b>                   | Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.                                                                                    |

### Day 3

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|------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Beetroot Smoothie</b>          | beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.                   |
| <b>Lunch</b>     | <b>Green Mung and Tempeh High Protein Bowl</b> | Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini                                                                   |
| <b>Lunch</b>     | <b>Sprouting Broccoli Salads</b>               | Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}. |
| <b>Snacks</b>    | <b>High Protein Mean Green Smoothie</b>        | cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.              |
| <b>Dinner</b>    | <b>Black eyed pea and Tomato Stew+ Bread</b>   | Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.                                                             |

### Day 4

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|------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Peanuty Banana Blast - OatMeal Smoothie</b> | Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots, green banana flour and flax seeds.                                  |
| <b>Lunch</b>     | <b>Tempeh Rendang Bowl</b>                                  | tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers                                                                       |
| <b>Lunch</b>     | <b>Quinoa and Pomegranate Salad</b>                         | Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).                 |
| <b>Snacks</b>    | <b>High Protein Kale Smoothie</b>                           | kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds. |
| <b>Dinner</b>    | <b>Red Kidney Bean Stew + Bread</b>                         | Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.                                                                                |

### Day 5

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|------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>Berry Cheese Sunshine High Protein Smoothie</b>             | Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.                             |
| <b>Lunch</b>     | <b>Tofu and Veggie Noodle Bowl</b>                             | Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce. Dressing - Lemon Tahini                                        |
| <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}.                              |
| <b>Snacks</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, Protein and Collagen, green banana flour and flax seeds. |
| <b>Dinner</b>    | <b>Red Lentil Stew + Bread</b>                                 | Red lentils, onion, ginger, ginger powder, vegetable broth, tomatoes, lemon.                                                                         |

## Day 6

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|------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Anti Inflammatory Cherry Spinach Smoothie</b> | Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.                                                     |
| <b>Lunch</b>     | <b>Chickpea Shakshuka Bowl</b>                                | Chickpea Shakshuka Quinoa, Broccoli, Edamame.                                                                                                              |
| <b>Lunch</b>     | <b>Quinoa and Black Rice Roasted Veggie Salad</b>             | Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper. |
| <b>Snacks</b>    | <b>High Protein Berry licious breakfast Smoothie</b>          | Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen, green banana flour and flax seeds.            |
| <b>Dinner</b>    | <b>Black Lentil Stew + Bread</b>                              | black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.                                                                     |

## Day 7

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|------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie</b> | Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.                                                          |
| <b>Lunch</b>     | <b>Protein Peanut Noodles Bowl</b>                                                        | Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce                                                                               |
| <b>Lunch</b>     | <b>Grains and Greens Salad</b>                                                            | quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. |
| <b>Snacks</b>    | <b>High Protein Strawnana Smoothie</b>                                                    | Berries, bananas, avocado, kale, beets. apple, green banana flour and flax seeds.                                                                                |
| <b>Dinner</b>    | <b>Chickpea Stew + Bread</b>                                                              | chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.                                                                                       |

## Day 8

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

## Day 9

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|------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Strawberry Banana Protein Smoothie</b> | Strawberry, Banana, Flaxseed, Chia, Vanilla, Pea seeds Date, Plant Protein, Almond Milk, green banana flour and flax seeds. |
|------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|

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|---------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lunch</b>  | <b>Miso Bowl</b>                            | Soba noodles, miso paste, broccoli, baby spinach, radish.                                                                              |
| <b>Lunch</b>  | <b>Sprouting Broccoli Salads</b>            | Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.  |
| <b>Snacks</b> | <b>High Protein Genius Protein Smoothie</b> | Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds. |
| <b>Dinner</b> | <b>Harissa Tofu and lentil Stew + Bread</b> | lentils, tofu, and spinach                                                                                                             |

## Day 10

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|------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Chocolate Protein Smoothie</b> | Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.                   |
| <b>Lunch</b>     | <b>Mezze Bowls</b>                             | quinoa, sweet potato, chickpea, bell pepper, quinoa, sweet potato, chickpea, bell pepper, kale.                                           |
| <b>Lunch</b>     | <b>Quinoa and Pomegranate Salad</b>            | Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).           |
| <b>Snacks</b>    | <b>High Protein Alkaline Power Smoothie</b>    | turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds. |
| <b>Dinner</b>    | <b>Alkaline Dhal + Bread</b>                   | Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.                                                                      |

## Day 11

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|------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Peanut Butter Smoothie</b>          | Peanut milk dates, organic coconut milk, banana, chia seeds, organic flax seeds, Himalayan salt, green banana flour and flax seeds.                                      |
| <b>Lunch</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>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}.                                                  |
| <b>Snacks</b>    | <b>High Protein Leptin balancing power Smoothie</b> | coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, green banana flour and flax seeds. water,                         |
| <b>Dinner</b>    | <b>Black eyed pea and Tomato Stew+ Bread</b>        | Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.                                                                                                |

## Day 12

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|------------------|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Carrot Cake smoothie</b>          | Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.                              |
| <b>Lunch</b>     | <b>White Eyed Bean Stew Protein Bowl</b>          | White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums                                                                                           |
| <b>Lunch</b>     | <b>Quinoa and Black Rice Roasted Veggie Salad</b> | Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper. |
| <b>Snacks</b>    | <b>High Protein Heavy Metal Detox Smoothie</b>    | Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.             |
| <b>Dinner</b>    | <b>Red Kidney Bean Stew + Bread</b>               | Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.                                                                                           |

## Day 13

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|------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Carrot Cake smoothie</b> | Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds. |
| <b>Lunch</b>     | <b>West African Peanut Stew Bowl</b>     | beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.           |

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|---------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lunch</b>  | <b>Grains and Greens Salad</b>           | quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. |
| <b>Snacks</b> | <b>High Protein Liver Detox Smoothie</b> | carrot, beetroot, apples, ginger, parsley, flax seed. Green banana flour and flax seeds, green banana flour and flax seeds.                                      |
| <b>Dinner</b> | <b>Black Lentil Stew + Bread</b>         | black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.                                                                           |

## Day 14

|                  |                                                |                                                                                                                                                         |
|------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Flax Seed Protein Smoothie</b> | banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds. |
| <b>Lunch</b>     | <b>Green Mung and Tempeh High Protein Bowl</b> | Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini                                                                                     |
| <b>Lunch</b>     | <b>Kale Tabbouleh Salad</b>                    | Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.                                |
| <b>Snacks</b>    | <b>High Protein Mean Green Smoothie</b>        | cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.                                |
| <b>Dinner</b>    | <b>Chickpea Stew + Bread</b>                   | chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.                                                                              |

## Day 15

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|------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Kale Smoothie</b>     | kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds. |
| <b>Lunch</b>     | <b>Tempeh Rendang Bowl</b>            | tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers                                                                       |
| <b>Lunch</b>     | <b>Sprouting Broccoli Salads</b>      | Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.           |
| <b>Snacks</b>    | <b>High Protein Beetroot Smoothie</b> | beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.                             |
| <b>Dinner</b>    | <b>Green Moong Bean Stew + Bread</b>  | beans, some broth, coconut milk, spices, spinach.                                                                                               |

## Day 16

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|------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Peanuttty Banana Blast - OatMeal Smoothie</b> | Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots, green banana flour and flax seeds.                  |
| <b>Lunch</b>     | <b>Tofu and Veggie Noodle Bowl</b>                            | Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.                                           |
| <b>Lunch</b>     | <b>Quinoa and Pomegranate Salad</b>                           | Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper). |
| <b>Snacks</b>    | <b>Berry Cheese Sunshine High Protein Smoothie</b>            | Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.        |
| <b>Dinner</b>    | <b>Harissa Tofu and lentil Stew + Bread</b>                   | lentils, tofu, and spinach                                                                                                      |

## Day 17

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|------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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, Protein and Collagen, green banana flour and flax seeds. |
| <b>Lunch</b>     | <b>Chickpea Shakshuka Bowl</b>                                 | Chickpea Shakshuka Quinoa, Broccoli, Edamame.                                                                                                        |
| <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}.                              |

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|---------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>Snacks</b> | <b>High Protein Anti Inflammatory Cherry Spinach Smoothie</b> | Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds. |
| <b>Dinner</b> | <b>Alkaline Dhal + Bread</b>                                  | Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.                                   |

## Day 18

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|------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Berry licious breakfast Smoothie</b> | Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen, green banana flour and flax seeds.            |
| <b>Lunch</b>     | <b>Protein Peanut Noodles Bowl</b>                   | Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce                                                                         |
| <b>Lunch</b>     | <b>Quinoa and Black Rice Roasted Veggie Salad</b>    | Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper. |
| <b>Snacks</b>    | <b>High Protein Strawnana Smoothie</b>               | Berries, bananas, avocado, kale, beets. apple, green banana flour and flax seeds.                                                                          |
| <b>Dinner</b>    | <b>Black eyed pea and Tomato Stew+ Bread</b>         | Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.                                                                                  |

## Day 19

|                  |                                                                                           |                                                                                                                                                                  |
|------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie</b> | Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.                                                          |
| <b>Lunch</b>     | <b>Supercharged Satay</b>                                                                 | Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds                                                                        |
| <b>Lunch</b>     | <b>Grains and Greens Salad</b>                                                            | quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. |
| <b>Snacks</b>    | <b>High Protein Blue Magik Protein Smoothie</b>                                           | Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk, green banana flour and flax seeds.                                 |
| <b>Dinner</b>    | <b>Red Kidney Bean Stew + Bread</b>                                                       | Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.                                                                                                 |

## Day 20

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|------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>High Protein Berry Full Smoothie</b>     | Strawberries, bananas, apple, red beets, vanilla, green banana flour and flax seeds.                                                   |
| <b>Lunch</b>     | <b>Miso Bowl</b>                            | Soba noodles, miso paste, broccoli, baby spinach, radish.                                                                              |
| <b>Lunch</b>     | <b>Kale Tabbouleh Salad</b>                 | Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.               |
| <b>Snacks</b>    | <b>High Protein Genius Protein Smoothie</b> | Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds. |
| <b>Dinner</b>    | <b>Black Lentil Stew + Bread</b>            | 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.