3 Days Weightloss

Day 1

9am	**Visceral Fat Burn Smoothie**	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	**Detox Tonic Lemonade Juice**	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	**Gravity Glow Juice**	cucumber, apple, ginger, mint, and lemon juice.
3pm	**Butternut Squash Orange Lemon Juice**	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	**Afterparty Juice**	beet root, carrot, ginger, apple and lemon.
7pm	**Carrot Coriander Soup**	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 2

When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	**Celery juice**	Celery, lemon.
11am	**Roasted Swede Soup**	roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
1pm	**Spinach Kale Juice**	Spinach, kale, Lemon, celery, parsley.
3pm	**Tofu and Spinach Soup**	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	**Beet a licious**	Beets, carrots, cherries, lime, Filtered water. Ashwagandha.
7pm	**Sweet Potato Nacho soup**	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 3

9am	**Liver Detox shot**	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	**Spinach Kale**	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	**Boss Tonic Probiotic Juice**	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
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	**Golden Life Kombucha**	to boost the intestinal health and aid in digestion.
6pm	**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.