

# 3 Days Weightloss

## Day 1

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 2

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

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

## Day 3

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Spinach Kale</b>	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	<b>Millet and Quinoa Paella</b>	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	<b>Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
6pm	<b>Soothing Gut healing Soup</b>	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.*