

5 Days Gut Cleanse

1100 Calories • Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G

Day 1		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:00am	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	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.

Day 2		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Box of Walnuts and After Party Cold Pressed Juice	Beet, Carrot, Lemon, Ginger, Apple.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Kombucha	made with Tropical ingredients and live scoby.
6pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 3		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1pm	Tempeh Rendang Curry with almond bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.

Day 3		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
6pm	Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock.

Day 4		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9:00am	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	Milk Thistle - After Math	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
1pm	Superfood Kale and Walnut Salad	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 5		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Turmeric Root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:00am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Quinoa Porridge with Keto shake	Quinoa Porridge - quinoa, almond milk, maple syrup, salt and water. + Keto shake - Cinnamon Chai - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
1pm	Green Mung Bean Stew	beans, some broth, coconut milk, spices, spinach.
3pm	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

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.