

5 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.

Day 4

9am	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	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Fennel Cosomme Soup	Florence Fennel, Celery, Leeks, Spring Onions.

Day 5		
9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach and Ginger Cold Pressed Juice	Spinach, cucumber, lemon, ginger and apple.
11am	Gluten Free bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	Super charged Satay	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
3pm	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome.
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.