

5-Day Keto Reset Plan

Keto Shakes, Green Juices & Soups

Day 1		
7am	Black Lemonade Water	Upon waking up, sip a bottle of our Black Lemonade (unsweetened). This will hydrate and give us a nice dose of vitamin C — two factors that help shift your metabolism out of “sleep mode.”
9am	Keto Detox Shake – Chocolate Mocha	Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
11am	Green Juice	Spinach, cucumbers, broccoli, lemon.
1pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
3pm	Keto Meal Shake – Vanilla	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, marine collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
5pm	Keto Meal Shake – Chai	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, marine collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
7pm	Green Juice	Spinach, cucumbers, broccoli, lemon.

Day 2		
7am	Black Lemonade Water	Upon waking up, sip a bottle of our Black Lemonade (unsweetened). This will hydrate and give us a nice dose of vitamin C — two factors that help shift your metabolism out of “sleep mode.”
9am	Keto Detox Shake – Peanut Butter Smoothie	Almond milk, peanut butter, cocoa, coconut mylk.
11am	Green Juice	Spinach, cucumbers, broccoli, lemon.
1pm	Cauliflower Soup	Cauliflower, onions, celery, curry powder, rosemary, black pepper, coconut milk, lemon.
3pm	Keto Meal Shake – Strawberry Chia Smoothie	Frozen strawberries, coconut milk, chia seeds.
5pm	Keto Meal Shake – Coconut Blackberry Smoothie	Blackberries, coconut milk, shredded coconut, mint leaves.
7pm	Green Juice	Spinach, cucumbers, lemon.

Day 3		
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7am	Black Lemonade Water	Upon waking up, sip a bottle of our Black Lemonade (unsweetened). This will hydrate and give us a nice dose of vitamin C — two factors that help shift your metabolism out of “sleep mode.”
9am	Keto Detox Shake – Pumpkin Pie Smoothie	Almond milk, pumpkin puree, almond butter, pumpkin pie spice, sea salt.
11am	Green Juice	Spinach, cucumbers, lemon.
1pm	Leek and Celery Soup	Leeks, celery root, lemon, onions, olive oil.
3pm	Keto Meal Shake – Matcha Green	Coconut milk, matcha powder, spinach, monk fruit, blueberries.
5pm	Keto Meal Shake – Coconut Blackberry	Coconut milk, matcha powder, spinach, monk fruit, blueberries.
7pm	Green Juice	Spinach, cucumbers, lemon.

Day 4

7am	Black Lemonade Water	Upon waking up, sip a bottle of our Black Lemonade (unsweetened). This will hydrate and give us a nice dose of vitamin C — two factors that help shift your metabolism out of “sleep mode.”
9am	Keto Detox Shake – Chocolate Mocha	Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
11am	Green Juice	Spinach, cucumbers, broccoli, lemon.
1pm	Butternut Squash Soup	Butternut squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Keto Meal Shake – Vanilla	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, marine collagen peptides, vanilla extract, almond extract, Himalayan salt.
5pm	Keto Meal Shake – Chai	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, marine collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
7pm	Green Juice	Spinach, cucumbers, lemon.

Day 5

7am	Black Lemonade Water	Upon waking up, sip a bottle of our Black Lemonade (unsweetened). This will hydrate and give us a nice dose of vitamin C — two factors that help shift your metabolism out of “sleep mode.”
9am	Keto Detox Shake – Peanut Butter Smoothie	Almond milk, peanut butter, cocoa, coconut mylk.
11am	Green Juice	Spinach, cucumbers, broccoli, lemon.
1pm	Turmeric and Lentil Soup	Pumpkin, carrot, sweet potato, ginger, mustard seeds, onions, coconut milk, coriander, turmeric, red pepper.
3pm	Keto Meal Shake – Strawberry Chia Smoothie	Frozen strawberries, coconut milk, chia seeds.
5pm	Keto Meal Shake – Coconut Blackberry Smoothie	Coconut milk, shredded coconut, mint leaves.
7pm	Green Juice	Spinach, cucumbers, lemon.