

# 5 Days Anti Parasite & Microbiome Reset

## Day 1

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. Kale and parsley are rich in chlorophyll, which alkalizes the body and helps expel toxins. Ginger and lemon improve digestion and kill harmful bacteria. Cucumber and celery hydrate and flush out toxins.
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. Millets have prebiotics which stimulate the growth of probiotics within the microbiome. Quinoa is rich in fiber, aiding in flushing out of Mucoid plaque.
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.

## Day 2

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Citrus 3 Cold Pressed Juice</b>	Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts. Citrus fruits are high in Vitamin C, strengthening immunity.
11am	<b>Box of Walnuts and After Party Cold Pressed Juice</b>	Beet, Carrot, Lemon, Ginger, Apple. Beets support liver Detox and apple pectin binds to toxins and helps eliminate them.
1pm	<b>Butternut Squash soup</b>	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	<b>Kombucha</b>	made with Tropical ingredients and live scoby. Squash is soothing to the digestive system while coconut milk contains lauric acid, which kills harmful microbes.
6pm	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 3

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Mean Green Smoothie</b>	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds. Chlorophyll detoxifies and boosts immunity.
11am	<b>Mermaid Lemonade Probiotic Juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1pm	<b>Tempeh Rendang Curry with almond bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas. Due to the fermentation process, tempeh is a rich source of live probiotic culture and active enzymes. It is high in protein and contain prebiotics.
3pm	<b>Tropical Kombucha</b>	made with Tropical ingredients and live scoby.
6pm	<b>Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock. Miso is high in probiotics and helps maintain a healthy bacteria levels. The delicious soup with miso and veggies make a great probiotic soup.

## Day 4

9am	<b>Beetroot lemon shot on empty stomach</b>	Beetroot, lemon, apple.
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<b>9:30am</b>	<b>Young Love Juice</b>	Pineapple, berries, Filtered water, Chia seeds. Pineapple's bromelain breaks down parasites and is anti inflammatory.
<b>11am</b>	<b>Milk Thistle - After Math</b>	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
<b>1pm</b>	<b>Superfood Kale and Walnut Salad</b>	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>3pm</b>	<b>Kombucha</b>	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
<b>6pm</b>	<b>Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

## Day 5

<b>9am</b>	<b>Turmeric Root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</b>	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, turmeric, apple. Carrots are high in vitamin A, supporting skin repair. Turmeric is anti-inflammatory and antimicrobial, helping eliminate parasites.
<b>11am</b>	<b>Quinoa Porridge with Keto shake</b>	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. Quinoa is rich in fiber, aiding in flushing out mucoid plaque.
<b>1pm</b>	<b>Green Mung Bean Stew</b>	beans, some broth, coconut milk, spices, spinach. Aids Liver Detox and Improves Gut Microbe.
<b>3pm</b>	<b>Kombucha - Apple &amp; Ginger Kombucha</b>	to aid in digestion and enhance good gut microbiome.
<b>6pm</b>	<b>Vegan Panang</b>	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.*