

5 Days Clean Eating

Day 1

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

9am	Vegan High Protein Oatmeal Porridge with Keto Shake	Oats, almond milk, maple syrup, salt and water.
1pm	Soba Noodles Pomodoro. High Protein and High Fiber	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.
7pm	2 portions of Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 2

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

9am	Chai Infused Granola Porridge with Keto Shake	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
1pm	Tempeh Rendang with bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
7pm	2 portions of Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 3

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

9am	Gluten Free Bread with Tofu Shakshuka	tofu, plant milk, herbs.
1pm	Tofu and Cauliflower fried rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
7pm	2 Roasted Swede Soups	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 4

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla.
1pm	Scrambled Cottage Cheese Wrap	Wrap with Vegan Cottage Cheese, red peppers, and kale.
7pm	2 portions of Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
1pm	Chickpea Rice and Pumpkin Kibbeh	Pumpkin, Whole grain Flour, Chickpeas, herbs, rice.
7pm	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.