

5 Days No-Sugar Detox. Curb Sugar Cravings.

Day 1

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.
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 2

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

9am	Braniac Cold Pressed Juice	Spinach, cucumbers, lemon, ginger and apple.
11am	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Courgettes, lemon, apple.
3pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	Cucumber and Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 3

<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	Butternut Squash carrot juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu (Soya, Sulphite), Onions, Carrots, Lemongrass, Fresh Ginger, Fresh Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika, Kaffir lime leaves, Kashmiri Chilli Powder.
5pm	Celery juice	Celery, lemon.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 4		
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Spinach Ginger Juice	Spinach, lemon, cucumber, ginger, lemon, celery.
11am	Kalefornia Dreamin Soup	Kale, Spinach, Potatoes, Onions, Leeks.
1pm	After party juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5pm	Celery juice	Celery, lemon.
7pm	Vegan Miso Soup	Lots of gut-healing veggies cooked in a slow Miso based broth for the tangy taste.

Day 5		
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
1pm	Butternut Carrot Juice	Butternut, Carrots, lemon, ginger. Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach. kale, Courgettes, edamame, Onions, Ginger, 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.