

Alpha40 · Men's Midlife Reset · 30 Days · 6 Phases

Macros: Protein 80G | Fiber 40G | Carbs 54G | Fat 42G

Day 1 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
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	Young love Cold Pressed Juice	Pineapple, Berries, agave, Chia seeds.
1pm	Orange Turmeric Juice Cold Pressed Juice	Orange, apple, lemon juice, black pepper, Aloevera.
3pm	Citrus 3 Cold Pressed Juice	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral salts.
5pm	Butternut Carrot Cold Pressed Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.

Day 2 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
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 (Added Triphala) Cold Pressed Juice	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda (Added Turmeric Limestone) Cold Pressed Juice	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda (to balance the Vatta Dosha) Cold Pressed Juice	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda (to balance Kapha Dosha) Cold Pressed Juice	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 3 - Day 14 - Liver Optimization	Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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Day 3 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Aftermath Elixir with MILK THISTLE for Liver Detox	Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Edamame beans.	

6pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
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Day 4 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu
1pm	Quinoa and Pomegranate Salad	Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }
3pm	Boss Tonic Vegan Probiotic Juice	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
6pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 5 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome
1pm	Chickpea Shakshuka	Chickpeas, tomato capsicums, Miso paste, Tofu.
3pm	Butternut Squash Carrot Juice	Butternut, spinach, carrot, lemon, parsley.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 6 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Chill Pill - Vegan Probiotic Juice	Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.
1pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
3pm	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	Harissa Tofu and Lentil Stew	lentils, tofu, and spinach

Day 7 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.

1pm	Green Mung bean Stew	Green Mung, Spinach, coconut milk, spices.
3pm	Cold Crusher Juice	Carrots, Orange, lemon, ginger and apple.
6pm	Soba Noodles Pomodoro	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.

Day 8 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Detox Tonic Lemonade	Lemon, Blue Spirulina, MILK THISTLE, agave.
1pm	Raw Cucumber and Watercress Soup	Cucumber, olive oil, almond milk, dill leaves, salt and pepper.
3pm	Beet a licious	Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
7pm	Vegan Panang Curry	Panang Curry paste, coconut milk, tomatoes, red pepper, ginger, lemon grass, coriander seeds, lime, Quinoa, butternut squash, chickpeas, pakchoi, peas, fresh coriander.

Day 9 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Gluten Free bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt
3pm	Miso Bowl	Soba noodles, miso paste, broccoli, baby spinach, radish, chili garlic sauce.
5pm	Broad beans with Mermaid lemonade Probiotic Juice with Vegan probiotics	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts..
7pm	Spinach and Tofu Curry	Spinach, Onions, Tomatoes, ground pepper, Tofu, ginger, coriander, coconut milk, almond milk.

Day 10 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Butternut Carrot Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
1pm	Beetroot & Pearl Barley Risotto	Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery
3pm	Edamame beans with Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
6pm	Red Kidney Bean	Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.

Day 11 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Aftermath Elixir with MILK THISTLE for Liver Detox	Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Edamame beans.	
6pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

Day 12 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu
1pm	Quinoa and Pomegranate Salad	Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }
3pm	Boss Tonic Vegan Probiotic Juice	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
6pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 13 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome
1pm	Chickpea Shakshuka	Chickpeas, tomato capsicums, Miso paste, Tofu.
3pm	Butternut Squash Carrot Juice	Butternut, spinach, carrot, lemon, parsley.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 14 - Liver Optimization		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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	Chill Pill - Vegan Probiotic Juice	Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.
1pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

3pm	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	Harissa Tofu and Lentil Stew	lentils, tofu, and spinach

Day 15 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Bhakti Ayurveda (Added Triphala) cold pressed juice	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda (Added Turmeric Limestone) cold pressed juice	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda (to balance the Vatta Dosha) cold pressed juice	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda (to balance Kapha Dosha) cold pressed juice	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 16 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
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 cold pressed Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow cold pressed Juice	cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon cold pressed Juice	Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
5pm	Afterparty cold pressed Juice	beetroot, carrot, ginger, apple and lemon.
7pm	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 17 - Day 20 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 17 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
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	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 18 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Broccoli, 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 19 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
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	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, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika,
5pm	Celery juice	Celery, lemon.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 20 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
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	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	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock

Day 21 - Day 25 - Skinny Reset	Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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Day 21 - Skinny Reset		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Carrot Turmeric shot	carrot, lemon, ginger, turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Moroccan Lentil Soup	Tomatoes, Chickpeas, Onions, Red Lentils, Tomato Paste, Celery, Parsley, Turmeric, Ginger, Corriander, Apple Cider Vinegar, Black Pepper, Bed Chilli, Cloves, Bay Leaf, Cardamom.

Day 22 - Skinny Reset		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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	Sweet Potato Nacho Soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
2pm	Butternut Squash Soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
4pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Chick pea stew	Chick peas, potatoes, onions, tamarind, tomatoes

Day 23 - Skinny Reset		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

2pm	Black Lentil Stew with Veggies and Quinoa	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	Turmeric Tomato Detox	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
5pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
6pm	Pumpkin Coconut Soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

Day 24 - Skinny Reset		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Turmeric and Lentil Soup	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.
2pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
4pm	Carrot Turmeric shot	Carrots, Lemon, Ginger, Turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water
6pm	Coconut me Thai Soup	Sweet Potato, Coconut Milk, Onion, Lemon Grass, Kaffir lime leaves, Frozen milled basil, Ginger

Day 25 - Skinny Reset		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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	New Green Mung beans	Green Mung beans, Onions, Tomatoes, Coconut milk, ginger, cilantro.
2pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.
4pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water
6pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 26 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
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	Young love Cold Pressed Juice	Pineapple, Berries, agave, Chia seeds.
1pm	Orange Turmeric Juice Cold Pressed Juice	Orange, apple, lemon juice, black pepper, Aloe vera.
3pm	Citrus 3 Cold Pressed Juice	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral salts.

5pm	Butternut Carrot Cold Pressed Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 27 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Detox Tonic Lemonade cold pressed Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow cold pressed Juice	cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon cold pressed Juice	Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
5pm	Afterparty cold pressed Juice	beetroot, carrot, ginger, apple and lemon.
7pm	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 28 - Fiber Optimization		Macros: Protein 64G Carbs 64G Fat 38G Fiber 58G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
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	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
3pm	Boss Tonic Probiotic juice with Electrolytes	Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.
5pm	Spa Day Juice with Natural Electrolytes	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kabocha Congee Soup	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.

Day 29 - Fiber Optimization		Macros: Protein 64G Carbs 64G Fat 38G Fiber 58G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
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	Grains and Greens Salad	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, tempeh .fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
1pm	Butternut Squash Soup	Butternut, Onions, Carrots, black pepper, salt, water.

3pm	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts.
5pm	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.

Day 30 - Clean Eating		Macros: Protein 60G Fiber 35G Fat 35G Carbs 58G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
1pm	Soba Noodles Pomodoro. High Protein and High Fiber	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes. + Grains and Greens salad - quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
7pm	2 portions of Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

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.