

Clean Liver Reset - 3 Days

Flush Liver Fat Naturally · 1300 Calories/Day · High Protein · High Fibre

Macros Count

Protein

72g per day

Fat

36g per day

Carbs

39g per day

Fiber

47g per day

DAY 1

Macros Count - Protein: 72g | Fat: 36g | Carbs: 39g | Fiber: 47g

9:00 AM

High Protein Blue Magik Protein Smoothie

Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.

11:00 AM

Gluten Free Bread with Tofu Shakshuka

tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt

1:00 PM

Super Charged Satay

Hard Tofu, Black Rice, Edamame, Peanut Butter, Tahini, Sesame Seeds, Coconuts

3:00 PM

Kombucha

Tropical Kombucha made with Tropical ingredients and live scoby.

6:00 PM

Soothing Gut Healing Soup

Red Lentils, Sweet Potato, Spinach, Carrot, Bell Pepper, Cashews, Onions, Ginger

DAY 2

Macros Count - Protein: 72g | Fat: 36g | Carbs: 39g | Fiber: 47g

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

9:00 AM

High Protein Mean Green Smoothie

cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.

11:00 AM

Mermaid Lemonade

Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral Salts

1:00 PM

Quinoa Roasted Veggie Salad

Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale, Tempeh Dressing: Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper

3:00 PM

Apple with After Math Juice

With Milk Thistle for Liver Cleansing, Added Humantra and Mineral Salts - Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.

6:00 PM

Healing Turmeric Soup

Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper

DAY 3

Macros Count - Protein: 72g | Fat: 36g | Carbs: 39g | Fiber: 47g

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

9:00 AM

Visceral Fat Burn Smoothie

Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.

11:00 AM

After Math Elixir with Milk Thistle for Liver Detox

Orange, Ginger, Basil Oil, Milk Thistle, Aloe, Added Humantra and Mineral Salts

1:00 PM

Beetroot and Pearl Barley Risotto

Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery

3:00 PM

Edamame Beans

6:00 PM

Romesco Soup with Chickpeas

Red Bell Peppers, Almonds, Almond Milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black Pepper, Salt, Chickpeas

If deliveries are delayed please eat something plant based.

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