

Clean Liver Reset · 5 Days

1100 Calories/Day • Macros: Protein 72G | Carbs 39G | Fat 36G | Fiber 47G

Time	Day 1 Metabolic Activation Cleanse Macros: Protein 30G Fiber 20G	Day 2 Macros: Protein 60G Fiber 35G Fat 35G Carbs 58G	Day 3 Macros: Protein 60G Fiber 35G Fat 35G Carbs 58G	Day 4 Macros: Protein 60G Fiber 35G Fat 35G Carbs 58G	Day 5 Macros: Protein 60G Fiber 35G Fat 35G Carbs 58G
9 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.	High Protein Mean Green Smoothie - cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11 AM	Bhakti Ayurveda Cold Pressed Juice (Added Triphala) - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Mermaid Lemonade Blue - Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Humantra Electrolytes, Mineral Salts	After Math Elixir with Milk Thistle Orange, Ginger, Basil Oil, Milk Thistle, Aloe, Humantra Electrolytes, Mineral Salts - Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.	Gluten Free Bread with Chickpea Shakshuka - Chickpea Shakshuka Quinoa, Broccoli, Edamame.	Kombucha - Tropical Kombucha made with Tropical ingredients and live scoby.
1 PM	Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Quinoa Roasted Veggie Salad - Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale, Tempeh Dressing: Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper	Beetroot & Pearl Barley - Risotto Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery	Quinoa & Pomegranate Salad Quinoa, Pomegranate, Red Radish, Cashews, Chives, Parsley, Coriander, Chickpeas, Mesculin Dressing: Lemon Olive Oil, Agave, Lemon, Salt, Water, Pepper	Chickpea Shakshuka - Chickpeas, Tomatoes, Capsicums, Miso Paste, Tofu
3 PM	Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Apple with After Math Juice with Milk Thistle For Liver Cleansing, Humantra Electrolytes, Mineral Salts - Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.	Edamame Beans	Boss Tonic Vegan Probiotic Juice - Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic	Butternut Squash Carrot Juice - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
5 PM	Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.	—	—	—	—

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6 PM	—	Healing Turmeric Soup Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper	Romesco Soup with Chickpeas - Red Bell Peppers, Almonds, Almond Milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black Pepper, Salt, Chickpeas	Carrot Coriander Soup - Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt	Vegan Panang Panang Curry Sauce, Mixed Quinoa, Butternut Squash, Chickpeas, Pak Choi, Peas
7 PM	Roasted Swede Soup - Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.	—	—	—	—

*High Protein • High in Fiber • Recommended 1–2 times a year • With Juices, High Fiber and High Protein solid food
If deliveries are delayed please eat something plant based. | goorganic.me*