

The Clean Liver Protocol

5-Day Fatty Liver Reset • 1400–1600 Calories/Day • Protein: 63g | Fat: 36g | Carbs: 39g

Time	Day 1	Day 2	Day 3	Day 4	Day 5
9 AM	Karma Ayurveda Cold Pressed Juice (Added Holy basil and Neem) Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.	Turmeric Root Shot Turmeric Root, Ginger, Indian Gooseberries, Orange	Apple Cider Vinegar Shot with Turmeric	Pure Green Juice Spinach, Cucumber, Courgette, Lemon, Apple	Turmeric Root Shot Turmeric Root, Ginger, Indian Gooseberries, Orange
9:30 AM	—	Chai Infused Quinoa Porridge with Keto Shake Quinoa cooked with almond milk and a tinge of Masala Chai	High Protein Oatmeal Porridge with Keto Shake Oats, almond milk, maple syrup, salt and water	Celery Juice Celery, Lemon, Apples	Granola with Almond Milk Whole grain organic oats, cocoa powder, vegan choco chips, almonds, pumpkin seeds, sunflower seeds, organic agave syrup, coconut oil and dates
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	Gluten Free Bread with Chickpea Shakshuka	Kombucha
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 Pressed Juice (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	Edamame Beans	Boss Tonic Vegan Probiotic Juice Vegan Probiotics, Ginger, Turmeric, Lemon, Coconut Nectar	Butternut Squash Carrot Juice Butternut, Spinach, Carrot, Lemon, Parsley
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	Green Cold Pressed Juice - Braniac - Slender Green Spinach, Cucumber, Parsley, Lemon, Apple, Celery.	—	—	—	—

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