5 Days Weightloss Fiber Fix Reset. Real Fiber

1100 Calories • Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

Day 1

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

9am	**High Protein 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	**Braniac - Slender Green Cold Pressed Juice**	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
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**	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice, Chia.

Day 2

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

9am	**High Protein 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	**Bhakti Ayurveda Cold Pressed Juice**	alovera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon. WITH ADDED TRIPHALA.
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 mineral salt.
5pm	**Kombucha - Tropical Kombucha**	made with Tropical ingredients and live scoby.
7pm	**Leek and Celery Soup**	This Soup Contains Leeks, Celery Root, Lemon, Onions, Olive Oil.

Day 3

Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G

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

9am	**High Protein 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**	Blueberry, Pineapple, Chia seeds, Strawberry, Filtered water, stevia.
1pm	**Cauliflower Potato Chowder**	Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon.
3pm	**Citrus 3 cold pressed juice with Humantra**	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral blend.
5pm	**Bhakti Ayurveda Cold pressed juice with added electrolytes**	Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon.
7pm	**Lentil me entertain**	Red lentils, Carrots, Spring onions, carrots, cumin.

Day 4		Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
9am	**High Protein 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	**Pure Green Cold Pressed Juice**	Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
1pm	**Creamy Roasted pepper and Tomato soup**	Roasted red bell peppers, Tomato paste, dill, ginger, basil, coconut milk, red pepper flakes.
3pm	**Master Cleanse Probiotic Juice**	Pineapple, Turmeric, lemon, cayenne. Added Humantra, Mineral salts.
5pm	**Golden Life Kombucha**	to boost the intestinal health and aid in digestion.
7pm	**Fennel Consomme Soup**	Fennel, Celery, leeks, spring onions, ginger.

Day 5		Macros: Protein 64G | Fiber 58G | Carbs 64G | Fat 38G
When you wake up: Lukewarm water with a splash of fresh lemon juice.		
9am	**High Protein 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	**Cold Crusher Cold Pressed Juice**	Carrots, Orange, lemon, ginger, parsley.
1pm	**African Peanut Stew**	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
3pm	**Cardamon Rose Kombucha**	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
5pm	**Mermaid Lemonade with added Probiotics**	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Huimantra and Mineral salt.
7pm	**Carrot Coriander soup**	Carrots, coriander, ginger, celery, onions, cumin seeds, salt.

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.