GLP-1 Daily Support Pack 28 Days

Macros per Day: Fat 37G | Carbs 54G | Protein 75G | Fiber 35G | Calories: 1,400–1,750 kcal

DAY	BREAKFAST	AFTERNOON	DINNER
Day 1	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** *Gut Healthy & Electrolyte Rich Mermaid Lemonade* **Mermaid Lemonade Probiotic Juice** - Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Butternut Squash Soup** - Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
Day 2	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Orange Turmeric Juice** - Orange, apple, lemon juice, black pepper, Aloevera. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Hearty Quinoa Gut Cleanse Soup** - Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
Day 3	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Butternut Carrot Juice** - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Tofu and Spinach Soup** - Spinach,Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
Day 4	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Young love Juice** - Pineapple, Berries, agave, Chia seeds. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Tomato Basil Soup** - Tomatoes, Onion,Basil, Vinegar, Black Pepper.
Day 5	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Gravity - Soothe with added Apple Cider Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Courgette, Lemon, Mint Soup** - Courgette,lemon, mint, onions, celery, leeks,potato, thyme, pepper.
Day 6	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Bhakti Ayurveda Juice** - alovera, coconut water, cucumbers, apple, Pineapple, mint , Brain tonic,lemon. WITH ADDED TRIPHALA. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Turmeric Tomato Soup** - Tomatoes,Onion, Basil, Vinegar, Black Pepper.
Day 7	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Braniac - Slender Green Juice** - Spinach, Cucumber, Parsley, Lemon,Apple , Celery. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Super Green Soup** - Spinach, kale, courgettes, onions, peas.
Day 8	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** *Gut Healthy & Electrolyte Rich Mermaid Lemonade* **Mermaid Lemonade Probiotic Juice** - Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Sweet Potato Nacho Soup Sweet** - potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
Day 9	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Orange Turmeric Juice** - Orange, apple, lemon juice, black pepper, Aloevera. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Soothing Gut healing Soup** - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

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Day 10	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Butternut Carrot Juice** - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Tofu and Spinach Soup** - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
Day 11	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Young love Juice** - Pineapple, Berries, agave, Chia seeds. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Pumpkin Coconut Soup** - Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg,
Day 12	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Gravity - Soothe with added Apple Cider Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Carrot Ginger Soup** - Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.
Day 13	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Bhakti Ayurveda Juice** - alovera, coconut water, cucumbers, apple, Pineapple, mint , Brain tonic,lemon. WITH ADDED TRIPHALA. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Cabbage Soup** - Onions, Carrots, Celery, Chilli Powder , Black Pepper , White Eyed Beans, Roasted Tomatoes, Cabbage
Day 14	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Braniac - Slender Green Juice** - Spinach, Cucumber, Parsley, Lemon,Apple , Celery. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Kabocha Congee Soup** - Pumpkin Seeds ,Kabocha Squash , Cinnamon , Brown Rice, chia
Day 15	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** *Gut Healthy & Electrolyte Rich Mermaid Lemonade* **Mermaid Lemonade Probiotic Juice** - Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Romesco Soup with Smashed Chickpeas Soup** - red bell peppers , raw almonds , vegetable broth , paprika , sea salt and black pepper , chickpeas
Day 16	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Orange Turmeric Juice** - Orange, apple, lemon juice, black pepper, Aloevera. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Lentil Me Entertain soup** - Lentils, Carrots, Shiitake Mushroom, Celery, Spring Onion, Turmeric Root, Cumin Seed.
Day 17	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Butternut Carrot Juice** - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Tom Yum Soup** - Water, Coconut Milk, Cherry Tomatoes, Tofu , Mushrooms, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt .
Day 18	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Young love Juice** - Pineapple, Berries, agave, Chia seeds. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Creamy Vegan Spinach Soup** - Spinach , Onion , Ginger , Potato , Almond Milk , Basil , Pepper .
Day 19	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Gravity - Soothe with added Apple Cider Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Kale Fornia Dreaming soup** - kale, potatoes, spinach , onions, Leeks,

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Day 20	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Bhakti Ayurveda Juice** - alovera, coconut water, cucumbers, apple, Pineapple, mint , Brain tonic,lemon. WITH ADDED TRIPHALA. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Tomato Soup for the Soul** - Tomatoes , Red Lentils, Onion, Basil , Salt ,Black Pepper , Mixed Herbs
Day 21	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Braniac - Slender Green Juice** - Spinach, Cucumber, Parsley, Lemon,Apple , Celery. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Butternut Squash Soup** - Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
Day 22	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** *Gut Healthy & Electrolyte Rich Mermaid Lemonade* **Mermaid Lemonade Probiotic Juice** - Blue spirulina, Lemon, Aloe , Coconut Nectar, Vegan Probiotic , Added Humantra Electrolytes, Mineral salts. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Hearty Quinoa Gut Cleanse Soup** - Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
Day 23	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Orange Turmeric Juice** - Orange, apple, lemon juice, black pepper, Aloevera. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Courgette , Lemon, mint Soup** - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper .
Day 24	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Butternut Carrot Juice** - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Tofu and Spinach Soup** - Spinach,Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
Day 25	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Young love Juice** - Pineapple, Berries, agave, Chia seeds. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Sweet Potato Nacho soup** - Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
Day 26	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Mean Green Smoothie** - cucumber, celery, apples , lemon , banana, leaves kale (Tuscan cabbage) , CollagenGreen,green banana flour and flax seeds.	**Afternoon** **Gravity - Soothe with added Apple Cider Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider. + **Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange .	**Dinner** *Warm High Fiber Soup* **Cabbage Soup** - Onions, Carrots, Celery, Chilli Powder , Black Pepper , White Eyed Beans, Roasted Tomatoes, Cabbage
Day 27	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **High Protein Blue Magik Spirulina Protein Smoothie** - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk , green banana flour and flax seeds.	**Afternoon** **Bhakti Ayurveda Juice** - alovera, coconut water, cucumbers, apple, Pineapple, mint , Brain tonic,lemon. WITH ADDED TRIPHALA. + **Visceral Fat Burn Shot** - Apple cider, lemon juice, ginger Juice, turmeric, cinnamon, cayenne, black pepper, green apple, matcha.	**Dinner** *Warm High Fiber Soup* **Leek and Celery Soup** - leeks, celery root, lemon, onions, olive oil.
Day 28	**Breakfast** *Protein & Fiber Rich Fat Burn Smoothie* **Visceral Fat Burn Smoothie** - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts	**Afternoon** **Braniac - Slender Green Juice** - Spinach, Cucumber, Parsley, Lemon,Apple , Celery. + **Cayenne Ginger Shot** - Ginger , lemon juice , green apple , raw apple cider cayenne black pepper , sea salt .	**Dinner** *Warm High Fiber Soup* **Lentil Me Entertain soup** - Lentils, Carrots, Shiitake Mushroom, Celery, Spring Onion, Turmeric Root, Cumin Seed.