

GoOrganic ME

15KG Clinical Transformation

60 Days

Macros: Protein 75G | Fiber 40G | Carbs 56G | Fat 32G

Complete Meal Plan Timetable

Phase 1	Days 1–20	Metabolic Ignition
Phase 2	Days 21–40	Acceleration
Phase 3	Days 41–60	Consolidation

Phase 1

Days 1–20 — Metabolic Ignition

Day 1	Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
9am	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 Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 2	Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow cold pressed juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty cold pressed juice	Beet root, carrot, ginger, apple and lemon.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 3 - Day 7 - Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
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Day 3	Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Boss Tonic Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic
1pm	Millet and Quinoa Paella	saffron, olive oil, onion, minced, red bell pepper, smoked paprika, paprika, thyme, oregano, grain brown rice, quinoa, or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
3pm	Golden Life Kombucha	to boost the intestinal health and aid in digestion.
6pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 4	Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	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	Box of Walnuts and After Party Cold Pressed Juice	Beet, Carrot, Lemon, Ginger, Apple.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Kombucha	made with Tropical ingredients and live scoby.
6pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5	Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1pm	Tempeh Rendang Curry with almond bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.
6pm	Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock

Day 6	Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Milk Thistle - After Math	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
1pm	Superfood Kale and Walnut Salad	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot Dressing- Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }
3pm	Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 7	Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Turmeric Root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange
9am	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	Quinoa Porridge with Keto shake	Quinoa porridge - quinoa, almond milk, maple syrup, salt and water. + Keto shake - Cinnamon Chai - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.

1pm	Green Mung Bean Stew	beans, some broth, coconut milk, spices, spinach.
3pm	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 8	Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Detox Tonic Lemonade Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Pumpkin Coconut Soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg.

Day 9	Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Dynamo Juice	Kale, spinach, celery, parsley, apple, lemon, dandelion greens.
1pm	Spinach Kale Juice	Spinach, kale, Cucumber, lemon, celery, parsley.
3pm	Pure Green Juice	Cucumber, Courgettes, fennel, lemon, spinach, parsley.
5pm	Cucumber Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 10 - Day 14 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 10	Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	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	Roasted Swede Soup	Roasted swede, carrots, onion, paprika, black pepper, salt and water.
1pm	Spinach Kale Juice	Spinach, kale, Lemon, celery, parsley.
3pm	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
5pm	Beet a licious	Beets, carrots, cherries, lime, Filtered water.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 11 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Courgettes, lemon, apple.
3pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	Cucumber and Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 12 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree
1pm	Butternut Squash carrot juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika
5pm	Celery juice	Celery, lemon.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 13 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	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	Kalefornia Dreamin Soup	Kale, Spinach, Potatoes, Onions, Leeks.
1pm	After party juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5pm	Celery juice	Celery, lemon.
7pm	Vegan Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock

Day 14 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

1pm	Butternut Carrot Juice	Butternut, Carrots, lemon, ginger. Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach. kale, Courgettes, egamame, Onions, Ginger, peas.

Day 15 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 16 - Day 20 - Anti Inflammation Reset	Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
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Day 16 <i>Anti Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	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 Green Juice	Spinach, cucumber, lemon, ginger and apple.
1pm	Alkaline Dhal	Turmeric, ginger, tomato, lentils, coriander, black pepper and salt.
3pm	Walnuts with Butternut carrot Juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Penne with Mung Bolognese sauce	Mirepoix, Red pepper flakes, bell pepper, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

Day 17 <i>Anti Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Millet Paella	Saffron, olive oil, onion, minced, red bell pepper, smoked paprika, paprika, thyme, oregano, grain brown rice, quinoa, or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
3pm	Almonds with Strawberry Basil lemonade	Strawberries, lemon, basil, Monk fruit.
7pm	Harissa Tofu and lentil stew	Lentils, tofu, and spinach.

Day 18 <i>Anti Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Detox Tonic Lemonade	Blue Spirulina, Lemon, milk thistle, agave.
1pm	Tofu and Cauliflower Rice	Tofu, cauliflower rice, ginger, soy sauce, salt and pepper.
3pm	Vatta Ayurveda cold pressed juice	Ayurvedic Beetroot juice: juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.
7pm	Roasted Swede soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt.

Day 19 <i>Anti Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	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	Carrot sticks	
1pm	Mezze Bowl	Quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
3pm	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
7pm	Thai Green Vegetable Curry with 1 almond Bun	Paste, coconut milk, lime leaves, veggie stock, tamari, lime, coconut sugar, butternut squash, bean sprouts.

Day 20 <i>Anti Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Seed bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Millet and Quinoa Paella	saffron, olive oil, onion, minced, red bell pepper, smoked paprika, paprika, thyme, oregano, grain brown rice, quinoa, or millet, tomatoes, healing Broth, lemon juice, sea salt, green peas chickpeas.
3pm	Pure Green juice	spinach, cucumber, parsley, Arabic courgettes, fennel, apple.
7pm	Romesco soup with smashed chickpeas	Red bell peppers, Raw almonds, ginger, apple cider, maple syrup, harissa, Chick peas.

Phase 2

Days 21–40 — Acceleration

Day 21 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Detox Tonic Lemonade Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Juice	Cucumber, apple, ginger, mint, and lemon juice.

3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.

Day 22 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	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	Detox Tonic Lemonade Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 23 - Day 28 - Liver Reset	Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
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Day 23 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Aftermath Elixir with MILK THISTLE for Liver Detox	Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Edamame beans.	
6pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

Day 24 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu
1pm	Quinoa and Pomegranate Salad	Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }
3pm	Boss Tonic Vegan Probiotic Juice	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
6pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 25 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
Wake up	Lukewarm water	With a splash of fresh lemon juice.

9am	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	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome
1pm	Chickpea Shakshuka	Chickpeas, tomato capsicums, Miso paste, Tofu.
3pm	Butternut Squash Carrot Juice	Butternut, spinach, carrot, lemon, parsley.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 26 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Chill Pill - Vegan Probiotic Juice	Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.
1pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
3pm	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	Harissa Tofu and Lentil Stew	lentils, tofu, and spinach

Day 27 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
1pm	Green Mung bean Stew	Green Mung, Spinach, coconut milk, spices.
3pm	Cold Crusher Juice	Carrots, Orange, lemon, ginger and apple.
6pm	Soba Noodles Pomodoro	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.

Day 28 <i>Liver Reset</i>		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
9am	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	Detox Tonic Lemonade	Lemon, Blue Spirulina, MILK THISTLE, agave.
1pm	Raw Cucumber and Watercress Soup	Cucumber, olive oil, almond milk, dill leaves, salt and pepper.
3pm	Beet a licious	Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
7pm	Vegan Panang Curry	Panang Curry paste, coconut milk, tomatoes, red pepper, ginger, lemon grass, coriander seeds, lime, Quinoa, butternut squash, chickpeas, pakchoi, peas, fresh coriander.

Day 29 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.

11am	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 30 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Detox Tonic Lemonade Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 31 - Day 33 - Skinny Reset	Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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Day 31 <i>Skinny Reset</i>		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
9am	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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Carrot Turmeric shot	carrot, lemon, ginger, turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Moroccan Lentil Soup	Tomatoes, Chickpeas, Onions, Red Lentils, Tomato Paste, Celery, Parsley, Turmeric, Ginger, Corriander, Apple Cider Vinegar, Black Pepper, Bed Chilli, Cloves, Bay Leaf, Cardamom.

Day 32 <i>Skinny Reset</i>		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Sweet Potato Nacho Soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
2pm	Butternut Squash Soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
4pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.

6pm	Chick pea stew	Chick peas, potatoes, onions, tamarind, tomatoes
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Day 33 <i>Skinny Reset</i>		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
2pm	Black Lentil Stew with Veggies and Quinoa	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	Turmeric Tomato Detox	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
5pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
6pm	Pumpkin Coconut Soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

Day 34 <i>High Fiber</i>		Macros: Protein 64G Carbs 64G Fat 38G Fiber 58G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	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	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
1pm	After party Cold pressed juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
5pm	Spa Day Juice	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kabocha Congee Soup	Squash, coconut milk, brown rice, pumpkin seeds, onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice.

Day 35 - Day 37 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 35 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
1pm	Braniac Cold Pressed Green Juice	Spinach, cucumbers, lemon, ginger and apple.
3pm	Vegan Stew soup	Miso paste, leeks, onions, sweet potatoes, celery, salt, olive oil, rosemary and thyme.
5pm	After party juice	Beetroots, carrots, lemon, ginger, apple.
7pm	Butternut Squash soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

Day 36 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
1pm	Celery juice	Celery, lemon.
3pm	Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	Gravity Glow Juice	cucumber mint, parsley and apple.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 37 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	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	Cucumber and Watercress Soup	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
1pm	Celery juice	Celery, lemon.
3pm	Tomato soup for the soul	Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.
5pm	Butternut Squash Orange Lemon Juice	Butternut, orange, carrots, beetroot, lemon, orange.
7pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth almond milk.

Day 38 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Whole Oats Cookie	Oats, almond flour, agave syrup, baking powder.
1pm	Beetroot and Pearl Barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.
3pm	Walnuts with Butternut Carrot juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Tomato soup for the soul with almond bun	Crushed tomatoes, almond milk, red lentils, onions, apple cider, tomato paste, ginger, coconut milk, salt, pepper, mixed herbs.

Day 39 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Vegan Panang Curry with Tofu	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas, tofu.
3pm	Almond Bun with Afterparty juice	Juice contains beet, carrot, lemon, ginger, apple.

7pm	Kale salad with walnuts	Kale, Pumpkin seeds, Walnuts, raisins, Pomegranate, Little Broad beans. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
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Day 40 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	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	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Cabbage Soup with almond Bun	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
3pm	Edamame beans and Celery Juice	Celery and lemon
7pm	Quinoa and Roasted Veggie salad	Quinoa, black rice, sweet potato, kale, zucchini, black pepper, blue berry, Sesame seeds, parsley Dressing- Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }

Phase 3

Days 41–60 — Consolidation

Day 41 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Detox Tonic Lemonade Cold Pressed Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Cold Pressed Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Cold Pressed Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty cold Pressed Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.

Day 42 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Bhakti Ayurveda (Added Triphala) Cold Pressed Juice	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda (Added Turmeric Limestone) Cold Pressed Juice	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda (to balance the Vatta Dosha) Cold Pressed Juice	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda (to balance Kapha Dosha) Cold Pressed Juice	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added home made apple cider.
7pm	Carrot Ginger Soup	Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.

Day 43 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	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	Detox Tonic Lemonade Cold Pressed Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Cold Pressed Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Cold Pressed Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Cold Pressed Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Fennel Cosomme	Florence Fennel, Celery, Leeks, Spring Onions.

Day 44 - Day 49 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 44 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Pumpkin Coconut soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.
1pm	Spinach Ginger Juice	Spinach, Cucumber, lemon, ginger, apple, celery.
3pm	Leek and Celery Soup	leeks, celery root, lemon, onions, olive oil.
5pm	Beet a licious Juice	Beets, carrots, cherries, lime, Filtered water.
7pm	Courgette, Lemon and Mint Soup	Courgette, lemon, mint, Onions, Celery, Leeks, Potatoes, mint, thyme.

Day 45 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.
1pm	Dynamo Green Juice	Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
3pm	Butternut Squash Soup	Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
5pm	Celery juice	Celery, lemon.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 46 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.

9am	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	Vegan Oat meal with Keto shake	Oats, almond milk, maple syrup, salt and water. + Keto shake Vanilla Praline - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.
1pm	Cauliflower and turmeric Soup	Cauliflower, cloves, tumeric, cumin, salt, red lentils, vegetable broth, almond milk.
3pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves lemon juice.
5pm	Detox Tonic Lemonade	Lemon, Blue spirulina, lemon, agave.
7pm	Romesco Soup	red bell peppers, almonds, tomatoes, vegetable broth, black pepper, chickpeas, salt.

Day 47 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Crackers	Almond flour, flax and pink Himalayan salt
1pm	Kale salad	Kale, Spring onion, Bulgur wheat, Tomato, Lemon, Olive oil, Salt, Pepper. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper }
3pm	After party juice	Beetroots, carrots, lemon, ginger, apple.
5pm	Mermaid lemonade Probiotic Juice	Vegan Probiotic, lemon, ginger, aloe, blue spirulina.
7pm	Turmeric and lentil Inflammation soup with Almond Bun	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper

Day 48 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	After party Juice	Beetroots, carrots, lemon, ginger, apple.
1pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
3pm	Braniac juice	Spinach, cucumber, lemon, ginger, apple.
5pm	Mermaid lemonade Probiotic Juice	Vegan Probiotic, lemon, blue spirulina, coconut water.
7pm	African Stew	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

Day 49 <i>Sugar Detox</i>		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	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	After Party Cold Pressed Juice	Beetroots, carrot, lemon, ginger and apple.

1pm	Cauliflower stir fry rice with Tofu and Veggies	Tofu, Cauliflower Rice, Vegetable Mix, Onion, Ginger, Toasted Sesame Oil
3pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
5pm	Black lemonade	Lemon, Activated Charcoal, Raw Organic Honey and Newly added turmeric limestone.
7pm	Super Green soup	Spinach, kale, broccoli, courgettes, onions, peas

Day 50 - Day 54 - Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
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Day 50	<i>Gut Cleanse</i>	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Kombucha + Granola Porridge + Chocolate Mocha	Golden Life Kombucha - to boost the intestinal health and aid in digestion. + Granola Porridge - almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + Chocolate Mocha - Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
1pm	Tofu and Cauliflower Fried Rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper
3pm	Mermaid lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 51	<i>Gut Cleanse</i>	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha + carrot sticks	Cardamon Rose Kombucha - to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure. + carrot sticks.
1pm	Miso Bowl	Soba noodles, miso paste, broccoli, baby spinach, radish.
3pm	Chill Pill Probiotic Juice	Pineapple, Lemon, Chamomile, , Ashwagandha, Vanilla, Coconut, Nectar, Vegan Probiotic
6pm	Hearty Cabbage soup	Cabbage, carrots, white beans, onions, chilli powder, black pepper, roasted tomatoes.

Day 52	<i>Gut Cleanse</i>	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	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	Kombucha + Quinoa Porridge + Keto Shake	Apple & Ginger Kombucha - to aid in digestion and enhance good gut microbiome + Quinoa Porridge - quinoa, almond milk, maple syrup, salt and water. + Keto Shake - Vanilla Praline - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.

1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Braniac Green juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
6pm	Grains and Greens Salad	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans Dressing - pomegranate, vinegar, orange, salt, pepper.

Day 53 <i>Gut Cleanse</i>		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Braniac Green juice	Spinach, cucumber, lemon, ginger, apple.
1pm	Sweet Potato Buddha bowl	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
3pm	After party Juice - After Party	Beet, Carrot, Lemon, Ginger, Apple.
6pm	Healing Turmeric soup	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper

Day 54 <i>Gut Cleanse</i>		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
1pm	Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu
3pm	Mermaid lemonade Probiotic juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic
6pm	Mezze bowl	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.

Day 55 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	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 (Added Triphala) Cold Pressed Juice	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda (Added Turmeric Limestone) Cold Pressed Juice	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda (to balance the Vatta Dosha) Cold Pressed juice	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda (to balance Kapha Dosha) Cold Pressed Juice	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added home made apple cider.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 56 <i>Metabolic Activation Cleanse</i>		Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Detox Tonic Lemonade Cold Pressed Juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow Cold Pressed Juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon Cold Pressed juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty Cold Pressed Juice	Beet root, carrot, ginger, apple and lemon.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 57 - Day 59 - Anti Inflammation	Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
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Day 57 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Cookies	Sesame butter, almond flour, agave syrup, baking powder, sesame seeds. A box of 4.
1pm	Supercharged Satay	Tofu, Edamame, black rice, peanut butter, coconut flakes, lemon juice, Soy sauce, Tahini, lemon juice, sunflower seeds.
3pm	Broad beans and After party juice	juice contains beet, carrot, lemon, ginger, apple.
7pm	Beetroot and Pearl barley Risotto	beetroot, shallot, vegetables stock, sunflower seeds, salt and pepper.

Day 58 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	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	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Black lentil stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
3pm	Dates and Orange Turmeric Juice	Oranges, turmeric, aloe vera, black pepper.
7pm	Broccoli and Brussel sprout salad	Broccoli, Brussel sprouts, olive oil, miso, lemon, salt and pepper.

Day 59 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Walnuts	
1pm	Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, tofu with Gluten Free bread.
3pm	Cherry tomatoes and Dynamo Green juice	spinach, parsley, celery, kale, apple, lemon, dandelion greens.
7pm	Vegan Tom Yum soup	Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Lemongrass, Ginger, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika

Day 60 <i>Anti-Inflammation Reset</i>		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Raw pad thai salad	Shredded carrots, zucchini, red bell pepper, bean sprouts, cilantro, raw cashews or peanuts, lime wedges Dressing- Olive oil, agave, dijon mustard, pepper.
3pm	Almonds with Beet a licious juice	juice contains ginger, beets, grapefruit, apples, cucumbers, lemons, oranges.
7pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

If deliveries are delayed please eat something plant based. Before doing any plan, GoOrganic ME will send you a questionnaire. No commitment. Pause and Restart any time. Cancel any time. Contact: wa.me/971556250664 | goorganic.me