

# GoOrganic ME

Women's 5KG Weightloss Slim & Clean Reset · Mila Konsina Method

<b>Duration:</b> 20 Days	<b>Calories:</b> 900–1200 kcal/day	<b>Macros:</b> Fat 32g · Carbs 56g · Protein 38g	<b>Phases:</b> 7 Phases
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Before starting your plan, GoOrganic will send you a questionnaire to confirm the selected plan is right for you. Your selected plan may then be altered to a mix of a few plans or a completely different plan than what you chose. If deliveries are delayed, please eat something plant based.

## PHASE 1 - Raw Detox For Full Body

### Day 1 – Raw Detox · Low Glycemic Juice Cleanse

Time	Meal / Drink	Ingredients
9 am	Braniac cold pressed juice	Spinach, Cucumber, Lemon, Ginger, Parsley
11 am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk Thistle, Agave
1 pm	Gravity Glow cold pressed juice	Cucumber, Apple, Ginger, Mint, Lemon Juice
3 pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
5 pm	Afterparty cold pressed juice	Beetroot, Carrot, Ginger, Apple, Lemon
7 pm	Cold Crusher cold pressed juice	Carrots, Orange, Lemon, Ginger, Parsley

### Day 2 – Raw Detox · Low Glycemic Juice Cleanse

Time	Meal / Drink	Ingredients
9 am	Braniac cold pressed juice	Spinach, Cucumber, Lemon, Ginger, Parsley
11 am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk Thistle, Agave
1 pm	Gravity Glow cold pressed juice	Cucumber, Apple, Ginger, Mint, Lemon Juice
3 pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
5 pm	Afterparty cold pressed juice	Beetroot, Carrot, Ginger, Apple, Lemon
7 pm	Cold Crusher cold pressed juice	Carrots, Orange, Lemon, Ginger, Parsley

### Day 3 – Raw Detox · Low Glycemic Juice Cleanse

Time	Meal / Drink	Ingredients
9 am	Braniac cold pressed juice	Spinach, Cucumber, Lemon, Ginger, Parsley
11 am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk Thistle, Agave
1 pm	Gravity Glow cold pressed juice	Cucumber, Apple, Ginger, Mint, Lemon Juice

Time	Meal / Drink	Ingredients
3 pm	Butternut Squash Orange Lemon cold pressed juice	<i>Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley</i>
5 pm	Afterparty cold pressed juice	<i>Beetroot, Carrot, Ginger, Apple, Lemon</i>
7 pm	Cold Crusher cold pressed juice	<i>Carrots, Orange, Lemon, Ginger, Parsley</i>

## PHASE 2 - Gut Cleanse

### Day 4 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Liver Detox Shot	<i>Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger</i>
9:30 am	Spinach Kale cold pressed juice	<i>Spinach, Parsley, Kale, Lemon, Apple, Cucumbers</i>
11 am	Boss Tonic Probiotic Juice	<i>Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic</i>
1 pm	Millet and Quinoa Paella	<i>Saffron, Olive Oil, Onion, Red Bell Pepper, Smoked Paprika, Paprika, Thyme, Oregano, Grain Brown Rice, Quinoa or Millet, Tomatoes, Healing Broth, Lemon Juice, Sea Salt, Green Peas, Chickpeas</i>
3 pm	Golden Life Kombucha	<i>To boost intestinal health and aid in digestion</i>
6 pm	Soothing Gut Healing Soup	<i>Red Lentils, Sweet Potato, Spinach, Carrot, Bell Pepper, Cashews, Onions, Ginger</i>

### Day 5 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Immune Boosting Shot	<i>Apple, Lemon, Ginger, Turmeric</i>
9:30 am	Citrus 3 Cold Pressed Juice	<i>Grapefruit, Apple, Lemon</i>
11 am	Box of Walnuts + Afterparty Cold Pressed Juice	<i>Beet, Carrot, Lemon, Ginger, Apple</i>
1 pm	Butternut Squash Soup	<i>Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water</i>
3 pm	Kombucha	<i>Made with Tropical ingredients and live scoby</i>
6 pm	Tofu and Spinach Soup	<i>Spinach, Onions, Tomatoes, Tofu, Ginger, Coconut Milk, Almond Milk</i>

### Day 6 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Immune Boosting Shot	<i>Apple, Lemon, Ginger, Turmeric</i>
9:30 am	Mean Green Smoothie	<i>Kale, Banana, Cucumber, Celery, Apple, Lemon</i>
11 am	Mermaid Lemonade Probiotic Juice	<i>Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic</i>
1 pm	Tempeh Rendang Curry with Almond Bread	<i>Rendang Sauce, Mixed Rice, Butternut Squash, Tempeh, Broccoli, Peas</i>
3 pm	Tropical Kombucha	<i>Made with Tropical ingredients and live scoby</i>
6 pm	Miso Soup	<i>Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock</i>

## Day 7 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Beetroot Lemon Shot (on empty stomach)	Beetroot, Lemon, Apple
9:30 am	Young Love Juice	Pineapple, Berries, Filtered Water, Chia Seeds
11 am	Milk Thistle Juice – Aftermath	Orange, Ginger, Aloe, Basil Oil, Milk Thistle
1 pm	Kale and Walnut Salad – Kale Tabbouleh	Quinoa, Kale, Tomato, Cucumber, Parsley Leaves, Shallots, Lemon, Olive Oil, Salt, Pepper · Dressing: Lemon, Olive Oil, Salt, Pepper
3 pm	Kombucha	To aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure
6 pm	Cauliflower and Turmeric Soup	Cauliflower, Cloves, Turmeric, Cumin, Salt, Red Lentils, Vegetable Broth, Almond Milk

## Day 8 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange
9:30 am	Cold Crusher Juice	Carrots, Orange, Lemon, Ginger, Turmeric, Apple
11 am	Quinoa Porridge + Keto Shake (Cinnamon Chai)	Quinoa, Almond Milk, Maple Syrup, Salt, Water · Shake: Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Himalayan Salt, Cinnamon, Nutmeg, Cardamom
1 pm	Green Mung Bean Stew	Beans, Broth, Coconut Milk, Spices, Spinach
3 pm	Apple & Ginger Kombucha	To aid in digestion and enhance good gut microbiome
6 pm	Vegan Panang	Panang Curry Sauce, Mixed Quinoa, Butternut Squash, Chickpeas, Pak Choi, Peas

## Day 9 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange
9:30 am	Gravity Glow Cold Pressed Juice	Cucumbers, Lemon, Mint
11 am	Oatmeal Porridge + Keto Shake (Chocolate Mocha) + Master Cleanse Probiotic Juice	Oats, Almond Milk, Maple Syrup, Salt, Water · Shake: Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Organic Cacao Powder, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Decaf Espresso, Himalayan Salt · Juice: Pineapple, Turmeric, Lemon, Pepper
1 pm	Millet Paella	Saffron, Olive Oil, Onion, Red Bell Pepper, Smoked Paprika, Paprika, Thyme, Oregano, Grain Brown Rice, Quinoa or Millet, Tomatoes, Healing Broth, Lemon Juice, Sea Salt, Green Peas, Chickpeas
3 pm	Tropical Kombucha	Made with Tropical ingredients and live scoby
6 pm	Cauliflower Soup	Cauliflower, Cumin, Turmeric, Red Lentils, Almond Milk

## Day 10 – Gut Cleanse

Time	Meal / Drink	Ingredients
9 am	Immune Boosting Shot	Apple, Lemon, Ginger, Turmeric

Time	Meal / Drink	Ingredients
9:30 am	Chia Infused Granola Porridge + Keto Shake (Vanilla Praline)	Almonds, Walnuts, Pecans, Sunflower Seeds, Pumpkin Seeds, Cashews, Cinnamon, Ginger, Cardamom · Shake: Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Almond Extract, Himalayan Salt
11 am	Golden Life Kombucha	To boost intestinal health and aid in digestion
1 pm	Sweet Potato Buddha Bowl	Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, Water, Sea Salt, Sunflower Lecithin, Tocopherols, Golden Raisins, Parsley, Salt, Black Pepper
3 pm	Boss Tonic Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic
6 pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, Ginger, Coconut Milk, Almond Milk

## PHASE 3 - Raw Detox For Full Body

### Day 11 – Raw Detox

Time	Meal / Drink	Ingredients
9 am	Granola Porridge with Almond Milk	Almonds, Walnuts, Pecans, Sunflower Seeds, Pumpkin Seeds, Cashews, Cinnamon, Ginger, Cardamom
11 am	Bhakti Ayurveda cold pressed juice	Cucumbers, Coconut Water, Lemon, Pure Aloe, Pineapple, Mint, Apple, Brain Tonic with Added Triphala
1 pm	Dnyan Ayurveda cold pressed juice	Lemon, Filtered Water, Activated Charcoal, Raw Organic Honey with Added Turmeric Limestone
3 pm	Vatta Ayurveda cold pressed juice (to balance Vatta Dosha)	Beetroot, Carrots, Cherries, Lime, Filtered Water and Psyllium Husk
5 pm	Kapha Ayurveda cold pressed juice (to balance Kapha Dosha)	Cucumber, Spinach, Kale, Acai Powder, Blueberries, Raspberries, Raw Organic Honey and Home Made Apple Cider
7 pm	Green Juice – Braniac / Slender Green cold pressed juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery

### Day 12 – Raw Detox

Time	Meal / Drink	Ingredients
9 am	Cinnamon Chai Shake	Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Himalayan Salt, Cinnamon, Nutmeg, Cardamom
11 am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk Thistle, Agave
1 pm	Gravity Glow cold pressed juice	Cucumber, Apple, Ginger, Mint, Lemon Juice
3 pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
5 pm	Afterparty cold pressed juice	Beetroot, Carrot, Ginger, Apple, Lemon
7 pm	Cold Crusher cold pressed juice	Carrots, Orange, Lemon, Ginger, Parsley

## PHASE 4 - Sugar Detox

## Day 13 – Sugar Detox

Time	Meal / Drink	Ingredients
Wake up	Lukewarm Water	<i>With a splash of fresh lemon juice</i>
9 am	Celery Juice	<i>Celery, Lemon</i>
11 am	Roasted Swede Soup	<i>Roasted Swede, Carrots, Onion, Paprika, Black Pepper, Salt, Water</i>
1 pm	Spinach Kale Juice	<i>Spinach, Kale, Lemon, Celery, Parsley</i>
3 pm	Tofu and Spinach Soup	<i>Spinach, Onions, Tomatoes, Tofu, Ginger, Coconut Milk, Almond Milk</i>
5 pm	Beet-a-licious	<i>Beets, Carrots, Cherries, Lime, Filtered Water</i>
7 pm	Sweet Potato Nacho Soup	<i>Sweet Potatoes, Red Capsicums, Cloves, Pepper, Cayenne, Oregano, Tomato Paste, Parsley Leaves, Lemon Juice</i>

## Day 14 – Sugar Detox

Time	Meal / Drink	Ingredients
Wake up	Lukewarm Water	<i>With a splash of fresh lemon juice</i>
9 am	Braniac Cold Pressed Juice	<i>Spinach, Cucumbers, Lemon, Ginger, Apple</i>
11 am	Courgette, Lemon & Mint Soup	<i>Courgette, Lemon, Mint, Onions, Celery, Leeks, Potato, Thyme, Pepper</i>
1 pm	Pure Green Juice	<i>Spinach, Cucumbers, Broccoli, Courgettes, Lemon, Apple</i>
3 pm	Carrot Coriander Soup	<i>Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt</i>
5 pm	Cucumber and Celery Juice	<i>Cucumber, Celery, Parsley, Spinach</i>
7 pm	Soothing Gut Healing Soup	<i>Red Lentils, Sweet Potato, Spinach, Carrot, Bell Pepper, Cashews, Onions, Ginger</i>

## Day 15 – Sugar Detox

Time	Meal / Drink	Ingredients
Wake up	Lukewarm Water	<i>With a splash of fresh lemon juice</i>
9 am	Dynamo Green Juice	<i>Kale, Spinach, Parsley, Lemon, Ginger, Apple</i>
11 am	Vegan Miso Broth Soup	<i>Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree</i>
1 pm	Butternut Squash Carrot Juice	<i>Butternut Squash, Lemon, Beetroot, Carrot, Spinach, Parsley</i>
3 pm	Tom Yum Soup	<i>Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika</i>
5 pm	Celery Juice	<i>Celery, Lemon</i>
7 pm	Hearty Quinoa Gut Cleanse Soup	<i>Onions, Carrots, Ginger, Celery, Cumin, Red Lentils, Quinoa</i>

## PHASE 5 - Liver Detox

### Day 16 – Liver Detox

Time	Meal / Drink	Ingredients
9 am	Liver Detox Shot	<i>Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger</i>

Time	Meal / Drink	Ingredients
9:30 am	Spinach and Ginger Cold Pressed Juice	<i>Spinach, Cucumber, Lemon, Ginger, Apple</i>
11 am	Gluten Free Bread with Tofu Shakshuka	<i>Tofu, Plant Milk, Butter, Turmeric, Himalayan Black Salt, Black Pepper, Salt, Onion Granules, Sea Salt</i>
1 pm	Super Charged Satay	<i>Hard Tofu, Black Rice, Edamame, Peanut Butter, Tahini, Sesame Seeds, Coconuts</i>
3 pm	Apple & Ginger Kombucha	<i>To aid in digestion and enhance good gut microbiome</i>
6 pm	Carrot Coriander Soup	<i>Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt</i>

### Day 17 – Liver Detox

Time	Meal / Drink	Ingredients
Wake up	Lukewarm Water	<i>With a splash of fresh lemon juice</i>
9 am	Turmeric Root Shot	<i>Turmeric Root, Ginger, Indian Gooseberries, Orange</i>
9:30 am	Chai Infused Quinoa Porridge + Keto Shake (Chocolate Mocha)	<i>Almonds, Walnuts, Pecans, Sunflower Seeds, Pumpkin Seeds, Cashews, Cinnamon, Ginger, Cardamom · Shake: Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Organic Cacao Powder, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Decaf Espresso, Himalayan Salt</i>
11 am	Mermaid Lemonade Probiotic Juice	<i>Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic</i>
1 pm	Quinoa Roasted Veggie Salad	<i>Quinoa, Black Rice, Sweet Potato, Kale, Zucchini, Black Pepper, Blueberry, Sesame Seeds, Parsley · Dressing: Lemon, Olive Oil, Agave, Lemon, Salt, Water, Pepper</i>
3 pm	Aftermath Juice with Milk Thistle (for Liver Cleansing)	<i>Orange, Ginger, Basil Oil, Milk Thistle, Aloe</i>
6 pm	Healing Turmeric Soup	<i>Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper</i>

### Day 18 – Liver Detox

Time	Meal / Drink	Ingredients
Wake up	Lukewarm Water	<i>With a splash of fresh lemon juice</i>
9 am	Apple Cider Vinegar Shot with Turmeric	<i>Honey, Orange, Cayenne, Sea Salt, Black Pepper, Apple Cider</i>
9:30 am	High Protein Oatmeal Porridge + Keto Shake (Vanilla Praline)	<i>Oats, Almond Milk, Maple Syrup, Salt, Water · Shake: Filtered Water, Organic Coconut Milk, Pea Protein, MCT Oil, Monk Fruit Powder, Vegan Collagen Peptides, Vanilla Extract, Almond Extract, Himalayan Salt</i>
11 am	Aftermath Elixir with Milk Thistle (for Liver Detox)	<i>Orange, Ginger, Basil Oil, Milk Thistle, Aloe</i>
1 pm	Beetroot and Pearl Barley Risotto	<i>Beetroot, Pearl Barley, Lemon, Chives, Sunflower Seeds, Stock, Celery</i>
3 pm	Edamame Beans	
6 pm	Romesco Soup with Chickpeas	<i>Red Bell Peppers, Almonds, Almond Milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black Pepper, Salt, Chickpeas</i>

## PHASE 6 - Raw Detox For Full Body

### Day 19 – Raw Detox

Time	Meal / Drink	Ingredients
9 am	Leptin Balancing Power Smoothie	Coconut Milk, Avocado, Cucumber, Cinnamon Powder, Almond Butter, Chia Seed, Cacao Powder, Coconut Oil, Water
11 am	Bhakti Ayurveda cold pressed juice	Cucumbers, Coconut Water, Lemon, Pure Aloe, Pineapple, Mint, Apple, Brain Tonic with Added Triphala
1 pm	Dnyan Ayurveda cold pressed juice	Lemon, Filtered Water, Activated Charcoal, Raw Organic Honey with Added Turmeric Limestone
3 pm	Vatta Ayurveda cold pressed juice (to balance Vatta Dosha)	Beetroot, Carrots, Cherries, Lime, Filtered Water and Psyllium Husk
5 pm	Kapha Ayurveda cold pressed juice (to balance Kapha Dosha)	Cucumber, Spinach, Kale, Acai Powder, Blueberries, Raspberries, Raw Organic Honey and Home Made Apple Cider
7 pm	Green Juice – Braniac / Slender Green cold pressed juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery

### Day 20 – Raw Detox

Time	Meal / Drink	Ingredients
9 am	Granola Porridge with Almond Milk	Almonds, Walnuts, Pecans, Sunflower Seeds, Pumpkin Seeds, Cashews, Cinnamon, Ginger, Cardamom
11 am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk Thistle, Agave
1 pm	Gravity Glow cold pressed juice	Cucumber, Apple, Ginger, Mint, Lemon Juice
3 pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
5 pm	Afterparty cold pressed juice	Beetroot, Carrot, Ginger, Apple, Lemon
7 pm	Cold Crusher cold pressed juice	Carrots, Orange, Lemon, Ginger, Parsley