

# Victoria Tipper Edition

Rapid 5KG Express Weightloss & Liver Detox

900–1,200 calories/day

Macros: Fat 32g · Carbs 56g · Protein  
38g

Lose 5 Kg · Boost Energy · Gain Mental  
Clarity

## RAW DETOX FOR FULL BODY CLEANSE | Day 1 – Day 3

### Day 1 – Raw Detox

#### Ayurvedic Juice Cleanse

<b>9:00 AM</b>	<b>Karma Ayurveda Cold Pressed Juice</b> Chia seeds, Blueberries, Pineapple, Strawberries, Spinach, Pure Aloe vera, Indian Gooseberry (+ Holy Basil and Neem)
<b>11:00 AM</b>	<b>Bhakti Ayurveda Cold Pressed Juice</b> Cucumbers, Coconut water, Lemon, Pure Aloe, Pineapple, Mint, Apple, Brain Tonic (+ Triphala)
<b>1:00 PM</b>	<b>Dnyan Ayurveda Cold Pressed Juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic Honey (+ Turmeric Limestone)
<b>3:00 PM</b>	<b>Vatta Ayurveda Cold Pressed Juice (to balance Vatta Dosha)</b> Beetroot, Carrots, Cherries, Lime, Filtered water, Psyllium Husk
<b>5:00 PM</b>	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)</b> Cucumber, Spinach, Kale, Acai powder, Blueberries, Raspberries, Raw Organic Honey, Homemade Apple Cider
<b>7:00 PM</b>	<b>Green Juice – Braniac – Slender Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery

### Day 2 – Raw Detox

#### Low Glycemic Juice Cleanse

<b>9:00 AM</b>	<b>Braniac Cold Pressed Juice</b> Spinach, Cucumber, Lemon, Ginger, Parsley
<b>11:00 AM</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Spirulina, Milk Thistle, Agave
<b>1:00 PM</b>	<b>Gravity Glow Cold Pressed Juice</b> Cucumber, Apple, Ginger, Mint, Lemon juice
<b>3:00 PM</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b> Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
<b>5:00 PM</b>	<b>Afterparty Cold Pressed Juice</b> Beetroot, Carrot, Ginger, Apple, Lemon
<b>7:00 PM</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, Lemon, Ginger, Parsley

### Day 3 – Raw Detox

#### Super Green Juice Cleanse

<b>9:00 AM</b>	<b>Celery Cold Pressed Juice</b> Celery juice. With or without lemon
<b>11:00 AM</b>	<b>Dynamo Cold Pressed Juice</b> Kale, Spinach, Celery, Parsley, Apple, Lemon, Dandelion greens
<b>1:00 PM</b>	<b>Spinach Kale Cold Pressed Juice</b> Spinach, Kale, Cucumber, Lemon, Celery, Parsley

<b>3:00 PM</b>	<b>Pure Green Cold Pressed Juice</b> Cucumber, Courgettes, Broccoli, Fennel, Lemon, Spinach, Parsley
<b>5:00 PM</b>	<b>Cucumber Celery Cold Pressed Juice</b> Cucumber, Celery, Parsley, Spinach
<b>7:00 PM</b>	<b>Spinach Ginger Cold Pressed Juice</b> Spinach, Cucumber, Lemon, Ginger, Apple, Celery

## TRANSITION TO LIVER RESET | Day 4 – Day 10

### Day 4 – Liver Reset

<b>9:00 AM</b>	<b>Liver Detox Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
<b>9:30 AM</b>	<b>Spinach and Ginger Cold Pressed Juice</b> Spinach, Cucumber, Lemon, Ginger, Apple
<b>11:00 AM</b>	<b>Gluten Free Bread with Tofu Shakshuka</b> Tofu, Plant milk, Butter, Turmeric, Himalayan black salt, Black pepper, Salt, Onion granules, Pinch sea salt
<b>1:00 PM</b>	<b>Super Charged Satay</b> Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts
<b>3:00 PM</b>	<b>Kombucha – Apple &amp; Ginger</b> To aid in digestion and enhance good gut microbiome
<b>6:00 PM</b>	<b>Skinny Artichoke Soup</b> Artichokes, Mushrooms, Celery, Almond milk, Salt and pepper

### Day 5 – Liver Reset

■ *On waking: Lukewarm water with a splash of fresh lemon juice*

<b>9:00 AM</b>	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange
<b>9:30 AM</b>	<b>Chai Infused Quinoa Porridge + Keto Shake (Chocolate Mocha)</b> Porridge: 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
<b>11:00 AM</b>	<b>Mermaid Lemonade</b> Blue Spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic
<b>1:00 PM</b>	<b>Quinoa Roasted Veggie Salad</b> Quinoa, Black rice, Sweet potato, Kale, Zucchini, Black pepper, Blueberry, Sesame seeds, Parsley   Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}
<b>3:00 PM</b>	<b>After Math Juice with Milk Thistle (Liver Cleansing)</b> Orange, Ginger, Basil oil, Milk thistle, Aloe
<b>6:00 PM</b>	<b>Healing Turmeric Soup</b> Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper

### Day 6 – Liver Reset

■ *On waking: Lukewarm water with a splash of fresh lemon juice*

<b>9:00 AM</b>	<b>Apple Cider Vinegar Shot with Turmeric</b> Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
<b>9:30 AM</b>	<b>High Protein Oatmeal Porridge + Keto Shake (Vanilla Praline)</b> Porridge: 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

<b>11:00 AM</b>	<b>Aftermath Elixir with Milk Thistle (Liver Detox)</b> Orange, Ginger, Basil oil, Milk thistle, Aloe
<b>1:00 PM</b>	<b>Beetroot and Pearl Barley Risotto</b> Beetroot, Pearl barley, Lemon, Chives, Sunflower seeds, Stock, Celery
<b>3:00 PM</b>	<b>Edamame Beans</b>
<b>6:00 PM</b>	<b>Romesco Soup with Chickpeas</b> Red bell peppers, Almonds, Almond milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black pepper, Salt, Chickpeas

## Day 7 – Liver Reset

<b>9:00 AM</b>	<b>Pure Green Juice</b> Spinach, Cucumber, Broccoli, Courgette, Lemon, Apple
<b>9:30 AM</b>	<b>Celery Juice</b> Celery and Lemon
<b>11:00 AM</b>	<b>Gluten Free Bread with Chickpea Shakshuka</b> Chickpeas, Tomatoes, Capsicum, Nutritional yeast, Tofu
<b>1:00 PM</b>	<b>Quinoa and Pomegranate Salad</b> Quinoa, Pomegranate, Red radish, Cashews, Chives, Parsley, Coriander, Chickpeas, Mesculin   Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}
<b>3:00 PM</b>	<b>Boss Tonic Vegan Probiotic Juice</b> Vegan Probiotics, Ginger, Turmeric, Lemon, Coconut nectar
<b>6:00 PM</b>	<b>Creamy Asparagus Soup</b> Asparagus, Peas, Ginger, Almond milk, Salt and pepper

## Day 8 – Liver Reset

<b>9:00 AM</b>	<b>Turmeric Root Shot</b> Turmeric Root, Ginger, Indian Gooseberries, Orange
<b>9:30 AM</b>	<b>Granola with Almond Mylk</b> Whole grain organic oats, Cocoa powder, Vegan chocochips, Almonds, Pumpkin seeds, Sunflower seeds, Organic agave syrup, Coconut oil, Dates
<b>11:00 AM</b>	<b>Kombucha – Apple &amp; Ginger</b> To aid in digestion and enhance good gut microbiome
<b>1:00 PM</b>	<b>Chickpea Shakshuka</b> Chickpeas, Tomato, Capsicums, Miso paste, Tofu
<b>3:00 PM</b>	<b>Butternut Squash Carrot Juice</b> Butternut, Spinach, Carrot, Lemon, Parsley
<b>6:00 PM</b>	<b>Mushroom Korma</b> Mushrooms, Sweet Potatoes, Spices, Cumin, Mustard Seeds, Spinach

## Day 9 – Liver Reset

<b>9:00 AM</b>	<b>Heavy Metal Detox Smoothie</b> Bananas, Blueberries, Parsley, Barley powder, Atlantic dulse, Orange juice
<b>9:30 AM</b>	<b>Citrus 3 Cold Pressed Juice</b> Grapefruit, Lemon, Apple
<b>11:00 AM</b>	<b>Chill Pill – Vegan Probiotic Juice</b> Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut nectar, Vegan Probiotics
<b>1:00 PM</b>	<b>Sweet Potato Nacho Soup</b> Sweet potatoes, Red capsicums, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice
<b>3:00 PM</b>	<b>Kombucha – Tropical</b> Made with tropical ingredients and live scoby

<b>7:00 PM</b>	<b>Harissa Tofu and Lentil Stew</b> Lentils, Tofu, Spinach
<b>Day 10 – Liver Reset</b>	
<b>9:00 AM</b>	<b>Karma Ayurveda Cold Pressed Juice</b> Chia seeds, Blueberries, Pineapple, Strawberries, Spinach, Pure Aloe vera, Indian Gooseberry (+ Holy Basil and Neem)
<b>11:00 AM</b>	<b>Bhakti Ayurveda Cold Pressed Juice</b> Cucumbers, Coconut water, Lemon, Pure Aloe, Pineapple, Mint, Apple, Brain Tonic (+ Triphala)
<b>1:00 PM</b>	<b>Dnyan Ayurveda Cold Pressed Juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic Honey (+ Turmeric Limestone)
<b>3:00 PM</b>	<b>Vatta Ayurveda Cold Pressed Juice (to balance Vatta Dosh)</b> Beetroot, Carrots, Cherries, Lime, Filtered water, Psyllium Husk
<b>5:00 PM</b>	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosh)</b> Cucumber, Spinach, Kale, Acai powder, Blueberries, Raspberries, Raw Organic Honey, Homemade Apple Cider
<b>7:00 PM</b>	<b>Green Juice – Braniac – Slender Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery

## RAW DETOX FOR FULL BODY CLEANSE | Day 11

<b>Day 11 – Raw Detox</b>	
<b>9:00 AM</b>	<b>Granola Porridge with Almond Milk</b> Almonds, Walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom
<b>11:00 AM</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Spirulina, Milk Thistle, Agave
<b>1:00 PM</b>	<b>Gravity Glow Cold Pressed Juice</b> Cucumber, Apple, Ginger, Mint, Lemon juice
<b>3:00 PM</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b> Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
<b>5:00 PM</b>	<b>Afterparty Cold Pressed Juice</b> Beetroot, Carrot, Ginger, Apple, Lemon
<b>7:00 PM</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, Lemon, Ginger, Parsley

## SUGAR DETOX | Day 12 – Day 14

<b>Day 12 – Sugar Detox</b>	
■ <i>On waking: Lukewarm water with a splash of fresh lemon juice</i>	
<b>9:00 AM</b>	<b>Celery Juice</b> Celery, Lemon
<b>11:00 AM</b>	<b>Roasted Swede Soup</b> Roasted swede, Carrots, Onion, Paprika, Black pepper, Salt, Water
<b>1:00 PM</b>	<b>Spinach Kale Juice</b> Spinach, Kale, Lemon, Celery, Parsley
<b>3:00 PM</b>	<b>Skinny Artichoke Soup</b> Artichoke hearts, Cayenne pepper, Salt and pepper
<b>5:00 PM</b>	<b>Beet-a-licious</b> Beets, Carrots, Cherries, Lime, Filtered water

<b>7:00 PM</b>	<b>Sweet Potato Nacho Soup</b> Sweet potatoes, Red capsicums, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice
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## Day 13 – Sugar Detox

■ *On waking: Lukewarm water with a splash of fresh lemon juice*

<b>9:00 AM</b>	<b>Braniac Cold Pressed Juice</b> Spinach, Cucumber, Lemon, Ginger, Parsley
<b>11:00 AM</b>	<b>Courgette, Lemon, Mint Soup</b> Courgette, Lemon, Mint, Onions, Celery, Leeks, Potato, Thyme, Pepper
<b>1:00 PM</b>	<b>Pure Green Juice</b> Spinach, Cucumbers, Broccoli, Courgettes, Lemon, Apple
<b>3:00 PM</b>	<b>Carrot Coriander Soup</b> Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt
<b>5:00 PM</b>	<b>Cucumber and Celery Juice</b> Cucumber, Celery, Parsley, Spinach
<b>7:00 PM</b>	<b>Parsnip Lemon Soup</b> Water, Parsnips, Onions, Leeks, Celery, Pomace Olive Oil, Ginger, Lemon juice, Salt, Turmeric, Thyme

## Day 14 – Sugar Detox

■ *On waking: Lukewarm water with a splash of fresh lemon juice*

<b>9:00 AM</b>	<b>Dynamo Green Juice</b> Kale, Spinach, Parsley, Lemon, Ginger, Apple
<b>11:00 AM</b>	<b>Vegan Miso Broth Soup</b> Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree
<b>1:00 PM</b>	<b>Butternut Squash Carrot Juice</b> Butternut Squash, Lemon, Beetroot, Carrot, Spinach, Parsley
<b>3:00 PM</b>	<b>Tom Yum Soup</b> Water, Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika
<b>5:00 PM</b>	<b>Celery Juice</b> Celery, Lemon
<b>7:00 PM</b>	<b>Mushroom Leek and Rosemary Soup</b> Water, Mushrooms, Leeks, Onions, Sweet Potatoes, Vegetable Stock Cubes, Salt, Rapeseed Oil, Rosemary

# RAW DETOX FOR FULL BODY CLEANSE | Day 15

## Day 15 – Raw Detox

<b>9:00 AM</b>	<b>Chocolate Mocha Shake</b> Filtered water, Organic coconut milk, Pea Protein, MCT oil, Organic cacao powder, Monk fruit powder, Vegan collagen peptides, Vanilla extract, Decaf espresso, Himalayan salt
<b>11:00 AM</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Spirulina, Milk Thistle, Agave
<b>1:00 PM</b>	<b>Gravity Glow Cold Pressed Juice</b> Cucumber, Apple, Ginger, Mint, Lemon juice
<b>3:00 PM</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b> Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
<b>6:00 PM</b>	<b>Afterparty Cold Pressed Juice</b> Beetroot, Carrot, Ginger, Apple, Lemon

<b>7:00 PM</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, Lemon, Ginger, Parsley
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## SKINNY RESET | Day 16

### Day 16 – Skinny Reset

<b>9:00 AM</b>	<b>Liver Detox Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
<b>9:30 AM</b>	<b>Braniac Cold Pressed Green Juice</b> Spinach, Cucumbers, Lemon, Ginger, Apple
<b>11:00 AM</b>	<b>Parsnip Apple Puree</b> Parsnips, Apple, Celery, Olive oil, Apple Cider, Apple, Cinnamon, Salt, Cayenne Pepper
<b>12:00 PM</b>	<b>Carrot Turmeric Shot</b> Carrot, Lemon, Ginger, Turmeric
<b>2:00 PM</b>	<b>Courgette Lemon Mint</b> Courgettes, Lemon, Mint, Onions, Celery, Potato, Mint, Parsley, Black pepper, Thyme
<b>4:00 PM</b>	<b>Sweet Potato Nacho Soup</b> Sweet potato, Red capsicum, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice
<b>5:00 PM</b>	<b>Cayenne Ginger Shot</b> Lemon, Ginger, a pinch Cayenne pepper, a few tbsp Water
<b>6:00 PM</b>	<b>Moroccan Lentil Soup</b> Tomatoes, Chickpeas, Onions, Red Lentils, Tomato Paste, Celery, Parsley, Turmeric, Ginger, Coriander, Apple Cider Vinegar, Black Pepper, Red Chilli, Cloves, Bay Leaf, Cardamom

## RAW DETOX FOR FULL BODY CLEANSE | Day 17 – Day 18

### Day 17 – Raw Detox

<b>9:00 AM</b>	<b>Leptin Balancing Power Smoothie</b> Coconut milk, Avocado, Cucumber, Cinnamon powder, Almond butter, Chia seed, Cacao powder, Coconut oil, Water
<b>11:00 AM</b>	<b>Bhakti Ayurveda Cold Pressed Juice</b> Cucumbers, Coconut water, Lemon, Pure Aloe, Pineapple, Mint, Apple, Brain Tonic (+ Triphala)
<b>1:00 PM</b>	<b>Dnyan Ayurveda Cold Pressed Juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic Honey (+ Turmeric Limestone)
<b>3:00 PM</b>	<b>Vatta Ayurveda Cold Pressed Juice (to balance Vatta Dosha)</b> Beetroot, Carrots, Cherries, Lime, Filtered water, Psyllium Husk
<b>5:00 PM</b>	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)</b> Cucumber, Spinach, Kale, Acai powder, Blueberries, Raspberries, Raw Organic Honey, Homemade Apple Cider
<b>7:00 PM</b>	<b>Green Juice – Braniac – Slender Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery

### Day 18 – Raw Detox

<b>9:00 AM</b>	<b>Granola Porridge with Almond Milk</b> Almonds, Walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom
<b>11:00 AM</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Spirulina, Milk Thistle, Agave
<b>1:00 PM</b>	<b>Gravity Glow Cold Pressed Juice</b> Cucumber, Apple, Ginger, Mint, Lemon juice

<b>3:00 PM</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b> Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
<b>5:00 PM</b>	<b>Afterparty Cold Pressed Juice</b> Beetroot, Carrot, Ginger, Apple, Lemon
<b>7:00 PM</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, Lemon, Ginger, Parsley

## GUT CLEANSE | Day 19

### Day 19 – Gut Cleanse

<b>9:00 AM</b>	<b>Liver Detox Shot</b> Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
<b>9:30 AM</b>	<b>Spinach Kale Cold Pressed Juice</b> Spinach, Parsley, Lemon, Apple, Cucumbers
<b>11:00 AM</b>	<b>Boss Tonic Probiotic Juice</b> Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic
<b>1:00 PM</b>	<b>Millet and Quinoa Paella</b> Saffron, Olive oil, Onion (minced), Red bell pepper, Smoked paprika, Paprika, Thyme, Oregano, Brown rice / quinoa / millet, Tomatoes, Healing Broth, Lemon juice, Sea salt, Green peas, Chickpeas
<b>3:00 PM</b>	<b>Golden Life Kombucha</b> To boost intestinal health and aid in digestion
<b>6:00 PM</b>	<b>Soothing Gut Healing Soup</b> Red lentils, Sweet potato, Spinach, Carrot, Bell pepper, Cashews, Onions, Ginger

## SUGAR DETOX | Day 20

### Day 20 – Sugar Detox

■ *On waking: Lukewarm water with a splash of fresh lemon juice*

<b>9:00 AM</b>	<b>Spinach Ginger Cold Pressed Juice</b> Spinach, Lemon, Cucumber, Ginger, Celery
<b>11:00 AM</b>	<b>Kaleifornia Dreamin Soup</b> Kale, Potatoes, Onions, Leeks, Salt, Pepper
<b>1:00 PM</b>	<b>After Party Cold Pressed Juice</b> Beetroot, Carrot, Ginger, Lemon, Apple
<b>3:00 PM</b>	<b>Cucumber and Watercress Soup</b> Cucumbers, Olive oil, Watercress, Almond milk, Dill leaves, Vinegar
<b>5:00 PM</b>	<b>Celery Juice</b> Celery, Lemon
<b>7:00 PM</b>	<b>Vegan Miso Soup</b> Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock

*If deliveries are delayed please eat something plant based. Before starting any plan, a questionnaire will be sent to ensure the selected plan is right for you. Your plan may be tailored or adjusted accordingly. | goorganic.me*