

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

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

Day 2 – Raw Detox

Low Glycemic Juice Cleanse

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

Day 3 – Raw Detox

Super Green Juice Cleanse

9:00 AM	Celery Cold Pressed Juice Celery juice. With or without lemon
11:00 AM	Dynamo Cold Pressed Juice Kale, Spinach, Celery, Parsley, Apple, Lemon, Dandelion greens
1:00 PM	Spinach Kale Cold Pressed Juice Spinach, Kale, Cucumber, Lemon, Celery, Parsley
3:00 PM	Pure Green Cold Pressed Juice Cucumber, Courgettes, Broccoli, Fennel, Lemon, Spinach, Parsley
5:00 PM	Cucumber Celery Cold Pressed Juice Cucumber, Celery, Parsley, Spinach
7:00 PM	Spinach Ginger Cold Pressed Juice Spinach, Cucumber, Lemon, Ginger, Apple, Celery

TRANSITION TO LIVER RESET | Day 4 – Day 10

Day 4 – Liver Reset

9:00 AM	Liver Detox Shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:30 AM	Spinach and Ginger Cold Pressed Juice Spinach, Cucumber, Lemon, Ginger, Apple
11:00 AM	Gluten Free Bread with Tofu Shakshuka Tofu, Plant milk, Butter, Turmeric, Himalayan black salt, Black pepper, Salt, Onion granules, Pinch sea salt
1:00 PM	Super Charged Satay Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts
3:00 PM	Kombucha – Apple & Ginger To aid in digestion and enhance good gut microbiome
6:00 PM	Cauliflower and turmeric soup Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 5 – Liver Reset

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

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

6:00 PM	Healing Turmeric Soup Zucchini, Onions, Carrots, Lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper
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Day 6 – Liver Reset

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

9:00 AM	Apple Cider Vinegar Shot with Turmeric Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
9:30 AM	High Protein Oatmeal Porridge + Keto Shake (Vanilla Praline) 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
11:00 AM	Aftermath Elixir with Milk Thistle (Liver Detox) Orange, Ginger, Basil oil, Milk thistle, Aloe
1:00 PM	Beetroot and Pearl Barley Risotto Beetroot, Pearl barley, Lemon, Chives, Sunflower seeds, Stock, Celery
3:00 PM	Edamame Beans
6:00 PM	Romesco Soup with Chickpeas Red bell peppers, Almonds, Almond milk, Ginger, Tomatoes, Vinegar, Harissa, Paprika, Black pepper, Salt, Chickpeas

Day 7 – Liver Reset

9:00 AM	Pure Green Juice Spinach, Cucumber, Broccoli, Courgette, Lemon, Apple
9:30 AM	Celery Juice Celery and Lemon
11:00 AM	Gluten Free Bread with Chickpea Shakshuka Chickpeas, Tomatoes, Capsicum, Nutritional yeast, Tofu
1:00 PM	Quinoa and Pomegranate Salad Quinoa, Pomegranate, Red radish, Cashews, Chives, Parsley, Coriander, Chickpeas, Mesculin Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}
3:00 PM	Boss Tonic Vegan Probiotic Juice Vegan Probiotics, Ginger, Turmeric, Lemon, Coconut nectar
6:00 PM	Roasted Swede Soup Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 8 – Liver Reset

9:00 AM	Turmeric Root Shot Turmeric Root, Ginger, Indian Gooseberries, Orange
9:30 AM	Granola with Almond Mylk Whole grain organic oats, Cocoa powder, Vegan chocochips, Almonds, Pumpkin seeds, Sunflower seeds, Organic agave syrup, Coconut oil, Dates
11:00 AM	Kombucha – Apple & Ginger To aid in digestion and enhance good gut microbiome
1:00 PM	Chickpea Shakshuka Chickpeas, Tomato, Capsicums, Miso paste, Tofu

3:00 PM	Butternut Squash Carrot Juice Butternut, Spinach, Carrot, Lemon, Parsley
6:00 PM	Mushroom Korma Mushrooms, Sweet Potatoes, Spices, Cumin, Mustard Seeds, Spinach

Day 9 – Liver Reset

9:00 AM	Heavy Metal Detox Smoothie Bananas, Blueberries, Parsley, Barley powder, Atlantic dulse, Orange juice
9:30 AM	Citrus 3 Cold Pressed Juice Grapefruit, Lemon, Apple
11:00 AM	Chill Pill – Vegan Probiotic Juice Pineapple, Lemon, Chamomile, Ashwagandha, Vanilla, Coconut nectar, Vegan Probiotics
1:00 PM	Sweet Potato Nacho Soup Sweet potatoes, Red capsicums, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice
3:00 PM	Kombucha – Tropical Made with tropical ingredients and live scoby
7:00 PM	Harissa Tofu and Lentil Stew Lentils, Tofu, Spinach

Day 10 – Liver Reset

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

RAW DETOX FOR FULL BODY CLEANSE | Day 11

Day 11 – Raw Detox

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

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

SUGAR DETOX | Day 12 – Day 14

Day 12 – Sugar Detox

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

9:00 AM	Celery Juice Celery, Lemon
11:00 AM	Roasted Swede Soup Roasted swede, Carrots, Onion, Paprika, Black pepper, Salt, Water
1:00 PM	Spinach Kale Juice Spinach, Kale, Lemon, Celery, Parsley
3:00 PM	Super Green Soup Spinach, kale, courgettes, onions, peas.
5:00 PM	Beet-a-licious Beets, Carrots, Cherries, Lime, Filtered water
7:00 PM	Sweet Potato Nacho Soup Sweet potatoes, Red capsicums, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice

Day 13 – Sugar Detox

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

9:00 AM	Braniac Cold Pressed Juice Spinach, Cucumber, Lemon, Ginger, Parsley
11:00 AM	Courgette, Lemon, Mint Soup Courgette, Lemon, Mint, Onions, Celery, Leeks, Potato, Thyme, Pepper
1:00 PM	Pure Green Juice Spinach, Cucumbers, Broccoli, Courgettes, Lemon, Apple
3:00 PM	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt
5:00 PM	Cucumber and Celery Juice Cucumber, Celery, Parsley, Spinach
7:00 PM	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 14 – Sugar Detox

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

9:00 AM	Dynamo Green Juice Kale, Spinach, Parsley, Lemon, Ginger, Apple
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11:00 AM	Vegan Miso Broth Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree
1:00 PM	Butternut Squash Carrot Juice Butternut Squash, Lemon, Beetroot, Carrot, Spinach, Parsley
3:00 PM	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika
5:00 PM	Celery Juice Celery, Lemon
7:00 PM	Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

RAW DETOX FOR FULL BODY CLEANSE | Day 15

Day 15 – Raw Detox

9:00 AM	Chocolate Mocha 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
11:00 AM	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Spirulina, Milk Thistle, Agave
1:00 PM	Gravity Glow Cold Pressed Juice Cucumber, Apple, Ginger, Mint, Lemon juice
3:00 PM	Butternut Squash Orange Lemon Cold Pressed Juice Butternut Squash, Orange, Beetroot, Lemon, Spinach, Parsley
6:00 PM	Afterparty Cold Pressed Juice Beetroot, Carrot, Ginger, Apple, Lemon
7:00 PM	Cold Crusher Cold Pressed Juice Carrots, Orange, Lemon, Ginger, Parsley

SKINNY RESET | Day 16

Day 16 – Skinny Reset

9:00 AM	Liver Detox Shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:30 AM	Braniac Cold Pressed Green Juice Spinach, Cucumbers, Lemon, Ginger, Apple
11:00 AM	Cream Of Zucchini Soup Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
12:00 PM	Carrot Turmeric Shot Carrot, Lemon, Ginger, Turmeric
2:00 PM	Courgette Lemon Mint Courgettes, Lemon, Mint, Onions, Celery, Potato, Mint, Parsley, Black pepper, Thyme

4:00 PM	Sweet Potato Nacho Soup Sweet potato, Red capsicum, Cloves, Pepper, Cayenne, Oregano, Tomato paste, Parsley leaves, Lemon juice
5:00 PM	Cayenne Ginger Shot Lemon, Ginger, a pinch Cayenne pepper, a few tbsp Water
6:00 PM	Moroccan Lentil Soup 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

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

Day 18 – Raw Detox

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

GUT CLEANSE | Day 19

Day 19 – Gut Cleanse

9:00 AM	Liver Detox Shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:30 AM	Spinach Kale Cold Pressed Juice Spinach, Parsley, Lemon, Apple, Cucumbers
11:00 AM	Boss Tonic Probiotic Juice Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic
1:00 PM	Millet and Quinoa Paella 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
3:00 PM	Golden Life Kombucha To boost intestinal health and aid in digestion
6:00 PM	Soothing Gut Healing Soup 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

9:00 AM	Spinach Ginger Cold Pressed Juice Spinach, Lemon, Cucumber, Ginger, Celery
11:00 AM	Kaleifornia Dreamin Soup Kale, Potatoes, Onions, Leeks, Salt, Pepper
1:00 PM	After Party Cold Pressed Juice Beetroot, Carrot, Ginger, Lemon, Apple
3:00 PM	Cucumber and Watercress Soup Cucumbers, Olive oil, Watercress, Almond milk, Dill leaves, Vinegar
5:00 PM	Celery Juice Celery, Lemon
7:00 PM	Vegan Miso Soup 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