

# GoOrganic ME

5-Day Starter Weight Loss Reset

Lose 2 KG in 5 Days · 800–1100 Calories/Day · 100% Plant-Based & Preservative-Free

Protein	Fat	Carbs	Duration	Goal
26g / day	22g / day	32g / day	5 Days	Lose 2 KG

## Day 1

■ *May be changed to a complete juice cleanse depending on health condition & body type.*

Time	Meal / Juice	Ingredients & Notes
9:00 AM	Karma Ayurveda Juice	Chia seeds, blueberries, pineapple, strawberries, spinach, pure aloe vera, Indian gooseberry, Holy Basil & Neem
11:00 AM	Bhakti Ayurveda Juice	Cucumbers, coconut water, lemon, pure aloe, pineapple, mint, apple, brain tonic (Triphala added)
1:00 PM	Dnyan Ayurveda Juice	Lemon, filtered water, activated charcoal, raw organic honey (Turmeric Limestone added)
3:00 PM	Vatta Ayurveda Juice	Beetroot, carrots, cherries, lime, filtered water, Psyllium Husk (balances Vatta Dosha)
5:00 PM	Kapha Ayurveda Juice	Cucumber, spinach, kale, acai powder, blueberries, raspberries, raw organic honey, homemade apple cider (balances Kapha Dosha)
7:00 PM	Braniac Slender Green Juice	Spinach, cucumber, parsley, lemon, apple, celery

## Day 2

■ *Full juice day — cold-pressed juices all day.*

Time	Meal / Juice	Ingredients & Notes
9:00 AM	Braniac Green Juice	Spinach, cucumber, lemon, ginger, parsley
11:00 AM	Detox Tonic Lemonade	Lemon, blue spirulina, milk thistle, agave
1:00 PM	Gravity Glow Juice	Cucumber, apple, ginger, mint, lemon juice
3:00 PM	Butternut Squash Orange Juice	Butternut squash, orange, beetroot, lemon, spinach, parsley
5:00 PM	Afterparty Juice	Beetroot, carrot, ginger, apple, lemon
7:00 PM	Cold Crusher Juice	Carrots, orange, lemon, ginger, parsley

## Day 3

■ *Transition day — introducing soups alongside juices.*

Time	Meal / Juice	Ingredients & Notes
Wake Up	Lukewarm Lemon Water	Warm 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	Tofu & Spinach Soup	Spinach, onions, tomatoes, tofu, ginger, coconut milk, almond milk
5:00 PM	Beet-a-licious Juice	Beets, carrots, cherries, lime, filtered water
7:00 PM	Sweet Potato Nacho Soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley, lemon juice

## Day 4

■ *Alternating juices and soups — liver support & hydration focus.*

Time	Meal / Juice	Ingredients & Notes
Wake Up	Lukewarm Lemon Water	Warm water with a splash of fresh lemon juice
9:00 AM	Braniac Cold Pressed Juice	Spinach, cucumbers, lemon, ginger, apple
11:00 AM	Courgette Lemon Mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper
1:00 PM	Pure Green Juice	Spinach, cucumbers, courgettes, lemon, apple
3:00 PM	Carrot Coriander Soup	Carrots, onions, coriander, ginger, celery, cumin seeds, salt
5:00 PM	Cucumber & Celery Juice	Cucumber, celery, parsley, spinach
7:00 PM	Turmeric & Lentil Soup	Pumpkin, carrot, sweet potato, ginger, mustard seeds, onions, coconut milk, coriander, turmeric, red pepper

## Day 5

■ *Final day — gut healing, probiotics & solid whole-food meal introduced.*

Time	Meal / Juice	Ingredients & Notes
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, kale, lemon, apple, cucumbers
11:00 AM	Boss Tonic Probiotic Juice	Ginger, turmeric, lemon, tangerine oil, coconut nectar, vegan probiotic
1:00 PM	Millet & Quinoa Paella	Whole grain millet with quinoa — a wholesome twist on traditional risotto (rich in prebiotics & fibre)
3:00 PM	Golden Life Kombucha	Boosts intestinal health and aids digestion
6:00 PM	Soothing Gut Healing Soup	Red lentils, sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger