

GoOrganic ME

# Clinical 15KG Weightloss & Medical Grade Transformation

Alex Cox Metabolic Reset Series

THE ULTIMATE 60-DAY MEDICAL TRANSFORMATION

Complete Meal Plan Timetable

<b>Phase 1</b>	Days 1–20	<i>Metabolic Ignition</i>
<b>Phase 2</b>	Days 21–40	<i>Acceleration</i>
<b>Phase 3</b>	Days 41–60	<i>Consolidation</i>

# Phase 1

Days 1–20 — Metabolic Ignition

## Day 1

*Raw Detox For Full Body*

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 2

*Raw Detox For Full Body*

9am	<b>Braniac cold pressed juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade cold pressed juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	<b>Gravity Glow cold pressed juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon cold pressed juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty cold pressed juice</b>	Beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher cold pressed juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 3

*Gut Cleanse*

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Spinach Kale</b>	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	<b>Millet and Quinoa Paella</b>	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	<b>Golden Life Kombucha</b>	To boost the intestinal health and aid in digestion.
6pm	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 4

*Gut Cleanse*

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Citrus 3 Cold Pressed Juice</b>	Grapefruit, apple and lemon.
11am	<b>Box of Walnuts and After Party Cold Pressed Juice</b>	Beet, Carrot, Lemon, Ginger, Apple.
1pm	<b>Butternut Squash soup</b>	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	<b>Kombucha</b>	Made with Tropical ingredients and live scoby.
6pm	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5 <i>Gut Cleanse</i>		
9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Mean Green Smoothie</b>	Kale, banana, Cucumber, Celery, apple, lemon.
11am	<b>Mermaid Lemonade Probiotic Juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
1pm	<b>Tempeh Rendang Curry with almond bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
3pm	<b>Tropical Kombucha</b>	Made with Tropical ingredients and live scoby.
6pm	<b>Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock.

Day 6 <i>Gut Cleanse</i>		
9am	<b>Beetroot lemon shot on empty stomach</b>	Beetroot, lemon, apple.
9:30am	<b>Young Love Juice</b>	Pineapple, berries, Filtered water, Chia seeds.
11am	<b>Milk Thistle Juice - After Math</b>	Orange, Ginger, Aloe, Basil Oil, Milk Thistle.
1pm	<b>Superfood Kale and Walnut Salad</b>	Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	<b>Kombucha</b>	To aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
6pm	<b>Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 7 <i>Gut Cleanse</i>		
9am	<b>Turmeric Root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, turmeric, apple.
11am	<b>Quinoa Porridge with Keto shake</b>	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	<b>Green Mung Bean Stew</b>	Beans, some broth, coconut milk, spices, spinach.
3pm	<b>Apple &amp; Ginger Kombucha</b>	To aid in digestion and enhance good gut microbiome.
6pm	<b>Roasted Swede Soup</b>	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 8 <i>Raw Detox For Full Body</i>		
9am	<b>Granola Porridge with almond milk</b>	Almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	Beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

Day 9 <i>Raw Detox For Full Body</i>		
9am	<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.
11am	<b>Dynamo Juice</b>	Kale, spinach, celery, parsley, apple, lemon, dandelion greens.
1pm	<b>Spinach Kale Juice</b>	Spinach, kale, Cucumber, lemon, celery, parsley.
3pm	<b>Pure Green Juice</b>	Cucumber, Courgettes, fennel, lemon, spinach, parsley.

<b>5pm</b>	<b>Cucumber Celery Juice</b>	Cucumber, Celery, parsley, spinach.
<b>7pm</b>	<b>Spinach Ginger Juice</b>	Spinach, cucumber, lemon, ginger, apple, Celery.

<b>Day 10</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Celery juice</b>	Celery, lemon.
<b>11am</b>	<b>Roasted Swede Soup</b>	Roasted swede, carrots, onion, paprika, black pepper, salt and water.
<b>1pm</b>	<b>Spinach Kale Juice</b>	Spinach, kale, Lemon, celery, parsley.
<b>3pm</b>	<b>Courgette, Lemon, mint Soup</b>	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
<b>5pm</b>	<b>Beet a licious</b>	Beets, carrots, cherries, lime, Filtered water.
<b>7pm</b>	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

<b>Day 11</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Braniac Cold Pressed Juice</b>	Spinach, cucumbers, lemon, ginger and apple.
<b>11am</b>	<b>Courgette, Lemon, mint Soup</b>	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
<b>1pm</b>	<b>Pure Green Juice</b>	Spinach, Cucumbers, Courgettes, lemon, apple.
<b>3pm</b>	<b>Carrot Coriander Soup</b>	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
<b>5pm</b>	<b>Cucumber and Celery Juice</b>	Cucumber, Celery, parsley, spinach.
<b>7pm</b>	<b>Hearty Quinoa Gut Cleanse Soup</b>	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

<b>Day 12</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Dynamo Green Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
<b>11am</b>	<b>Vegan Miso Broth Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
<b>1pm</b>	<b>Butternut Squash carrot juice</b>	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
<b>3pm</b>	<b>Tom Yum Soup</b>	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.
<b>5pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>7pm</b>	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

<b>Day 13</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Spinach Ginger Juice</b>	Spinach, lemon, cucumber, ginger, lemon, celery.
<b>11am</b>	<b>Kaleifornia Dreamin Soup</b>	Kale, Potatoes, Onions, Leeks, Salt, Pepper.
<b>1pm</b>	<b>After party juice</b>	Beetroot, carrot, ginger, lemon, apple.
<b>3pm</b>	<b>Cucumber and Watercress Soup</b>	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
<b>5pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>7pm</b>	<b>Vegan Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock.

<b>Day 14</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.

<b>9am</b>	<b>Dynamo Green Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
<b>11am</b>	<b>Red lentils Soup</b>	Red lentils, mint, onions, ginger, ground cumin, coriander.
<b>1pm</b>	<b>Butternut Carrot Juice</b>	Butternut, Carrots, lemon, ginger, Orange, parsley.
<b>3pm</b>	<b>Minestrone Soup</b>	Kale, Courgette, Tomato, Onions, Basil.
<b>5pm</b>	<b>Celery Juice</b>	Celery, Lemon.
<b>7pm</b>	<b>Super Green Soup</b>	Spinach, kale, Courgettes, edamame, Onions, Ginger, peas.

<b>Day 15</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Leptin balancing power Smoothie</b>	Coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>11am</b>	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
<b>1pm</b>	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>3pm</b>	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>5pm</b>	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

<b>Day 16</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Dynamo Green Juice</b>	Kale, spinach, parsley, lemon, ginger, apple.
<b>11am</b>	<b>Braniac Green Juice</b>	Spinach, cucumber, lemon, ginger and apple.
<b>1pm</b>	<b>Alkaline Dhal</b>	Turmeric, ginger, tomato, lentils, coriander, black pepper and salt.
<b>3pm</b>	<b>Walnuts with Butternut carrot Juice</b>	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
<b>7pm</b>	<b>Penne with Mung Bolognese sauce</b>	Mirepoix, Red pepper flakes, bell pepper, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

<b>Day 17</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Cucumber and Celery Juice</b>	Celery, lemon, cucumber, apple.
<b>11am</b>	<b>Crackers</b>	Almond flour, flax and pink Himalayan salt.
<b>1pm</b>	<b>Millet Paella</b>	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.
<b>3pm</b>	<b>Almonds with Strawberry Basil lemonade</b>	Strawberries, lemon, basil, Monk fruit.
<b>7pm</b>	<b>Harissa Tofu and lentil stew</b>	Lentils, tofu, and spinach.

<b>Day 18</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Bread with Scrambled Tofu Brekkie</b>	Tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt.
<b>11am</b>	<b>Detox Tonic Lemonade</b>	Blue Spirulina, Lemon, milk thistle, agave.
<b>1pm</b>	<b>Tofu and Cauliflower Rice</b>	Tofu, cauliflower rice, ginger, soy sauce, salt and pepper.
<b>3pm</b>	<b>Vatta Ayurveda cold pressed juice</b>	Ayurvedic Beetroot juice: juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.
<b>7pm</b>	<b>Roasted Swede soup</b>	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt.

Day 19		Inflammation Reset
9am	Granola with Protein shake	Organic wholegrain oats, almonds, pistachios, sunflower seeds, pumpkin seeds sweetened with organic agave, golden raisins, coconut oil and dates.
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		Inflammation Reset
9am	Karma Ayurveda	Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Aloe vera, Indian Gooseberry. Newly added Tulsi and Neem.
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		Raw Detox For Full Body
9am	Granola Porridge with almond milk	Almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
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	Cold Crusher Juice	Carrots, Orange, lemon, ginger, parsley.

Day 22		Raw Detox For Full Body
9am	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.
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	Cold Crusher Juice	Carrots, Orange, lemon, ginger, parsley.

Day 23		Liver Reset
9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.

<b>9:30am</b>	<b>Spinach and Ginger Cold Pressed Juice</b>	Spinach, cucumber, lemon, ginger and apple.
<b>11am</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>1pm</b>	<b>Super charged Satay</b>	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
<b>3pm</b>	<b>Apple &amp; Ginger Kombucha</b>	To aid in digestion and enhance good gut microbiome.
<b>6pm</b>	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

<b>Day 24</b> <i>Liver Reset</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Turmeric root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</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>11am</b>	<b>Mermaid Lemonade</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
<b>1pm</b>	<b>Quinoa Roasted Veggie salad</b>	Quinoa, black rice, sweet potato, kale, zucchini, black pepper, blue berry, Sesame seeds, parsley. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>3pm</b>	<b>After Math Juice with Milk thistle</b>	Orange, ginger, basil oil, milk thistle, aloe.
<b>6pm</b>	<b>Healing Turmeric Soup</b>	Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.

<b>Day 25</b> <i>Liver Reset</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Apple Cider Vinegar Shot with turmeric</b>	Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider.
<b>9:30am</b>	<b>High protein Oatmeal porridge + Keto Shake (Vanilla Praline)</b>	Porridge: oats, almond milk, maple syrup, salt and water. Shake: Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.
<b>11am</b>	<b>Aftermath Elixir with MILK THISTLE for Liver Detox</b>	Orange, ginger, basil oil, milk thistle, aloe.
<b>1pm</b>	<b>Beetroot and Pearl barley Risotto</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.
<b>3pm</b>	<b>Edamame beans</b>	—
<b>6pm</b>	<b>Romesco soup with chickpeas</b>	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

<b>Day 26</b> <i>Liver Reset</i>		
<b>9am</b>	<b>Pure Green Juice</b>	Spinach, Cucumber, Courgette, Lemon, Apple.
<b>9:30am</b>	<b>Celery Juice</b>	Celery and lemon.
<b>11am</b>	<b>Gluten Free bread with Chickpea Shakshuka</b>	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
<b>1pm</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>3pm</b>	<b>Boss Tonic Vegan Probiotic Juice</b>	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
<b>6pm</b>	<b>Cream Of Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

<b>Day 27</b> <i>Liver Reset</i>		
<b>9am</b>	<b>Turmeric root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</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 and dates.

<b>11am</b>	<b>Apple &amp; Ginger Kombucha</b>	To aid in digestion and enhance good gut microbiome.
<b>1pm</b>	<b>Chickpea Shakshuka</b>	Chickpeas, tomato, capsicums, Miso paste, Tofu.
<b>3pm</b>	<b>Butternut Squash Carrot Juice</b>	Butternut, spinach, carrot, lemon, parsley.
<b>7pm</b>	<b>Vegan Panang</b>	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

<b>Day 28</b> <i>Liver Reset</i>		
<b>9am</b>	<b>Heavy Metal Detox Smoothie</b>	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange juice.
<b>9:30am</b>	<b>Citrus 3 cold pressed Juice</b>	Grapefruit, lemon and apple.
<b>11am</b>	<b>Chill Pill - Vegan Probiotic Juice</b>	Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.
<b>1pm</b>	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
<b>3pm</b>	<b>Tropical Kombucha</b>	Made with Tropical ingredients and live scoby.
<b>7pm</b>	<b>Harissa Tofu and Lentil Stew</b>	Lentils, tofu, and spinach.

<b>Day 29</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Leptin balancing power Smoothie</b>	Coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>11am</b>	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
<b>1pm</b>	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>3pm</b>	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>5pm</b>	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

<b>Day 30</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Granola Porridge with almond milk</b>	Almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>11am</b>	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow Juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
<b>5pm</b>	<b>Afterparty Juice</b>	Beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

<b>Day 31</b> <i>Skinny Reset</i>		
<b>9am</b>	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
<b>9:30am</b>	<b>Braniac Cold Pressed Green Juice</b>	Spinach, Cucumbers, Lemon, Ginger, Apple.
<b>11am</b>	<b>Turmeric Tomato soup</b>	Tomatoes, Onion, Basil, Vinegar, Black Pepper.
<b>12pm</b>	<b>Carrot Turmeric shot</b>	Carrot, lemon, ginger, turmeric.
<b>2pm</b>	<b>Courgette Lemon Mint</b>	Courgettes, lemon, mint, onions, celery, potato, mint, parsley, black pepper, Thyme.
<b>4pm</b>	<b>Sweet Potato Nacho Soup</b>	Sweet potato, red capsicum, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
<b>5pm</b>	<b>Cayenne Ginger Shot</b>	Lemon, peeled Ginger, a pinch Cayenne pepper, a few tbs Water.

<b>6pm</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.
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## Day 32 *Skinny Reset*

<b>9am</b>	<b>Turmeric Root Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</b>	<b>Morning Celery (2 x 250ml)</b>	Celery and Lemon.
<b>11am</b>	<b>Fennel Consomme Soup</b>	Fennel, Water, Onions, Orange Juice, Olive Oil, Dill, Sea Salt, Red Chilli Powder.
<b>12pm</b>	<b>Love Shot</b>	Pomegranate, Watermelon, Chia Seeds, Mint, Lemon, Camu Camu, Psyllium Husk.
<b>2pm</b>	<b>Butternut Squash Soup</b>	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
<b>4pm</b>	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
<b>5pm</b>	<b>Liver Detox Shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
<b>6pm</b>	<b>New Chickpea stew</b>	Chick peas, potatoes, onions, tamarind, tomatoes.

## Day 33 *Skinny Reset*

<b>9am</b>	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
<b>9:30am</b>	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Aloe vera, Coconut water, Cucumbers, Apple, Pineapple, mint, Brain Tonic, Lemon.
<b>11am</b>	<b>Minestrone Soup</b>	Water, Tomatoes, Zucchini, Navy Beans, Tomato Paste, Onions, Potatoes, Green Beans, Carrots, Celery, Olive Oil, Basil, Apple Cider Vinegar, Sea Salt, Black Pepper, Oregano, Red Chilli Powder.
<b>12pm</b>	<b>Turmeric Tomato Detox</b>	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
<b>2pm</b>	<b>Black Lentil Stew with Veggies and Quinoa</b>	Black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
<b>4pm</b>	<b>Cream Of Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
<b>5pm</b>	<b>Carrot Turmeric Shot</b>	Carrots, Lemon, Ginger, Turmeric.
<b>6pm</b>	<b>Pumpkin Coconut Soup</b>	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

## Day 34 *High Fiber*

<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Bhakti Ayurveda Cold Pressed Juice</b>	Pineapple, Spinach, Ayurvedic Triphala, Brain tonic or Shank pushpi, Coconut water, aloe vera, lemon, mint.
<b>11am</b>	<b>Creamy Thai soup with basil</b>	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
<b>1pm</b>	<b>After party Cold pressed juice</b>	Beetroot, carrot, ginger, lemon, apple.
<b>3pm</b>	<b>Romesco soup with chickpeas</b>	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
<b>5pm</b>	<b>Spa Day Juice</b>	Honeydew, Cucumber, Coconut Water, Lemon.
<b>7pm</b>	<b>Kabocha Congee Soup</b>	Squash, coconut milk, brown rice, pumpkin seeds, onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice.

## Day 35 *Sugar Detox*

<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Cucumbers and Celery Juice</b>	Celery, lemon, cucumbers and apple.
<b>11am</b>	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
<b>1pm</b>	<b>Braniac Cold Pressed Green Juice</b>	Spinach, cucumbers, lemon, ginger and apple.
<b>3pm</b>	<b>Vegan Stew soup</b>	Miso paste, leeks, onions, sweet potatoes, celery, salt, olive oil, rosemary and thyme.
<b>5pm</b>	<b>After party juice</b>	Beetroots, carrots, lemon, ginger, apple.

<b>7pm</b>	<b>Butternut Squash soup</b>	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
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## Day 36 *Sugar Detox*

<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Braniac Green Juice</b>	Spinach, cucumber, lemon, ginger, apple.
<b>11am</b>	<b>Cabbage Soup</b>	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
<b>1pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>3pm</b>	<b>Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
<b>5pm</b>	<b>Gravity Glow Juice</b>	Cucumber, mint, parsley and apple.
<b>7pm</b>	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

## Day 37 *Sugar Detox*

<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Pure Green Juice</b>	Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
<b>11am</b>	<b>Cucumber and Watercress Soup</b>	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
<b>1pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>3pm</b>	<b>Tomato soup for the soul</b>	Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.
<b>5pm</b>	<b>Butternut Squash Orange Lemon Juice</b>	Butternut, orange, carrots, beetroot, lemon, orange.
<b>7pm</b>	<b>Cream Of Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

## Day 38 *Inflammation Reset*

<b>9am</b>	<b>Bhakti Ayurveda cold pressed juice (Added Triphala)</b>	Aloevera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon.
<b>11am</b>	<b>Whole Oats Cookie</b>	Oats, almond flour, agave syrup, baking powder.
<b>1pm</b>	<b>Beetroot and Pearl Barley Risotto</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.
<b>3pm</b>	<b>Walnuts with Butternut Carrot juice</b>	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
<b>7pm</b>	<b>Tomato soup for the soul with almond bun</b>	Crushed tomatoes, almond milk, red lentils, onions, apple cider, tomato paste, ginger, coconut milk, salt, pepper, mixed herbs.

## Day 39 *Inflammation Reset*

<b>9am</b>	<b>Pure Green Juice</b>	Spinach, cucumber, courgette, lemon, apple.
<b>11am</b>	<b>Crackers</b>	Almond flour, flax and pink Himalayan salt.
<b>1pm</b>	<b>Vegan Panang Curry with Tofu</b>	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas, tofu.
<b>3pm</b>	<b>Almond Bun with Afterparty juice</b>	Juice contains beet, carrot, lemon, ginger, apple.
<b>7pm</b>	<b>Kale salad with walnuts</b>	Kale, Pumpkin seeds, Walnuts, raisins, Pomegranate, Little Broad beans. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

## Day 40 *Inflammation Reset*

<b>9am</b>	<b>Bread with Tofu Shakshuka</b>	Tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt.
<b>11am</b>	<b>Protein Bar</b>	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
<b>1pm</b>	<b>Cream Of Zucchini Soup with almond Bun</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

<b>3pm</b>	<b>Edamame beans and Celery Juice</b>	Celery and lemon.
<b>7pm</b>	<b>Quinoa and Roasted Veggie salad</b>	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*

<b>Day 41</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Vanilla Praline Shake</b>	Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow Cold Pressed Juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
<b>5pm</b>	<b>Afterparty cold Pressed Juice</b>	Beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b>	Carrots, Orange, lemon, ginger, parsley.

<b>Day 42</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Leptin balancing power Smoothie</b>	Coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>11am</b>	<b>Bhakti Ayurveda (Added Triphala) Cold Pressed Juice</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
<b>1pm</b>	<b>Dnyan Ayurveda (Added Turmeric Limestone) Cold Pressed Juice</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>3pm</b>	<b>Vatta Ayurveda (to balance the Vatta Dosh) Cold Pressed Juice</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>5pm</b>	<b>Kapha Ayurveda (to balance Kapha Dosh) Cold Pressed Juice</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added home made apple cider.
<b>7pm</b>	<b>Green Juice - Braniac Cold Pressed Juice</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

<b>Day 43</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Granola Porridge with almond milk</b>	Almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow Cold Pressed Juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
<b>5pm</b>	<b>Afterparty Cold Pressed Juice</b>	Beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b>	Carrots, Orange, lemon, ginger, parsley.

<b>Day 44</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Celery juice</b>	Celery, lemon.
<b>11am</b>	<b>Roasted Swede Soup</b>	Roasted swede, carrots, onion, paprika, black pepper, salt and water.

<b>1pm</b>	<b>Spinach Kale Juice Cold Pressed Juice</b>	Spinach, kale, Lemon, celery, parsley.
<b>3pm</b>	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
<b>5pm</b>	<b>Beet a licious</b>	Beets, carrots, cherries, lime, Filtered water.
<b>7pm</b>	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

<b>Day 45</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Braniac Cold Pressed Juice</b>	Spinach, cucumbers, lemon, ginger and apple.
<b>11am</b>	<b>Courgette, Lemon, mint Soup</b>	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
<b>1pm</b>	<b>Pure Green Cold Pressed Juice</b>	Spinach, Cucumbers, Courgettes, lemon, apple.
<b>3pm</b>	<b>Carrot Coriander Soup</b>	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
<b>5pm</b>	<b>Cucumber and Celery Cold Pressed Juice</b>	Cucumber, Celery, parsley, spinach.
<b>7pm</b>	<b>Carrot Coriander Soup</b>	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

<b>Day 46</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Dynamo Green Cold Pressed Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
<b>11am</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>1pm</b>	<b>Butternut Squash Carrot Cold Pressed Juice</b>	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
<b>3pm</b>	<b>Tom Yum Soup</b>	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Fresh Ginger, Fresh Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika, Kaffir lime leaves, Kashmiri Chilly Powder.
<b>5pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>7pm</b>	<b>Cabbage Soup</b>	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

<b>Day 47</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Spinach Ginger Cold Pressed Juice</b>	Spinach, lemon, cucumber, ginger, lemon, celery.
<b>11am</b>	<b>Kaleifornia Dreaming Soup</b>	Kale, Potatoes, Onions, Leeks, Salt, Pepper.
<b>1pm</b>	<b>After Party Cold Pressed juice</b>	Beetroot, carrot, ginger, lemon, apple.
<b>3pm</b>	<b>Cucumber and Watercress Soup</b>	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
<b>5pm</b>	<b>Celery juice</b>	Celery, lemon.
<b>7pm</b>	<b>Vegan Miso Soup</b>	Lots of gut-healing veggies cooked in a slow Miso based broth for the tangy taste.

<b>Day 48</b> <i>Sugar Detox</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Dynamo Green Cold Pressed Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
<b>11am</b>	<b>Red lentils Soup</b>	Red lentils, mint, onions, ginger, ground cumin, coriander.
<b>1pm</b>	<b>Butternut Carrot Cold Pressed Juice</b>	Butternut, Carrots, lemon, ginger, Orange, parsley.
<b>3pm</b>	<b>Minestrone Soup</b>	Kale, Courgette, Tomato, Onions, Basil.
<b>5pm</b>	<b>Celery Juice</b>	Celery, Lemon.

7pm	Super Green Soup	Spinach, kale, Courgettes, edamame, Onions, Ginger, peas.
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## Day 49 *Sugar Detox*

Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Cucumbers and Celery Juice Cold Pressed	Celery, lemon, cucumbers and apple.
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 Cold pressed juice	Beetroots, carrots, lemon, ginger, apple.
7pm	Butternut Squash soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

## Day 50 *Gut Cleanse*

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach Kale Cold Pressed Juice	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	Boss Tonic Probiotic Juice	—
1pm	Millet and Quinoa Paella	A twist on traditional Risotto substituting rice with whole grain Millet with quinoa. Millets have prebiotics which stimulate the growth of probiotics within the microbiome. Quinoa is rich in fiber, aiding in flushing out of Mucoïd plaque.
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 51 *Gut Cleanse*

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Citrus 3 Cold Pressed Juice	Grapefruit, apple and lemon.
11am	Box of Walnuts and After Party Cold Pressed Juice	Beets support liver Detox and apple pectin binds to toxins and helps eliminate them.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Kombucha	Made with Tropical ingredients and live scoby.
6pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

## Day 52 *Gut Cleanse*

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Mean Green Smoothie	Kale, banana, Cucumber, Celery, apple, lemon.
11am	Mermaid Lemonade Probiotic Juice	—
1pm	Tempeh Rendang Curry with almond bread	A very tasty tempeh curry made with Thai spices in coconut milk. Due to the fermentation process, tempeh is a rich source of live probiotic culture and active enzymes.
3pm	Tropical Kombucha	Made with Tropical ingredients and live scoby.
6pm	Miso Soup	Gut Healing Miso soup made with lots of seasonal Veggies.

## Day 53 *Gut Cleanse*

9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach and Ginger Cold Pressed Juice	Spinach, cucumber, lemon, ginger and apple.
11am	Gluten Free bread with Tofu Shakshuka	—

<b>1pm</b>	<b>Super charged Satay</b>	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
<b>3pm</b>	<b>Kombucha</b>	—
<b>6pm</b>	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

<b>Day 54</b> <i>Gut Cleanse</i>		
<b>Wake up</b>	<b>Lukewarm water</b>	With a splash of fresh lemon juice.
<b>9am</b>	<b>Turmeric root shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</b>	<b>Chai Infused Quinoa Porridge with Keto Shake</b>	Delicious Quinoa cooked with almond milk and a tinge of Masala Chai.
<b>11am</b>	<b>Mermaid Lemonade</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
<b>1pm</b>	<b>Quinoa Roasted Veggie salad</b>	Quinoa, black rice, sweet potato, kale, zucchini, black pepper, blue berry, Sesame seeds, parsley with a tangy dressing. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>3pm</b>	<b>After Math Juice with Milk thistle for Liver Cleansing</b>	—
<b>6pm</b>	<b>Healing Turmeric Soup</b>	Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.

<b>Day 55</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Strawberry Chia Shake</b>	Frozen strawberries, Coconut milk, Chia seeds.
<b>11am</b>	<b>Bhakti Ayurveda (Added Triphala) Cold Pressed Juice</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
<b>1pm</b>	<b>Dnyan Ayurveda (Added Turmeric Limestone) Cold Pressed Juice</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>3pm</b>	<b>Vatta Ayurveda (to balance the Vatta Dosh) Cold Pressed juice</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>5pm</b>	<b>Kapha Ayurveda (to balance Kapha Dosh) Cold Pressed Juice</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added home made apple cider.
<b>7pm</b>	<b>Green Juice - Braniac Cold Pressed Juice</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

<b>Day 56</b> <i>Raw Detox For Full Body</i>		
<b>9am</b>	<b>Leptin balancing power Smoothie</b>	Coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b>	Lemon, Blue Spirulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow Cold Pressed Juice</b>	Cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
<b>5pm</b>	<b>Afterparty Cold Pressed Juice</b>	Beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b>	Carrots, Orange, lemon, ginger, parsley.

<b>Day 57</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Celery Juice</b>	Celery and lemon.
<b>11am</b>	<b>Cream Of Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
<b>1pm</b>	<b>Spinach Ginger Juice Cold Pressed Juice</b>	Spinach, Lemon, ginger, apple, Parsley.
<b>3pm</b>	<b>Vegan Tom Yum soup</b>	Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.

<b>5pm</b>	<b>After party juice Cold pressed juice</b>	Beet, carrot, lemon, ginger, apple.
<b>7pm</b>	<b>Carrot Coriander Soup</b>	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

<b>Day 58</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Orange Turmeric Juice Cold Pressed Juice</b>	Oranges, turmeric, aloe vera, black pepper.
<b>11am</b>	<b>Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
<b>1pm</b>	<b>Dynamo Green juice cold pressed Juice</b>	Spinach, parsley, celery, kale, apple, lemon, dandelion greens.
<b>3pm</b>	<b>Cabbage soup</b>	Onions, Carrots, Celery, Chilly Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
<b>5pm</b>	<b>Cucumber and Celery Juice Cold Pressed Juice</b>	Cucumber, Celery, parsley, spinach.
<b>7pm</b>	<b>Pumpkin coconut soup</b>	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

<b>Day 59</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Sweet kale Cold Pressed</b>	Apple, Lemon, Ginger, Kale and Added Apple Cider.
<b>11am</b>	<b>Vegan Miso Soup</b>	Leeks, Carrots, Pak choi, Miso paste, Celery.
<b>1pm</b>	<b>Beetroot Vatta ayurvedic Cold Pressed Juice</b>	Carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.
<b>3pm</b>	<b>Creamy Vegan Spinach Soup</b>	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.
<b>5pm</b>	<b>Detox Tonic Juice cold Pressed Juice</b>	Lemon, Blue spirulina, Monk fruit, water.
<b>7pm</b>	<b>Sweet Potato Soup</b>	Red lentils, sweet potatoes, carrots, olive oil, coconut milk, lemon, ginger, chilly powder, cumin powder, turmeric powder, salt, and pepper.

<b>Day 60</b> <i>Inflammation Reset</i>		
<b>9am</b>	<b>Alkaline Green Smoothie</b>	Avocado based Green smoothie.
<b>11am</b>	<b>Branic Green cold pressed juice</b>	Spinach, cucumber, lemon, ginger and apple.
<b>1pm</b>	<b>Alkaline Dhal</b>	Lentil, Broccoli and Spinach based anti inflammatory dhal.
<b>3pm</b>	<b>Walnuts with Butternut carrot cold pressed Juice</b>	—
<b>7pm</b>	<b>Beetroot And Pearl Barley Risotto</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.

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](https://wa.me/971556250664) | [goorganic.me](https://goorganic.me)