

GoOrganic ME

Clinical 15KG Weightloss & Medical Grade Transformation

Alex Cox Metabolic Reset Series

THE ULTIMATE 60-DAY MEDICAL TRANSFORMATION

Complete Meal Plan Timetable

Phase 1	Days 1–20	Metabolic Ignition
Phase 2	Days 21–40	Acceleration
Phase 3	Days 41–60	Consolidation

Phase 1

Days 1–20 — Metabolic Ignition

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

Day 2 <i>Raw Detox For Full Body</i>		
9am	Braniac cold pressed juice	Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow cold pressed juice	Cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	Afterparty cold pressed juice	Beet root, carrot, ginger, apple and lemon.
7pm	Cold Crusher cold pressed juice	Carrots, Orange, lemon, ginger, parsley.

Day 3 <i>Gut Cleanse</i>		
9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach Kale	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	Boss Tonic Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
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	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 4 <i>Gut Cleanse</i>		
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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	Beet, Carrot, Lemon, Ginger, Apple.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	Kombucha	Made with Tropical ingredients and live scoby.
6pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

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

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

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

Day 8 <i>Raw Detox For Full Body</i>		
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 9 <i>Raw Detox For Full Body</i>		
9am	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.
11am	Dynamo Juice	Kale, spinach, celery, parsley, apple, lemon, dandelion greens.
1pm	Spinach Kale Juice	Spinach, kale, Cucumber, lemon, celery, parsley.
3pm	Pure Green Juice	Cucumber, Courgettes, fennel, lemon, spinach, parsley.
5pm	Cucumber Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Spinach Ginger Juice	Spinach, cucumber, lemon, ginger, apple, Celery.

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

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

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

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

Day 14 <i>Sugar Detox</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Creamy Roasted Red Pepper Tomato Soup	red bell peppers, Tomatoes, coconut milk, salt and black pepper
1pm	Butternut Carrot Juice	Butternut, Carrots, lemon, ginger, Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach, kale, Courgettes, edamame, Onions, Ginger, peas.

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

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

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

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

Day 19 <i>Inflammation Reset</i>		
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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 <i>Inflammation Reset</i>		
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 <i>Raw Detox For Full Body</i>		
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 <i>Liver Reset</i>		
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	Tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt.
1pm	Super charged Satay	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
3pm	Apple & Ginger Kombucha	To aid in digestion and enhance good gut microbiome.
6pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

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

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

Day 26 <i>Liver Reset</i>		
9am	Pure Green Juice	Spinach, Cucumber, Courgette, Lemon, Apple.
9:30am	Celery Juice	Celery and lemon.
11am	Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
1pm	Quinoa and Pomegranate Salad	Quinoa, Pomegranate, Red radish, Cashews, Chives, Parsley, Coriander, Chickpeas, Mesculin. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Boss Tonic Vegan Probiotic Juice	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
6pm	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

Day 27 <i>Liver Reset</i>		
9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Granola with Almond Mylk	Whole grain organic oats, cocoa powder, vegan chocochips, almonds, pumpkin seeds, sunflower seeds, organic agave syrup, coconut oil and dates.
11am	Apple & Ginger Kombucha	To aid in digestion and enhance good gut microbiome.
1pm	Chickpea Shakshuka	Chickpeas, tomato, capsicums, Miso paste, Tofu.
3pm	Butternut Squash Carrot Juice	Butternut, spinach, carrot, lemon, parsley.
7pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

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

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

Day 30 <i>Raw Detox For Full Body</i>		
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 31 <i>Skinny Reset</i>		
9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Braniac Cold Pressed Green Juice	Spinach, Cucumbers, Lemon, Ginger, Apple.
11am	Turmeric Tomato soup	Tomatoes, Onion, Basil, Vinegar, Black Pepper.
12pm	Carrot Turmeric shot	Carrot, lemon, ginger, turmeric.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley, black pepper, Thyme.
4pm	Sweet Potato Nacho Soup	Sweet potato, red capsicum, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
5pm	Cayenne Ginger Shot	Lemon, peeled Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	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.

Day 32 <i>Skinny Reset</i>		
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9am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Morning Celery (2 x 250ml)	Celery and Lemon.
11am	Fennel Consomme Soup	Fennel, Water, Onions, Orange Juice, Olive Oil, Dill, Sea Salt, Red Chilli Powder.
12pm	Love Shot	Pomegranate, Watermelon, Chia Seeds, Mint, Lemon, Camu Camu, Psyllium Husk.
2pm	Butternut Squash Soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
4pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
6pm	New Chickpea stew	Chick peas, potatoes, onions, tamarind, tomatoes.

Day 33 <i>Skinny Reset</i>		
9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Bhakti Ayurveda Juice (Added Triphala)	Aloevera, Coconut water, Cucumbers, Apple, Pineapple, mint, Brain Tonic, Lemon.
11am	Minestrone Soup	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 Chili Powder.
12pm	Turmeric Tomato Detox	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
2pm	Black Lentil Stew with Veggies and Quinoa	Black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
6pm	Pumpkin Coconut Soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

Day 34 <i>High Fiber</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Bhakti Ayurveda Cold Pressed Juice	Pineapple, Spinach, Ayurvedic Triphala, Brain tonic or Shank pushpi, Coconut water, aloevera, lemon, mint.
11am	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
1pm	After party Cold pressed juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
5pm	Spa Day Juice	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kabocha Congee Soup	Squash, coconut milk, brown rice, pumpkin seeds, onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice.

Day 35 <i>Sugar Detox</i>		
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Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Cucumbers and Celery Juice	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 juice	Beetroots, carrots, lemon, ginger, apple.
7pm	Butternut Squash soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

Day 36 <i>Sugar Detox</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Braniac Green Juice	Spinach, cucumber, lemon, ginger, apple.
11am	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
1pm	Celery juice	Celery, lemon.
3pm	Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	Gravity Glow Juice	Cucumber, mint, parsley and apple.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 37 <i>Sugar Detox</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Pure Green Juice	Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
11am	Cucumber and Watercress Soup	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
1pm	Celery juice	Celery, lemon.
3pm	Tomato soup for the soul	Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.
5pm	Butternut Squash Orange Lemon Juice	Butternut, orange, carrots, beetroot, lemon, orange.
7pm	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

Day 38 <i>Inflammation Reset</i>		
9am	Bhakti Ayurveda cold pressed juice (Added Triphala)	Aloevera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon.
11am	Whole Oats Cookie	Oats, almond flour, agave syrup, baking powder.
1pm	Beetroot and Pearl Barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery.
3pm	Walnuts with Butternut Carrot juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Tomato soup for the soul with almond bun	Crushed tomatoes, almond milk, red lentils, onions, apple cider, tomato paste, ginger, coconut milk, salt, pepper, mixed herbs.

Day 39 <i>Inflammation Reset</i>		
9am	Pure Green Juice	Spinach, cucumber, courgette, lemon, apple.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Vegan Panang Curry with Tofu	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas, tofu.
3pm	Almond Bun with Afterparty juice	Juice contains beet, carrot, lemon, ginger, apple.
7pm	Kale salad with walnuts	Kale, Pumpkin seeds, Walnuts, raisins, Pomegranate, Little Broad beans. Dressing: Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.

Day 40 <i>Inflammation Reset</i>		
9am	Bread with Tofu Shakshuka	Tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt.
11am	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Cream Of Zucchini Soup with almond Bun	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
3pm	Edamame beans and Celery Juice	Celery and lemon.
7pm	Quinoa and Roasted Veggie salad	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

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

Day 42 *Raw Detox For Full Body*

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

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

Day 44 <i>Sugar Detox</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Celery juice	Celery, lemon.
11am	Roasted Swede Soup	Roasted swede, carrots, onion, paprika, black pepper, salt and water.
1pm	Spinach Kale Juice Cold Pressed Juice	Spinach, kale, Lemon, celery, parsley.
3pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
5pm	Beet a licious	Beets, carrots, cherries, lime, Filtered water.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

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

Day 46 <i>Sugar Detox</i>		
Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Dynamo Green Cold Pressed Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	Butternut Squash Carrot Cold Pressed Juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	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.
5pm	Celery juice	Celery, lemon.
7pm	Cabbage Soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

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

Day 48 <i>Sugar Detox</i>		
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Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Dynamo Green Cold Pressed Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Creamy Roasted Red Pepper Tomato Soup	red bell peppers, Tomatoes, coconut milk, salt and black pepper
1pm	Butternut Carrot Cold Pressed Juice	Butternut, Carrots, lemon, ginger, Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach, kale, Courgettes, edamame, Onions, Ginger, peas.

Day 49 <i>Sugar Detox</i>		
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 <i>Gut Cleanse</i>		
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 Mucoid 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 <i>Gut Cleanse</i>		
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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 <i>Gut Cleanse</i>		
9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Mean Green Smoothie	Kale, banana, Cucumber, Celery, apple, lemon.
11am	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
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 <i>Gut Cleanse</i>		
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	Tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt.
1pm	Super charged Satay	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
3pm	Kombucha	—
6pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 54 <i>Gut Cleanse</i>		
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Wake up	Lukewarm water	With a splash of fresh lemon juice.
9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Chai Infused Quinoa Porridge with Keto Shake	Delicious Quinoa cooked with almond milk and a tinge of Masala Chai.
11am	Mermaid Lemonade	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
1pm	Quinoa Roasted Veggie salad	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}.
3pm	After Math Juice with Milk thistle for Liver Cleansing	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
6pm	Healing Turmeric Soup	Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.

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

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

Day 57 <i>Inflammation Reset</i>		
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9am	Celery Juice	Celery and lemon.
11am	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
1pm	Spinach Ginger Juice Cold Pressed Juice	Spinach, Lemon, ginger, apple, Parsley.
3pm	Vegan Tom Yum soup	Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.
5pm	After party juice Cold pressed juice	Beet, carrot, lemon, ginger, apple.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

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

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

Day 60 <i>Inflammation Reset</i>		
9am	Alkaline Green Smoothie	Avocado based Green smoothie.
11am	Braniac Green cold pressed juice	Spinach, cucumber, lemon, ginger and apple.
1pm	Alkaline Dhal	Lentil, Broccoli and Spinach based anti inflammatory dhal.
3pm	Walnuts with Butternut carrot cold pressed Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Beetroot And Pearl Barley Risotto	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 | goorganic.me