

3-DAY SALAD & GUT RESET

Go Organic Meal Plan Time Table

900-1300 Calories | Cold Pressed Juices, Salads, Soups & Shakes

Meal Time	Day 1	Day 2	Day 3
Breakfast Morning Fuel	Green Goddess Smoothie Spinach, kale, cucumber, green apple, avocado, coconut milk, chia seeds. Lark	Banana Walnut Smoothie Banana, walnuts, baby spinach, apple, pear, yogurt, flax seeds. Lark	Turmeric Anti-Inflammatory Smoothie Turmeric, ginger, banana, pineapple, coconut milk, a pinch of black pepper. Lark
Lunch Midday Energy	Quinoa & Veggie Salad Quinoa, mixed greens (arugula, spinach), cherry tomatoes, cucumber, bell peppers, olive oil, lemon juice, fresh herbs (parsley, cilantro). Lark	Anti-Parasite Millet Salad Millets (prebiotic rich), chickpeas, cucumber, capsicum, sweet corn, lemon juice, black pepper. Lark	Mediterranean Chickpea Salad Chickpeas, red onion, fennel, walnuts, baby spinach, blueberries, zesty lemon dressing. Lark
Dinner Evening Reset	Zucchini Pesto Pasta with Grilled Chicken Spiralized zucchini, basil pesto (basil, pine nuts, olive oil, garlic), grilled organic chicken breast, cherry tomatoes. Lark	Butternut Squash Soup & Side Salad Roasted butternut squash soup with a side of mixed leafy greens and balsamic vinaigrette. Lark	Turkey & Vegetable Stir-Fry Salad Ground turkey (lean protein), broccoli, bell peppers, snap peas, carrots, coconut aminos, garlic, ginger, sesame oil. Lark

Daily Nutritional Average

31g

26g

32g

PROTEIN

HEALTHY FAT

NET CARBS

*This plan is designed to remove built-up toxins, flush out parasites, and release mucoid plaque through a plant-first approach focusing on prebiotics and fiber.

Generated for Go Organic - 3 Days Salad Plan