

Her Balance 40+ · Menopause Reset · 20 Days

Macros: Protein 75G | Fiber 35G | Carbs 54G | Fat 37G

Day 1 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
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, lemon, spinach, parsley.
5pm	Afterparty cold Pressed Juice	beetroot, carrot, ginger, apple and lemon.
7pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
Day 2 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax 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 homemade apple cider.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
Day 3 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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, lemon, spinach, parsley.
5pm	Afterparty cold Pressed Juice	beetroot, carrot, ginger, apple and lemon.
7pm	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 4 - Day 9 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 4 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	Roasted Swede Soup	roasted swede, carrots, onion, paprika, black pepper, salt and water.
1pm	Spinach Kale cold pressed juice	Spinach, kale, Lemon, celery, parsley.
3pm	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.
5pm	Beet a licious cold pressed juice	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 5 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Broccoli, 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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 6 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 7 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	Kalefornia Dreamin Soup	Kale, Spinach, Potatoes, Onions, Leeks.
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 8 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
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, egamame, Onions, Ginger, peas.

Day 9 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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 10 - Day 13 - Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
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Day 10 - Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
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. 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. Lentils are protein rich source that nourish good Gut bacteria. Cumin in the soup, aids in digestion.

Day 11 - Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
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 12 - Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.

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	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.
6pm	Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock

Day 13 - Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	Milk Thistle - After Math	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
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 14 - Liver Cleanse		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
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	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 15 - Metabolic Activation Cleanse		Macros: Protein 30G Fiber 20G
9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax 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 homemade apple cider.
7pm	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 16 - Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
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, lemon, spinach, parsley.
5pm	Afterparty cold pressed juice	beetroot, carrot, ginger, apple and lemon.
7pm	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 17 - Day 19 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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Day 17 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
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 18 - Sugar Detox	Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 19 - Sugar Detox		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	Pumpkin Coconut soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.
1pm	Spinach Ginger Juice	Spinach, Cucumber, lemon, ginger, apple, celery.
3pm	Leek and Celery Soup	leeks, celery root, lemon, onions, olive oil.
5pm	Beet a licious Juice	Beets, carrots, cherries, lime, Filtered water.
7pm	Courgette, Lemon and Mint Soup	Courgette, lemon, mint, Onions, Celery, Leeks, Potatoes, mint, thyme.

Day 20 - Anti Inflammation Reset		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9am	High Protein Blue Magik Protein Smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11am	Braniac Green cold pressed juice	spinach, cucumber, lemon ginger and apple.
1pm	Alkaline Dhal	Turmeric, ginger, tomato. lentils, broccoli, coriander, black pepper and salt.
3pm	Walnuts with Butternut carrot cold pressed juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Penne with Mung Bolognese sauce	Mirepoix, Red pepper flakes, bell pepper, Lentils and Mushrooms, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

Before doing any plan with us, we will send you a questionnaire to check if the selected plan is right for you. Many times we need a thorough cleaning before we start any plan. Your selected plan may then be altered to a mix of a few plans or a completely different plan than what you chose. Please go ahead and order the plan; still, allow us to send you a questionnaire. If deliveries are delayed please eat something plant based.