

Lose 10 KG Mens

Day 1 - Metabolic Activation Cleanse

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	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	Roasted Swede Soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 2 - Metabolic Activation Cleanse

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	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	beet root, carrot, ginger, apple and lemon.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 3 - Gut Cleanse

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
9:30am	Collagen rich Heavy Metal Detox Smoothie	Bananas, Blueberries, parsley, barley, atlantic Dulse, Orange, Creatine, Plant Protein, Adaptogens, Green banana flour, flax seeds.
11am	Boss Tonic Probiotic Juice	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	Green Mung Tempeh Bowl	Sprouted Mung, Tempeh, Edamame, Carrots, in Lemon Tahini dressing.
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 - Gut Cleanse

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.
9:30am	Citrus 3 Cold Pressed Juice	Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts.
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 - Gut Cleanse

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.
9:30am	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 Bowl	High Protein Tempeh cooked in Rendang sauce, Sauted Spinach, Edamame and Green bell pepper with Rendang dressing.
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 6 - Gut Cleanse

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
9:30am	Kale Smoothie	Kale, Pineapple, Peanut butter, almond butter, almond milk, green banana flour, Flax Seeds.
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, Raisin, 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 - Gut Cleanse

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.
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	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 8 - Metabolic Activation Cleanse

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	Detox Tonic Lemonade Juice	Lemon, Blue Sprulina, 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	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 9 - Metabolic Activation Cleanse

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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	Super Green Soup	Spinach, kale, courgettes, onions, peas.

Day 10 - Sugar Detox

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. Added Creatine.
1pm	Spinach Kale Juice	Spinach, kale, Lemon, celery, parsley.
3pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Beet a licious	Beets, carrots, cherries, lime, Filtered water. Added Ashwagandha Adaptogen.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 11 - Sugar Detox

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, 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 12 - Sugar Detox

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 13 - Sugar Detox

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, 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 - Sugar Detox

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	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 15 - Metabolic Activation Cleanse

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 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	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.

Day 16 - Liver Optimization

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	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	Beetroot And Pearl Barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.

Day 17 - Liver Optimization

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	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 - Liver Optimization

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	High Protein Genius Protein Smoothie	Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.
1pm	High Protein Tempeh Rendang Wrap	Rendang sauce, mixed rice, butternut squash, tempeh, peas.
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 - Liver Optimization

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.
1pm	Mezze Bowl	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
3pm	High Protein West African Peanut Stew with Skinny Genie Bread	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
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 - Liver Optimization

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.
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	High Protein Berrylicious Smoothie	Berries, Bananas, Flax seeds, Peanut Butter, Almond milk, Plant based Protein. PHGG, Green banana flour, Creatine.
7pm	Romesco soup with smashed chickpeas	Red bell peppers, Raw almonds, ginger, apple cider, maple syrup, harissa, Chick peas.

Day 21 - Metabolic Activation Cleanse

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 22 - Metabolic Activation Cleanse

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 Juice	Lemon, Blue Sprulina, 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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 23 - Fiber Optimization

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.
1pm	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
3pm	Boss Tonic Probiotic juice	Ginger, turmeric, lemon, Coconut water, Vegan Probiotic.
5pm	Spa Day Juice with Natural Electrolytes	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kabocha Congee Soup	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.

Day 24 - Fiber Optimization

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.
1pm	Butternut Squash Soup	Butternut, Onions, Carrots, black pepper, salt, water.
3pm	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts.
5pm	Kombucha - Tropical Kombucha	made with Tropical ingredients and live scoby.
7pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.

Day 25 - Fiber Optimization

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.
-----	----------------------------	--

1pm	Cauliflower Potato Chowder	Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon.
3pm	Citrus 3 cold pressed juice with added prozac	Grapefruit, apple, mint. Added Humantra Electrolytes, Mineral salts.
5pm	Bhakti Ayurveda Cold pressed juice added electrolytes	Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon with added Triphala.
7pm	Lentil me entertain soup	Red lentils, Carrots, Spring onions, carrots, cumin.

Day 26 - Fiber Optimization

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	Kale Tabbouleh Salad	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
1pm	Creamy Roasted pepper and Tomato soup	Roasted red bell peppers, Tomato paste, dill, ginger, basil, coconut milk, red pepper flakes.
3pm	Master Cleanse Probiotic Juice	Pineapple, Turmeric, lemon, cayenne. Added Humantra, Mineral salts.
5pm	Golden Life Kombucha	to boost the intestinal health and aid in digestion.
7pm	Fennel Consomme Soup	Fennel, Celery, leeks, spring onions, ginger.

Day 27 - Fiber Optimization

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.
1pm	African Peanut Stew	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
3pm	Cardamon Rose Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
5pm	Mermaid Lemonade with added Probiotics	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Huimantra and Mineral salt.
7pm	Carrot Coriander soup	Carrots, coriander, ginger, celery, onions, cumin seeds, salt.

Day 28 - Fiber Optimization

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.
1pm	Carrot Ginger Soup	Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.
3pm	After Math Electrolytes with Milk Thistle	Orange, Ginger, Aloe, Basil Oil, Milk Thistle. Added Humantra and mineral salt.
5pm	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 29 - Metabolic Activation Cleanse

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 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	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 30 - Metabolic Activation Cleanse

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 Juice	Lemon, Blue Sprulina, 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	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.

Day 31 - Skinny Reset

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.
9:30am	Braniac Cold Pressed Green Juice	Spinach, Cucumbers, Lemon, Ginger, Apple.
11am	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
12pm	Carrot Tumeric shot	carrot, lemon, ginger, tumeric.
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, Corriander, Apple Cider Vinegar, Black Pepper, Bed Chilli, Cloves, Bay Leaf, Cardamom.

Day 32 - Skinny Reset

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.
9:30am	Morning Celery - 2 bottles of 250 ml each	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 Chick pea stew	Chick peas, potatoes, onions, tamarind, tomatoes.

Day 33 - Skinny Reset

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
9:30am	Bhakti Ayurveda Juice	Alovera, Coconut water, Cucumbers, Apple, Pineapple, mint, Brain Tonic, Lemon. WITH ADDED TRIPHALA.
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 - Sugar Detox

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	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
1pm	Orange Turmeric Juice	Orange, apple, lemon, aloe vera.
3pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
5pm	After Math Elixir with Milk Thistle	Orange, ginger, aloe, basil oil, Milk thistle, Added Humantra and Mineral salts.
7pm	Black lentil stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.

Day 35 - Sugar Detox

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	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 - Sugar Detox

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	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 - Sugar Detox

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	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 - Hormone Reset

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	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 - Hormone Reset

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	Vegan Panang Curry with Tofu	Vegan Panang - 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 - Hormone Reset

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	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}.

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.