

Men's 10KG Metabolic10X · 40 Days

Macros: Protein 90G | Fiber 40G | Carbs 61G | Fat 47G

Day 1 - Metabolic Activation Cleanse		Macros: Protein 30 G Fiber 20 G
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 Dosh)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosh)	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		Macros: Protein 30 G Fiber 20 G
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 - Day 7 - Gut Cleanse		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
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Day 3 - Gut Cleanse		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
8:45am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
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 - Gut Cleanse		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	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		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
8:45am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:00am	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	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 6 - Gut Cleanse		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
8:45am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9:00am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and 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, 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 - Gut Cleanse		Macros: Protein 60 G Fiber 40 G Carbs 67 G Fat 39 G
8:45am	Turmeric Root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange
9:00am	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	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		Macros: Protein 30 G Fiber 20 G
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		Macros: Protein 30 G Fiber 20 G
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 - Day 14 - Sugar Detox	Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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Day 10 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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, 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. Ashwagandha
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 11 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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 12 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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	Kaleifornia 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 14 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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 15 - Metabolic Activation Cleanse		Macros: Protein 30 G Fiber 20 G
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 - Day 20 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

Day 16 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

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	Aftermath Elixir with MILK THISTLE for Liver Detox	Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Edamame beans.	
7pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

Day 17 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

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.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 18 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

9am	High Protein Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Kombucha - 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 19 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

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	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	Kombucha - Tropical Kombucha	made with Tropical ingredients and live scoby.
7pm	Harissa Tofu and Lentil Stew	lentils, tofu, and spinach

Day 20 - Liver Optimization

Macros: Protein 72 G | Carbs 39 G | Fat 36 G | Fiber 47 G

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.
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11am	Kombucha - Golden Life Kombucha	to boost the intestinal health and aid in digestion.
1pm	Green Mung bean Stew	Green Mung, Spinach, coconut milk, spices.
3pm	Cold Crusher Juice	Carrots, Orange, lemon, ginger and apple.
6pm	Soba Noodles Pomodoro	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.

Day 21 - Metabolic Activation Cleanse		Macros: Protein 30 G Fiber 20 G
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		Macros: Protein 30 G Fiber 20 G
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 - Day 28 - Fiber Optimization	Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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Day 23 - Fiber Optimization		Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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, 3gm PHGG, ground flax, green banana powder, chia.
11am	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
3pm	Boss Tonic Probiotic juice with Electrolytes	Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.
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		Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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	Grains and Greens Salad	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, tempeh.fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
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		Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Cauliflower Potato Chowder	Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon.
3pm	Citrus 3 cold pressed juice	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		Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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		Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
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.
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Day 28 - Fiber Optimization	Macros: Protein 64 G Carbs 64 G Fat 38 G Fiber 58 G
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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	Sprouting Broccoli Salads	Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
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	Minestrone Soup	Kale, Courgette, Tomato Puree, Basil.

Day 29 - Metabolic Activation Cleanse	Macros: Protein 30 G Fiber 20 G
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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	Macros: Protein 30 G Fiber 20 G
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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	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 - Day 33 - Skinny Reset	Macros: Protein 65 G Carbs 65 G Fat 48 G Fiber 46 G
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Day 31 - Skinny Reset	Macros: Protein 65 G Carbs 65 G Fat 48 G Fiber 46 G
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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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Carrot Turmeric shot	carrot, lemon, ginger, turmeric.
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		Macros: Protein 65 G Carbs 65 G Fat 48 G Fiber 46 G
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	Sweet Potato Nacho Soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
2pm	Butternut Squash Soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
4pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Chick pea stew	Chick peas, potatoes, onions, tamarind, tomatoes

Day 33 - Skinny Reset		Macros: Protein 65 G Carbs 65 G Fat 48 G Fiber 46 G
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.
2pm	Black Lentil Stew with Veggies and Quinoa	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	Turmeric Tomato Detox	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
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 - Day 37 - Sugar Detox	Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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Day 34 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
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	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 35 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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 36 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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	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 37 - Sugar Detox		Macros: Protein 64 G Carbs 67 G Fat 39 G Fiber 48 G
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	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 38 - Day 40 - Testosterone Reset	Macros: Protein 60 G Fiber 35 G Carbs 67 G Fat 39 G
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Day 38 - Testosterone Reset		Macros: Protein 60 G Fiber 35 G Carbs 67 G Fat 39 G
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 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
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Day 39 - Testosterone Reset		Macros: Protein 60 G Fiber 35 G Carbs 67 G Fat 39 G
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	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 40 - Testosterone Reset		Macros: Protein 60 G Fiber 35 G Carbs 67 G Fat 39 G
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	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, creatine.

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.