

Post Ozempic / Mouniario Meal Plan

A 40-Day Post-GLP-1 Metabolic Restoration, High Protein and Weightloss Program

Macros Count	Daily Target	Meals Per Day
Fat: 37g Carbs: 54g Protein: 62g	60–90g Protein 2–3L Water	3 Main Meals + Optional Snacks

Phase 1: Recovery + Protein (Days 1–10)

DAY 1

■ Breakfast High Protein Heavy Metal Detox Smoothie - Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, creatine, plant protein, ashwagandha, green banana flour and flax seeds.	■■ Lunch Tofu and Cauliflower Fried Rice - tofu, cauliflower rice, ginger, soysauce, salt and pepper + High Protein Carrot Cake smoothie - Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla, Collagen, plant protein, green banana flour and flax seeds.	■ Snacks —	■ Dinner Tom Yum Soup - Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.
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DAY 2

■ Breakfast High Protein Liver Detox Smoothie - carrot, beetroot, ginger, parsley, flax seed, added Green banana flour, Ground flax.	■■ Lunch Tempeh Korma with Quinoa - Tempeh, spinach, onion, coriander + High Protein Flax Seed Protein Smoothie - banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds.	■ Snacks —	■ Dinner Soothing Gut healing Soup - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
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DAY 3

■ Breakfast High Protein Mean Green Smoothie - cucumber, celery, apples, lemon, banana, kale (Tuscan cabbage), Collagen Green, green banana flour and flax seeds.	■■ Lunch Green Mung and Tempeh High Protein Bowl - Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini + High Protein Beetroot Smoothie - beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.	■ Snacks —	■ Dinner Tofu and Spinach Soup - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
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DAY 4

■ Breakfast

High Protein Pancakes with millets - almond milk, flour, coconut oil, chia seeds, maple syrup, blueberries.

■■ Lunch

Protein Peanut Noodles Bowl - Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce + High Protein Kale Smoothie - kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, Green banana flour and Flax seeds.

■ Snacks

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■ Dinner

Cauliflower and turmeric soup - Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

DAY 5

■ Breakfast

High Protein Alkaline Power Smoothie - turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.

■■ Lunch

West African Peanut Stew Bowl - beans, quinoa, Carrots, Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper. + Orange Turmeric Juice - Orange, apple, lemon juice, black pepper, Aloevera.

■ Snacks

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■ Dinner

Keto Coconut Curry - Cauliflower, tofu, zucchini, coconut cream, thai curry paste.

DAY 6

■ Breakfast

Tofu Scramble Wrap - Wholegrain Wrap with Cottage Cheese, red peppers and kale, with Tofu.

■■ Lunch

Vegan Panang with added chickpeas and tempeh - Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

■ Snacks

High Protein Kale Smoothie - kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds.

■ Dinner

Tom Yum Soup - Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

DAY 7

■ Breakfast

High Protein Peanuty Banana Blast - OatMeal Smoothie - Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots, green banana flour and flax seeds.

■■ Lunch

High Protein Liver Detox Smoothie - carrot, beetroot, apples, ginger, parsley, flax seed, green banana flour and flax seeds. + Tofu & Veggie Protein Noodles - Chickpeas, Edamame, Spinach. Sauce as Chilli sauce.

■ Snacks

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■ Dinner

Creamy Vegan Spinach Soup - Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

DAY 8

■ Breakfast

High Protein Cheezy berry Bonanza - High Fiber Smoothie - vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery, Protein and Collagen, green banana flour and flax seeds.

■■ Lunch

Beetroot And Pearl Barley Risotto - Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery. + High Protein Peanut Butter Cup Smoothie - cashews, banana, peanuts, dates, raw cacao, vanilla, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Cauliflower and turmeric soup - Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

DAY 9

■ Breakfast

High Protein Anti Inflammatory Cherry Spinach Smoothie - Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.

■■ Lunch

Vermicelli Protein Bowl - Tofu, vermicelli noodles, carrot, red bell pepper, fresh herbs: cilantro, mint, thai basil, roasted peanuts. + High Protein Cheezy berry Bonanza - High Fiber Smoothie - Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, Collagen, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Pumpkin Coconut Soup - Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg.

DAY 10

■ Breakfast

High Protein Berry licious breakfast Smoothie - Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen, green banana flour and flax seeds.

■■ Lunch

Vegan Panang - Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas. + Coconut Electrolyte - Cosmic Coco Juice - coconut water, blueberry, lemon, mint, lychee.

■ Snacks

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■ Dinner

Tofu and Spinach Soup - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Phase 2: Light Reset (Days 11–20)

DAY 11

■ Breakfast

Chai Infused Granola Porridge - almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + Chocolate Mocha Keto 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, collagen, creatine.

■■ Lunch

Chickpea Shakshuka Wrap - Quinoa, Edamame. + High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie - Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Kale soup - Kale, Potatoes, Onions, Leeks, Salt, Pepper.

DAY 12

■ Breakfast

Tempeh Scramble Wrap - Wholegrain Wrap with Cottage Cheese, red peppers, and kale, with Tempeh.

■■ Lunch

Green Mung and Tempeh High Protein Bowl - Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini + Boss Tonic Probiotic Juice with Electrolytes - Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.

■ Snacks

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■ Dinner

Detox veg soup - Carrots, Cashew nuts, Lentils, Baby Spinach, Celery, Onion, Basil, Salt, Ground Black Pepper.

DAY 13

■ Breakfast

High Protein Strawberry Banana Protein Smoothie - Strawberry, Banana, Flaxseed, Chia, Vanilla, Pea seeds Date, Plant Protein, Almond Milk, green banana flour and flax seeds.

■■ Lunch

Black eyed pea and Tomato Stew - Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary. + High Protein Blue Magik Protein Smoothie - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Tomato Basil Soup - Tomatoes, Onion, Basil, Vinegar, Black Pepper.

DAY 14

■ Breakfast

High Protein Genius Protein Smoothie - Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.

■■ Lunch

Protein Peanut Noodles Bowl - Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce. + High Protein Chocolate Protein Smoothie - Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Butternut Squash Soup - Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

DAY 15

■ Breakfast

High Protein Chocolate Protein Smoothie - Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.

■■ Lunch

Chickpea Shakshuka Bowl - Chickpea Shakshuka Quinoa, Edamame.

■ Snacks

High Protein Peanut Butter Smoothie - Peanut milk dates, organic coconut milk, banana, chia seeds, organic flax seeds, Himalayan salt, green banana flour and flax seeds.

■ Dinner

Spinach Kale Juice - Spinach, kale, Cucumber, lemon, celery, parsley.

DAY 16

■ Breakfast

High Protein Alkaline Power Smoothie - turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.

■■ Lunch

Temp Rendang - Rendang sauce, mixed rice, butternut squash, tempeh, peas with quinoa.

■ Snacks

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■ Dinner

Keto Coconut Curry - Cauliflower, tofu, zucchini, coconut cream, thai curry paste.

DAY 17

■ Breakfast

Granola with shake - Whole grain organic oats, cocoa powder, vegan chocochips, almonds, pumpkin seeds, sunflower seeds, organic agave syrup, coconut oil and dates.

■■ Lunch

White Eyed Bean Protein Bowl - White eyed beans Stew, Tempeh, Carrots, Tempeh. + High Protein Leptin balancing power Smoothie - coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, green banana flour and flax seeds, water.

■ Snacks

Super Green Soup - Spinach, kale, courgettes, onions, peas.

■ Dinner

Coconut Electrolyte - Cosmic Coco Juice - coconut water, blueberry, lemon, mint, lychee.

DAY 18

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Celery juice - Celery, lemon. + Roasted Swede Soup - roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.</p>	<p>■■ Lunch Spinach Kale Juice - Spinach, kale, Lemon, celery, parsley. + Turmeric Tomato soup - Tomatoes, Onion, Basil, Vinegar, Black Pepper.</p>	<p>■ Snacks —</p>	<p>■ Dinner Beet a licious - Beets, carrots, cherries, lime, Filtered water, Ashwagandha. + Sweet Potato Nacho soup - Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.</p>
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DAY 19

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Braniac Cold Pressed Juice - Spinach, cucumbers, lemon, ginger and apple. + Courgette, Lemon, mint Soup - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.</p>	<p>■■ Lunch Pure Green Juice - Spinach, Cucumbers, Courgettes, lemon, apple. + Carrot Coriander Soup - Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.</p>	<p>■ Snacks —</p>	<p>■ Dinner Cucumber and Celery Juice - Cucumber, Celery, parsley, spinach. + Cauliflower and turmeric soup - Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.</p>
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DAY 20

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Dynamo Green Juice - Kale, spinach, parsley, lemon, ginger and apple. + Vegan Miso Broth Soup - Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.</p>	<p>■■ Lunch Butternut Squash carrot juice - Butternut Squash, lemon, beetroot, carrot, spinach, parsley. + Tom Yum Soup - Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.</p>	<p>■ Snacks —</p>	<p>■ Dinner Celery juice - Celery, lemon. + Hearty Quinoa Gut Cleanse Soup - Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.</p>
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Phase 3: Gut Repair + Metabolic Support (Days 21–30)

DAY 21

<p>■ Breakfast High Protein Anti Inflammatory Cherry Spinach Smoothie - Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.</p>	<p>■■ Lunch Veggie Burrito Wrap - Quinoa, baked beans, mozzarella. Whole protein with Quinoa and baked beans. + High Protein Genius Protein Smoothie - Blueberry, Vanilla, Plant Protein, Chia Seeds, Flaxseed, Almond Extract, Banana, Date, Almond Milk, green banana flour and flax seeds.</p>	<p>■ Snacks —</p>	<p>■ Dinner Tofu and Spinach Soup - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.</p>
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DAY 22

■ Breakfast

Pancakes - almond milk, flour, coconut oil, chia seeds, maple syrup, blueberries.

■■■ Lunch

Paella with Millets - 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. + High Protein Blue Magik Protein Smoothie - Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Cabbage Soup - Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

DAY 23

■ Breakfast

Tofu Scramble Wrap - Wholegrain Wrap with Cottage Cheese, red peppers, and kale, with Tofu.

■■■ Lunch

Peanut Noodles - Soba noodles, Peanut sauce, sesame oil, Tofu, five spice blend, ginger, Tamari.

■ Snacks

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■ Dinner

Pumpkin Coconut Soup - Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg.

DAY 24

■ Breakfast

High Protein Flax Seed Protein Smoothie - banana, flaxseed, peanut butter, berries, vegan high protein cashew cheese, almond milk, butternut squash, zucchini, green banana flour and flax seeds.

■■■ Lunch

Beetroot And Pearl Barley Risotto - Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery. + High Protein Chocolate Protein Smoothie - Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Cabbage Soup - Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

DAY 25

■ Breakfast

Oatmeal Porridge - Oats, almond milk, maple syrup, salt and water. + 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.

■■■ Lunch

West African Peanut Stew Bowl - beans, quinoa, Carrots, Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper. + High Protein Beetroot Smoothie - beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Tomato Basil soup - Tomatoes, Onion, Basil, Vinegar, Black Pepper.

DAY 26

■ Breakfast

When you wake up: Lukewarm water with a splash of fresh lemon juice. Cucumbers and Celery Juice - Celery, lemon, cucumbers and apple. + Tofu and Spinach Soup - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

■■■ Lunch

Braniac Cold Pressed Green Juice - Spinach, cucumbers, lemon, ginger and apple. + Vegan Stew soup - Miso paste, leeks, onions, sweet potatoes, celery, salt, olive oil, rosemary and thyme.

■ Snacks

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■ Dinner

After party juice - Beetroots, carrots, lemon, ginger, apple. + Butternut Squash soup - Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

DAY 27

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Braniac Green Juice - Spinach, cucumber, lemon, ginger, apple. + Cabbage Soup - Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.</p>	<p>■■ Lunch Celery juice - Celery, lemon. + Zucchini Soup - Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.</p>	<p>■ Snacks —</p>	<p>■ Dinner Gravity Glow Juice - cucumber mint, parsley and apple. + Sweet Potato Nacho soup - Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.</p>
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DAY 28

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Pure Green Juice - Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple. + Cucumber and Watercress Soup - Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.</p>	<p>■■ Lunch Celery juice - Celery, lemon. + Tomato soup for the soul - Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.</p>	<p>■ Snacks —</p>	<p>■ Dinner Butternut Squash Orange Lemon Juice - Butternut, orange, carrots, beetroot, lemon, orange. + Hearty Quinoa Gut Cleanse Soup - Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.</p>
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DAY 29

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Celery Juice - Celery, lemon. + Pumpkin Coconut soup - Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.</p>	<p>■■ Lunch Spinach Ginger Juice - Spinach, Cucumber, lemon, ginger, apple, celery. + Tomato Gazpacho soup - Tomatoes, Celery, Green pepper, apple cider vinegar, green onions, cumin, sea salt, pepper, Cucumber.</p>	<p>■ Snacks —</p>	<p>■ Dinner Beet a licious Juice - Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha. + Courgette, Lemon and Mint Soup - Courgette, lemon, mint, Onions, Celery, Leeks, Potatoes, mint, thyme.</p>
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DAY 30

<p>■ Breakfast When you wake up: Lukewarm water with a splash of fresh lemon juice. Sweet kale juice - Kale, lemon, apple. + Beet Detox Soup - Blended Onions, carrots, onions, chia seeds, parsley.</p>	<p>■■ Lunch Dynamo Green Juice - Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens. + Red Lentils with Vegetables Soup - Red lentils, Pumpkin, Tomato, Coconut Milk, Cauliflower, Green beans, Onions, Ginger, turmeric, curry powder, cumin, coriander powder, Lime juice, maple syrup.</p>	<p>■ Snacks —</p>	<p>■ Dinner Celery juice - Celery, lemon. + Soothing Gut healing Soup - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.</p>
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Phase 4: Stabilization + Lifestyle Transition (Days 31–40)

DAY 31

■ Breakfast

Pancakes - almond milk, flour, coconut oil, chia seeds, maple syrup, blueberries.

■■ Lunch

Beetroot And Pearl Barley Risotto - Beetroot, pearl barley, lemon, chives, sunflower seeds, stock, celery. + High Protein Kale Smoothie - kale, pineapple, banana, honey, peanut butter, vegan high protein cashew cheese, almond milk, Plant Protein, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Lentil Fusion Soup - Tomato Puree, Florence Fennel, Vinegar.

DAY 32

■ Breakfast

Tempeh Protein Wrap - tofu, plant milk, butter, turmeric, Himalayan black salt, black pepper, salt, onion granules, pinch sea salt, with Tempeh, and added peanut sauce.

■■ Lunch

Chickpea Shakshuka Bowl - Chickpea Shakshuka Quinoa, Edamame. + High Protein Peanutty Banana Blast - OatMeal Smoothie - Oatmeal, banana, peanut butter, maple syrup, almond Milk, pumpkin, carrots, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Tofu and Spinach Soup - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

DAY 33

■ Breakfast

Oatmeal Porridge - Oats, almond milk, maple syrup, salt and water.

■■ Lunch

Protein Peanut Noodles Bowl - Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce. + High Protein Chocolate Protein Smoothie - Chocolate Chips, Cacao, Plant Protein, Almond Butter, Cinnamon, Banana, Almond Milk, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Butternut Squash Soup - Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

DAY 34

■ Breakfast

When you wake up: Lukewarm water with a splash of fresh lemon juice. 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. + Protein Bar - Raw Granola Bar - Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.

■■ Lunch

Creamy Thai soup with basil - Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce. + Boss Tonic Probiotic juice - Ginger, turmeric, lemon, Coconut water, Vegan Probiotic.

■ Snacks

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■ Dinner

Spa Day Juice with Natural Electrolytes - Honeydew, Cucumber, Coconut Water, Lemon. + Kabocha Congee Soup - Squash, coconut milk, brown rice, pumpkin seeds, onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.

DAY 35

■ Breakfast

When you wake up: Lukewarm water with a splash of fresh lemon juice. Berry Cheese Sunshine High Protein Smoothie - Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale, flax, green banana flour. + Grains and Greens Salad - quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, tempeh, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.

■■ Lunch

Butternut Squash Soup - Butternut, Onions, Carrots, black pepper, salt, water. + Mermaid Lemonade Probiotic Juice - Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic Added Humantra Electrolytes, Mineral salts.

■ Snacks

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■ Dinner

Kombucha - Tropical Kombucha made with Tropical ingredients and live scoby. + Leek and Celery Soup - Leeks, Celery Root, Lemon, Onions, Olive Oil.

DAY 36

■ Breakfast

When you wake up: Lukewarm water with a splash of fresh lemon juice. High Protein Strawnana Smoothie - Berries, bananas, avocado, kale, beets, apple, 3gm PHGG, Added Flax. + Protein Bar - Raw Granola Bar - Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.

■■ Lunch

Cauliflower Potato Chowder - Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon. + Citrus 3 cold pressed juice with added prozac - Grapefruit, apple, mint. Added Humantra Electrolytes, Mineral salts.

■ Snacks

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■ Dinner

Bhakti Ayurveda Cold pressed juice added electrolytes - Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon with added Triphala. + Lentil me entertain soup - Red lentils, Carrots, Spring onions, carrots, cumin.

DAY 37

■ Breakfast

When you wake up: Lukewarm water with a splash of fresh lemon juice. Berry Full Smoothie - Strawberries, bananas, apple, red beets, vanilla, Acacia Fiber, Chia. + Kale Tabbouleh Salad - Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.

■■ Lunch

Creamy Roasted pepper and Tomato soup - Roasted red bell peppers, Tomato paste, dill, ginger, basil, coconut milk, red pepper flakes. + Master Cleanse Probiotic Juice - Pineapple, Turmeric, lemon, cayenne. Added Humantra, Mineral salts.

■ Snacks

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■ Dinner

Golden Life Kombucha - to boost the intestinal health and aid in digestion. + Fennel Consomme Soup - Fennel, Celery, leeks, spring onions, ginger.

DAY 38

■ Breakfast

High Protein Cheezy berry Bonanza - High Fiber Smoothie - vegan high protein cashew cheese, berries, coconut milk, oats and banana, leeks and celery, Protein and Collagen, green banana flour and flax seeds.

■■ Lunch

Tofu and Cauliflower Fried Rice - tofu, cauliflower rice, ginger, soysauce, salt and pepper. + High Protein Anti Inflammatory Cherry Spinach Smoothie - Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Soothing Gut healing Soup - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

DAY 39

■ Breakfast

Tofu Scramble Wrap - Wholegrain Wrap with Cottage Cheese, red peppers, and kale, with Tofu.

■■ Lunch

Vegan Panang Bowl - Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas. + High Protein Berry licious breakfast Smoothie - Soya milk, Oats Fine, Agave, Strawberries, Bananas, spinach, pumpkin, Flax seeds and blue berries, Collagen, green banana flour and flax seeds.

■ Snacks

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■ Dinner

Tom Yum Soup - Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

DAY 40

■ Breakfast

High Protein Banana Berry Bonfire Smoothie - Strawberry Oatmeal Breakfast Smoothie - Soya milk, Oats, Agave, Strawberries, Bananas, Protein and Collagen, green banana flour and flax seeds.

■■ Lunch

West African Peanut Stew Bowl - beans, quinoa, Carrots, Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper. + Cucumber Celery Juice - Cucumber, Celery, parsley, spinach.

■ Snacks

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■ Dinner

Detox veg soup - Carrots, Cashew nuts, Lentils, Baby Spinach, Celery, Onion, Basil, Salt, Ground Black Pepper.

Important: This program is a wellness framework, not a medical prescription. It should be adjusted based on individual tolerance, activity level, dietary preferences, and professional guidance. If deliveries are delayed, please eat something plant based. Aim for 60-90g protein daily. Drink 2-3 liters of water daily. Eat slowly and stop at 80% fullness.