Skinny 3 Days Plan

Total Calories - 1100 • Macros: Protein 65G | Carbs 65G | Fat 48G | Fiber 46G

Day 1		Macros: Protein 65G | Carbs 65G | Fat 48G | Fiber 46G
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, orange, lemon, ginger, turmeric, black pepper, coconut oil.
5pm	**Cayenne Ginger Shot**	Ginger, lemon juice, green apple, raw apple cider cayenne black pepper, sea salt.
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 2		Macros: Protein 65G | Carbs 65G | Fat 48G | Fiber 46G
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**	carrot, orange, lemon, ginger, turmeric, black pepper, coconut oil.
5pm	**Cayenne Ginger Shot**	Ginger, lemon juice, green apple, raw apple cider cayenne black pepper, sea salt.
6pm	**Chick pea stew**	Chick peas, potatoes, onions, tamarind, tomatoes.

Day 3		Macros: Protein 65G | Carbs 65G | Fat 48G | Fiber 46G
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**	carrot, orange, lemon, ginger, turmeric, black pepper, coconut oil.
6pm	**Pumpkin Coconut Soup**	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

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.