

Skinny 7 Days Plan

1100 Calories • 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, Coriander, 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.
Day 4		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	Turmeric and Lentil Soup	Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.
2pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 4		Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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	Coconut me Thai Soup	Sweet Potato, Coconut Milk, Onion, Lemon Grass, Kaffir lime leaves, Frozen milled basil, Ginger.

Day 5		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	New Green Mung beans	Green Mung beans, Onions, Tomatoes, Coconut milk, ginger, cilantro.
2pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.
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	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 6		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	Minestrone Soup	Kale, Courgette, Tomato Puree, Basil.
2pm	Lentil Me Entertain soup	Lentils, Carrots, Shiitake Mushroom, Celery, Spring Onion, Turmeric Root, Cumin Seed.
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	Creamy Roasted Red bell pepper soup with Tomatoes	Red bell peppers, Tomatoes, Tomato paste, coconut milk, dill, basil, coconut sugar.

Day 7		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	Creamy Thai Carrot soup with basil	Carrots, ginger, onions, coconut milk, chilli garlic sauce, Hot sauce, agave, peanut butter.
2pm	Kale Forna Dreaming soup	kale, potatoes, spinach, onions, Leeks.
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	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

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.