14-Day Visceral Fat Burn Reset

1400 kcal | Macros: Protein 90G | Fiber 40G | Carbs 57G | Fat 38G

Day 1 - Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

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 Cold Pressed Juice (Added Triphala)** Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	**Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha)** Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	**Kapha Ayurveda Cold Pressed 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** Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.

Day 2 - Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

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 Cold Pressed Juice** Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	**Afterparty Cold Pressed Juice** beet root, carrot, ginger, apple and lemon
7pm	**Courgette, Lemon, mint Soup** Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

Day 3 - Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

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 Cold Pressed Juice (Added Triphala)** Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	**Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha)** Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	**Kapha Ayurveda Cold Pressed 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 4

Pre Breakfast	**Visceral Fat shot** Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	**Visceral Fat Burning Smoothie** Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	**White Eyed Bean Stew Protein Bowl** White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
Snacks	**Raw Granola Bar** Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	**Beet-a-licious - Liver tonic juice** Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	**Tofu and Spinach Soup** Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5

Pre Breakfast	**Visceral Fat shot** Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	**Visceral Fat Burning Smoothie** Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	**West African Peanut Stew Bowl** beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
Snacks	**Raw Granola Bar** Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	**After Party Cold Pressed Juice** Beet, Carrot, Lemon, Ginger, Apple.
Dinner	**Cauliflower and turmeric soup** Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 6

Pre Breakfast	**Visceral Fat shot** Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	**Visceral Fat Burning Smoothie** Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	**Green Mung and Tempeh High Protein Bowl** Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
Snacks	**Raw Granola Bar** Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	**Vatta Ayurveda Juice** Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	**Carrot Coriander Soup** Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 7

Pre Breakfast	**Visceral Fat shot** Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider

Breakfast	**Visceral Fat Burning Smoothie** Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	**Tempeh Rendang Bowl** tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
Snacks	**Raw Granola Bar** Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	**Beet-a-licious - Liver tonic juice** Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	**Roasted Swede Soup** Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine

Day 8

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 Cold Pressed Juice (Added Triphala)** Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	**Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha)** Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	**Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)** Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	**Cauliflower and turmeric soup** Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 9

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 Cold Pressed Juice** Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	**Afterparty Cold Pressed Juice** beet root, carrot, ginger, apple and lemon
7pm	**Super Green Soup** Spinach, kale, courgettes, onions, peas

Day 10

Pre Breakfast	**Visceral Fat shot** Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	**Visceral Fat Burning Smoothie** Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	**Chickpea Shakshuka Bowl** Chickpea Shakshuka Quinoa, Broccoli, Edamame.

Snacks	**Raw Granola Bar** Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	**Beet-a-licious - Liver tonic juice** Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	**Super Green Soup** Spinach, kale, courgettes, onions, peas

Day 11 - Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

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 Cold Pressed Juice (Added Triphala)** Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	**Vatta Ayurveda Cold PressedJuice (to balance the Vatta Dosha)** Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	**Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)** Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	**Hearty Quinoa Gut Cleanse Soup** Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 12 - Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

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 Cold Pressed Juice** Lemon, Blue Sprulina, 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, 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 13

Macros: Protein 64G | Carbs 67G | Fat 39G | Fiber 48G

Wake Up	**Lukewarm water with a splash of fresh lemon juice.**
Breakfast	**Celery juice** Celery, lemon.
Breakfast	**Roasted Swede Soup** roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
Lunch	**Spinach Kale Juice** Spinach, kale, Lemon, celery, parsley.
Lunch	**Tofu and Spinach Soup** Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Snacks	**Beet a licious** Beets, carrots, cherries, lime, Filtered water. Ashwagandha
Dinner	**Sweet Potato Nacho soup** Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 14	**Macros: Protein 64G | Carbs 67G | Fat 39G | Fiber 48G**
Wake Up	**Lukewarm water with a splash of fresh lemon juice.**
Breakfast	**Braniac Cold Pressed Juice** Spinach, cucumbers, lemon, ginger and apple.
Breakfast	**Courgette, Lemon, mint Soup** Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
Lunch	**Pure Green Juice** Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
Lunch	**Carrot Coriander Soup** Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
Snacks	**Cucumber and Celery Juice** Cucumber, Celery, parsley, spinach.
Dinner	**Soothing Gut healing Soup** Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

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.