

40-Day Visceral Fat Burn Reset · 4 Phases

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

Day 1-10 is the Purge State

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 Pressed Juice (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 Pressed Juice (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 Pressed Juice (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 11-20 The Ignition

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 Pressed Juice (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.
Day 15 - 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 Pressed Juice (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	Turmeric and Lentil Soup Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper
Day 16 - 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	Kabocha Congee Soup Pumpkin Seeds, Kabocha Squash, Cinnamon, Brown Rice, chia

Day 17

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	Mezze Bowls quinoa, sweet potato, chickpea, bell pepper, quinoa, sweet potato, chickpea, bell pepper, kale.
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	Kabocha Congee Soup Pumpkin Seeds, Kabocha Squash, Cinnamon, Brown Rice, chia

Day 18

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	Sweet Potato Buddha Bowl Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
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	Tomato Soup for the Soul Tomatoes, Red Lentils, Onion, Basil, Salt, Black Pepper, Mixed Herbs

Day 19

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	Creamy Thai Carrot Soup with Basil onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter

Day 20	
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	Romesco Soup with Smashed Chickpeas red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas

Day 21-34 The Burn.

Day 21 - 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 Pressed Juice (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	Creamy Thai Carrot Soup with Basil onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter	

Day 22 - 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	Romesco Soup with Smashed Chickpeas red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas	

Day 23 - 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	Butternut Squash soup Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.	
Day 24		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
Pre Breakfast	Liver Detox shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger	
Breakfast	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.	
Breakfast	Boss Tonic Probiotic Juice Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic	
Lunch	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.	
Snacks	Golden Life Kombucha to boost the intestinal health and aid in digestion.	
Dinner	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.	
Day 25		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
Pre Breakfast	Immune boosting shot Apple, lemon, ginger, turmeric.	
Breakfast	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.	
Breakfast	Box of Walnuts and After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.	
Lunch	Butternut Squash soup Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.	
Snacks	Kombucha made with Tropical ingredients and live scoby.	
Dinner	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.	
Day 26		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
Pre Breakfast	Immune boosting shot Apple, lemon, ginger, turmeric.	

Breakfast	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
Breakfast	Mermaid Lemonade Probiotic Juice Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
Lunch	Tempeh Rendang Curry with almond bread Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas
Snacks	Tropical Kombucha made with Tropical ingredients and live scoby.
Dinner	Miso Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock

Day 27

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	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Creamy Roasted Red Pepper Tomato Soup red bell peppers, Tomatoes, coconut milk, salt and black pepper

Day 28 - 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 Pressed Juice (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	Pumpkin Coconut Soup Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg

Day 29 - 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	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 Ginger Soup Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.

Day 30

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	Kale Fornia Dreaming soup kale, potatoes, spinach, onions, Leeks

Day 31 - 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 Pressed Juice (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	Kale Fornia Dreaming soup kale, potatoes, spinach, onions, Leeks

Day 32 - 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	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	Minestrone Soup Kale, Courgette, Tomato Puree, Basil.
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Day 33 - 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	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	Fennel Cosomme Soup Florence Fennel, Celery, Leeks, Spring Onions.	

Day 34		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
Wake Up	Lukewarm water with a splash of fresh lemon juice.	
Breakfast	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.	
Breakfast	Vegan Miso Broth Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree	
Lunch	Butternut Squash carrot juice Butternut Squash, lemon, beetroot, carrot, spinach, parsley.	
Lunch	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika,	
Snacks	Celery juice Celery, lemon.	
Dinner	Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.	

Day 35 - Day 40 The Lock - In		
Day 35 - 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	Lentil Me Entertain soup Lentils, Carrots, Shiitake Mushroom, Celery, Spring Onion, Turmeric Root, Cumin Seed.

Day 36 - Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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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	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	Turmeric Tomato soup Tomatoes, Onion, Basil, Vinegar, Black Pepper.

Day 37	Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
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Breakfast	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Breakfast	Braniac Green Juice spinach, cucumber, lemon ginger and apple.
Lunch	Alkaline Dhal Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
Snacks	Walnuts with Butternut carrot Juice Butternut Squash, beetroots, spinach, apple, carrots, parsley.
Dinner	Penne with Mung Bolognese sauce Mirepoix, Red pepper flakes, bell pepper:, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli

Day 38

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	Protein Peanut Noodles Bowl Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce
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	Minestrone Soup Kale, Courgette, Tomato Puree, Basil.

Day 39		Macros: Protein 64G Carbs 67G Fat 39G Fiber 48G
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 40		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	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, Coriander, Apple Cider Vinegar, Black Pepper, Bed Chilli, Cloves, Bay Leaf, Cardamom.	

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.