

Women's 5KG Lean Reset

20 Days · 7 Phases

Macros: Protein 75G | Fiber 35G | Carbs 56G | Fat 32G

Day 1 – Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11:00 AM	Bhakti Ayurveda Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1:00 PM	Dnyan Ayurveda Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3:00 PM	Vatta Ayurveda Juice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5:00 PM	Kapha Ayurveda Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7:00 PM	Roasted Swede Soup Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 2 – Metabolic Activation Cleanse

Macros: Protein 30G | Fiber 20G

9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11:00 AM	Detox Tonic Lemonade Juice Lemon, Blue Sprulina, Milk thistle, agave.
1:00 PM	Gravity Glow Juice cucumber, apple, ginger, mint, and lemon juice.
3:00 PM	Butternut Squash Orange Lemon Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5:00 PM	Afterparty Juice beet root, carrot, ginger, apple and lemon.
7:00 PM	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

SUGAR DETOX | Day 3 – Day 5

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

Day 3 – Sugar Detox

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

■ When you wake up: Lukewarm water with a splash of fresh lemon juice.

9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11:00 AM	Roasted Swede Soup roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
1:00 PM	Spinach Kale Juice Spinach, kale, Lemon, celery, parsley.
3:00 PM	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5:00 PM	Beet a licious Beets, carrots, cherries, lime, Filtered water. Ashwagandha.
7:00 PM	Sweet Potato Nacho soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 4 – Sugar Detox

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

■ When you wake up: Lukewarm water with a splash of fresh lemon juice.

9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11:00 AM	Courgette, Lemon, mint Soup Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1:00 PM	Pure Green Juice Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
3:00 PM	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5:00 PM	Cucumber and Celery Juice Cucumber, Celery, parsley, spinach.
7:00 PM	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 5 – Sugar Detox

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

■ When you wake up: Lukewarm water with a splash of fresh lemon juice.

9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
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11:00 AM	Vegan Miso Broth Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1:00 PM	Butternut Squash carrot juice Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3:00 PM	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.
5:00 PM	Celery juice Celery, lemon.
7:00 PM	Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

GUT CLEANSE | Day 6 – Day 9

Macros: Protein 60G | Fiber 40G | Carbs 67G | Fat 39G

Day 6 – Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45 AM	Liver Detox shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger	
9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.	
11:00 AM	Boss Tonic Probiotic Juice Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic	
1:00 PM	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.	
3:00 PM	Golden Life Kombucha to boost the intestinal health and aid in digestion.	
6:00 PM	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.	

Day 7 – Gut Cleanse		Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
8:45 AM	Immune boosting shot Apple, lemon, ginger, turmeric.	
9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	
11:00 AM	Box of Walnuts and After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.	
1:00 PM	Butternut Squash soup Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.	
3:00 PM	Kombucha made with Tropical ingredients and live scoby.	

6:00 PM	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
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Day 8 – Gut Cleanse	Macros: Protein 60G Fiber 40G Carbs 67G Fat 39G
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8:45 AM	Immune boosting shot Apple, lemon, ginger, turmeric.
9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11:00 AM	Mermaid Lemonade Probiotic Juice Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1:00 PM	Tempeh Rendang Curry with almond bread Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas
3:00 PM	Tropical Kombucha made with Tropical ingredients and live scoby.
6:00 PM	Miso Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock

Day 9 – Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11:00 AM	Bhakti Ayurveda Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1:00 PM	Dnyan Ayurveda Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3:00 PM	Vatta Ayurveda Juice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5:00 PM	Kapha Ayurveda Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7:00 PM	Super Green Soup Spinach, kale, courgettes, onions, peas.

Day 10 – Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11:00 AM	Detox Tonic Lemonade Juice Lemon, Blue Sprulina, Milk thistle, agave.
1:00 PM	Gravity Glow Juice cucumber, apple, ginger, mint, and lemon juice.
3:00 PM	Butternut Squash Orange Lemon Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.

5:00 PM	Afterparty Juice beet root, carrot, ginger, apple and lemon.
7:00 PM	Kalefornia Dreamin Soup Kale, Potatoes, Onions, Leeks, Salt, Pepper.

Day 11 – Anti Inflammation Reset		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.	
11:00 AM	Braniac Green Juice spinach, cucumber, lemon ginger and apple.	
1:00 PM	Alkaline Dhal Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.	
3:00 PM	Walnuts with Butternut carrot Juice Butternut Squash, beetroots, spinach, apple, carrots, parsley.	
7:00 PM	Penne with Mung Bolognese sauce Mirepoix, Red pepper flakes, bell pepper:, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli	

Day 12 – Anti Inflammation Reset		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.	
11:00 AM	Crackers Almond flour, flax and pink Himalayan salt.	
1:00 PM	Millet 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.	
3:00 PM	Almonds with Strawberry Basil lemonade Strawberries, lemon, basil, Monk fruit.	
7:00 PM	Harissa Tofu and lentil stew lentils, tofu, and spinach.	

Day 13 – Liver Cleanse		Macros: Protein 72G Carbs 39G Fat 36G Fiber 47G
■ When you wake up: Lukewarm water with a splash of fresh lemon juice.		
9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	
11:00 AM	Aftermath Elixir with MILK THISTLE for Liver Detox Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.	
1:00 PM	Beetroot and Pearl barley Risotto Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.	
3:00 PM	Edamame beans.	

7:00 PM	Romesco soup with chickpeas Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
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Day 14 – Skinny Reset	Macros: Protein 65G Carbs 65G Fat 48G Fiber 46G
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9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11:00 AM	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
2:00 PM	Courgette Lemon Mint Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4:00 PM	Carrot Turmeric shot carrot, lemon, ginger, turmeric.
5:00 PM	Cayenne Ginger Shot Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6:00 PM	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 15 – Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11:00 AM	Bhakti Ayurveda Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1:00 PM	Dnyan Ayurveda Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3:00 PM	Vatta Ayurveda Juice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5:00 PM	Kapha Ayurveda Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7:00 PM	Cucumber and Watercress Soup Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.

Day 16 – Metabolic Activation Cleanse	Macros: Protein 30G Fiber 20G
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9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11:00 AM	Detox Tonic Lemonade Juice Lemon, Blue Sprulina, Milk thistle, agave.
1:00 PM	Gravity Glow Juice cucumber, apple, ginger, mint, and lemon juice.

3:00 PM	Butternut Squash Orange Lemon Juice Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5:00 PM	Afterparty Juice beet root, carrot, ginger, apple and lemon.
7:00 PM	Sweet Potato Nacho soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 17 – Sugar Detox

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

■ When you wake up: Lukewarm water with a splash of fresh lemon juice.

9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
11:00 AM	Kalefornia Dreamin Soup Kale, Potatoes, Onions, Leeks, Salt, Pepper.
1:00 PM	After party juice Beetroot, carrot, ginger, lemon, apple.
3:00 PM	Cucumber and Watercress Soup Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5:00 PM	Celery juice Celery, lemon.
7:00 PM	Vegan Miso Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock.

Day 18 – Sugar Detox

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

■ When you wake up: Lukewarm water with a splash of fresh lemon juice.

9:00 AM	High Protein Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11:00 AM	Creamy Roasted Red Pepper Tomato Soup red bell peppers, Tomatoes, coconut milk, salt and black pepper
1:00 PM	Butternut Carrot Juice Butternut, Carrots, lemon, ginger. Orange, parsley.
3:00 PM	Minestrone Soup Kale, Courgette, Tomato, Onions, Basil.
5:00 PM	Celery Juice Celery, Lemon.
7:00 PM	Super Green Soup Spinach. kale, Courgettes, egamame, Onions, Ginger, peas.

Day 19 – Anti Inflammation Reset		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9:00 AM	Visceral Fat Burn Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	
11:00 AM	Detox Tonic Lemonade Blue Spirulina, Lemon, milk thistle, agave.	
1:00 PM	Tofu and Cauliflower Rice tofu, cauliflower rice, ginger, soysauce, salt and pepper.	
3:00 PM	Vatta Ayurveda cold pressed juice Ayurvedic Beetroot juice - juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.	
7:00 PM	Roasted Swede soup Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.	

Day 20 – Anti Inflammation Reset		Macros: Protein 60G Fiber 35G Carbs 67G Fat 39G
9:00 AM	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.	
11:00 AM	Carrot sticks	
1:00 PM	Mezze Bowl quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.	
3:00 PM	Protein Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.	
7:00 PM	Thai Green Vegetable Curry with 1 almond Bun Paste, coconut milk, lime leaves, veggie stock, tamari, lime, coconut sugar, butternut squash, broccoli, bean sprouts	

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.