

## Below is what you will get

### WEEK 1

<b>Day 1</b>	<b>Braniac - Slender Green</b> This bottle of juice contains Spinach, Cucumber, Parsley Lemon, Apple, Celery.
<b>Day 2</b>	<b>Dynamo - Deep Green</b> This bottle of juice contains Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Day 3</b>	<b>Alkaline Power Smoothie</b> turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt.
<b>Day 4</b>	<b>Pure Green - Support Liver Function</b> This bottle of juice contains Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
<b>Day 5</b>	<b>Sweet Kale - Immunity Booster - With Added Home made Apple Cider</b> This bottle of juice contains Apple, Lemon, Ginger, Kale and Added Apple Cider.

### WEEK 2

<b>Day 1</b>	<b>Bhakti Ayurveda - Regulate Metabolism. Newly Added Tripala</b> This bottle of juice contains aloe vera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon, WITH ADDED TRIPHALA.
<b>Day 2</b>	<b>Karma Ayurvedic - The Ayurvedic Well being with added Tulsi and Neem.</b> This bottle of juice contains Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Aloe vera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>Day 3</b>	<b>Kapha Ayurveda - Disease Fighting With added Home made Apple Cider</b> This bottle of juice contains Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.
<b>Day 4</b>	<b>Leptin balancing power Smoothie</b> coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>Day 5</b>	<b>Gravity - Soothe with added Apple Cider</b> juice contains Cucumbers, Mint, Lemon, Apple and Apple Cider Glow.

### WEEK 3

<b>Day 1</b>	<b>Braniac - Slender Green</b> This bottle of juice contains Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Day 2</b>	<b>Dynamo - Deep Green</b> This bottle of juice contains Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Day 3</b>	<b>Alkaline Power Smoothie</b> turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt.
<b>Day 4</b>	<b>Pure Green - Support Liver Function</b> This bottle of juice contains Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
<b>Day 5</b>	<b>Sweet Kale - Immunity Booster - With Added Home made Apple Cider</b> This bottle of juice contains Apple, Lemon, Ginger, Kale and Added Apple Cider.

### WEEK 4

<b>Day 1</b>	<b>Bhakti Ayurveda - Regulate Metabolism. Newly Added Tripala</b> This bottle of juice contains aloe vera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon. WITH ADDED TRIPHALA.
<b>Day 2</b>	<b>Karma Ayurvedic - The Ayurvedic Well being with added Tulsi and Neem.</b> This bottle of juice contains Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Aloe vera, Indian Gooseberry. Newly added Tulsi and Neem.

<b>Day 3</b>	<b>Kapha Ayurveda - Disease Fighting With added Home made Apple Cider</b> This bottle of juice contains Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.
<b>Day 4</b>	<b>Leptin balancing power Smoothie</b> coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>Day 5</b>	<b>Gravity - Soothe with added Apple Cider</b> juice contains Cucumbers, Mint, Lemon, Apple and Apple Cider Glow.

## WEEK 5

<b>Day 1</b>	<b>Braniac - Slender Green</b> This bottle of juice contains Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Day 2</b>	<b>Dynamo - Deep Green</b> This bottle of juice contains Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Day 3</b>	<b>Alkaline Power Smoothie</b> turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt.
<b>Day 4</b>	<b>Pure Green - Support Liver Function</b> This bottle of juice contains Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
<b>Day 5</b>	<b>Sweet Kale - Immunity Booster - With Added Home made Apple Cider</b> This bottle of juice contains Apple, Lemon, Ginger, Kale and Added Apple Cider.

## WEEK 6

<b>Day 1</b>	<b>Bhakti Ayurveda - Regulate Metabolism. Newly Added Tripala</b> This bottle of juice contains aloe vera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon, WITH ADDED TRIPHALA.
<b>Day 2</b>	<b>Karma Ayurvedic - The Ayurvedic Well being with added Tulsi and Neem.</b> This bottle of juice contains Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Aloe vera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>Day 3</b>	<b>Kapha Ayurveda - Disease Fighting With added Home made Apple Cider</b> This bottle of juice contains Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.
<b>Day 4</b>	<b>Leptin balancing power Smoothie</b> coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, water.
<b>Day 5</b>	<b>Gravity - Soothe with added Apple Cider</b> juice contains Cucumbers, Mint, Lemon, Apple and Apple Cider Glow.

*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.*