

Clean Ph Protocol. 3 Day Alkaline Reset.

Day 1		
9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger, apple.
11am	Braniac Green Juice	with spinach, cucumber, lemon ginger and apple.
1pm	Lunch - Alkaline Dhal	Lentil, Spinach based anti inflammatory dhal.
3pm	Walnuts with Butternut carrot Juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Penne with Mung Bolognese sauce	Tangy High Fiber sauce with Mung beans and a slight bit of Mushrooms with Whole grain Fusilli.

Day 2		
9am	Cucumber and Celery Juice	Celery, lemon, cucumber, apple.
11am	Mid morning Snack - Oats Crackers	
1pm	Millet Paella	Spanish Paella with a twist. Millets and Quinoa cooked with onions, ginger, oregano, tomatoes, red bell pepper.
3pm	Almonds with Strawberry Basil lemonade	Strawberries, lemon, basil, Monk fruit.
7pm	Harissa Tofu and lentil stew	A spicy stew with lentils, spinach, tofu and more in rich tomato and harissa paste.

Day 3		
9am	Bread with Scrambled Tofu Brekkie	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
11am	Mid Morning Snack - Detox Tonic Lemonade	Blue Spirulina, Lemon, milk thistle, agave.
1pm	Tofu and Cauliflower Rice	Scrambled Tofu with delicious Cauliflower Rice with herbs.
3pm	Vatta Ayurveda	Ayurvedic Beetroot juice - juice contains carrot, cherries, lime, filtered water, beetroot and newly added psyllum husk.
7pm	Roasted Swede soup	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

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.