

Clean Ph Protocol. 5 Days Alkaline Reset

Day 1

9am	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger, apple.
11am	Braniac Green Juice	spinach, cucumber, lemon ginger and apple.
1pm	Alkaline Dhal	Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
3pm	Walnuts with Butternut carrot Juice	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
7pm	Penne with Mung Bolognese sauce	Mirepoix, Red pepper flakes, bell pepper, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

Day 2

9am	Cucumber and Celery Juice	Celery, lemon, cucumber, apple.
11am	Crackers	Almond flour, flax and pink Himalayan salt.
1pm	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.
3pm	Almonds with Strawberry Basil lemonade	Strawberries, lemon, basil, Monk fruit.
7pm	Harissa Tofu and lentil stew	lentils, tofu, and spinach.

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	Detox Tonic Lemonade	Blue Spirulina, Lemon, milk thistle, agave.
1pm	Tofu and Cauliflower Rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
3pm	Vatta Ayurveda cold pressed juice	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.

Day 4

9am	Granola with Protein shake	organic wholegrain oats, almonds, pistachios, sunflower seeds, pumpkin seeds sweetened with organic agave, golden raisins, coconut oil and dates.
11am	Carrot sticks	
1pm	Mezze Bowl	quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
3pm	Protein Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
7pm	Thai Green Vegetable Curry with 1 almond Bun	Paste, coconut milk, lime leaves, veggie stock, tamari, lime, coconut sugar, butternut squash, broccoli, bean sprouts.

Day 5

9am	Karma Ayurveda	Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
11am	Seed bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	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.

3pm	Pure Green juice	spinach, cucumber, parsley, Arabic courgettes, fennel, apple.
7pm	Romesco soup with smashed chickpeas	Red bell peppers, Raw almonds, ginger, apple cider, maple syrup, harissa, Chick peas.

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.