

FiberMax 5 — Gut Reset & Bloat Fix

Day 1

When you 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, bannana, Almond Milk. 3gm PHGG, 1 table spoon ground flax, Green banana powder, 1 tsp chia.
11am	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
3pm	Boss Tonic Probiotic juice with Electrolytes	Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.
5pm	Spa Day Juice with Natural Electrolytes	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kabocha Congee	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice, Chia.

Day 2

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

9am	Berry Cheese Sunshine High Protein Smoothie	Oat milk, Vegan high protein cashew cheese, banana, berries, carrots, kale. 1 tsp flax, Green banana flour.
11am	Grains and Greens Salad	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
1pm	Butternut Squash Soup	Butternut, Onions, Carrots, black pepper, salt, water.
3pm	Mermaid Lemonade Probiotic Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, added mineral salt.
5pm	Kombucha - Tropical Kombucha	made with Tropical ingredients and live scoby.
7pm	Leek and Celery Soup	This Soup Contains Leeks, Celery Root, Lemon, Onions, Olive Oil.

Day 3

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

9am	High Protein Strawnana Smoothie	Berries, bananas, avocado, kale, beets. apple, 3gm PHGG, Added Flax.
11am	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	Cauliflower Potato Chowder	Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon.
3pm	Citrus 3 cold pressed juice with Humantra	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral blend.
5pm	Bhakti Ayurveda Cold pressed juice with added electrolytes	Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon.
7pm	Lentil me entertain	Red lentils, Carrots, Spring onions, carrots, cumin.

Day 4

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

9am	Berry Full Smoothie	Strawberries, bananas, apple, red beets, vanilla, Acacia Fiber, Chia.
11am	Kale Tabbouleh Salad	Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.

1pm	Creamy Roasted pepper and Tomato soup	Roasted red bell peppers, Tomato paste, dill, ginger, basil, coconut milk, red pepper flakes.
3pm	Master Cleanse Probiotic Juice	Pineapple, Turmeric, lemon, cayenne Added Humantra, Mineral salt.
5pm	Golden Life Kombucha	to boost the intestinal health and aid in digestion.
7pm	Fennel Consomme Soup	Fennel, Celery, leeks, spring onions, ginger.

Day 5

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

9am	High Protein Liver Detox Smoothie	Carrot, Beetroot, apples, ginger, parsley, flax seed, Green banana flour, ground flax.
11am	Protein Bar - Raw Granola Bar	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	African Peanut Stew	peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
3pm	Cardamon Rose Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic property that may lower blood pressure.
5pm	Mermaid Lemonade with added Probiotics	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra and Mineral salt.
7pm	Carrot Coriander soup	Carrots, coriander, ginger, celery, onions, cumin seeds, salt.

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.