

# Lose 10KG Women

Menu

## Day 1 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 2 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 3 - Sugar Detox

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

9am	<b>Celery juice</b>	Celery, lemon.
11am	<b>Roasted Swede Soup</b>	roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
1pm	<b>Spinach Kale Juice</b>	Spinach, kale, Lemon, celery, parsley.
3pm	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	<b>Beet a licious</b>	Beets, carrots, cherries, lime, Filtered water. Ashwagandha.
7pm	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

## Day 4 - Sugar Detox

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

9am	<b>Braniac Cold Pressed Juice</b>	Spinach, cucumbers, lemon, ginger and apple.
11am	<b>Courgette, Lemon, mint Soup</b>	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	<b>Pure Green Juice</b>	Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
3pm	<b>Carrot Coriander Soup</b>	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	<b>Cucumber and Celery Juice</b>	Cucumber, Celery, parsley, spinach.
7pm	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 5 - Sugar Detox

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

9am	<b>Dynamo Green Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
11am	<b>Vegan Miso Broth Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	<b>Butternut Squash carrot juice</b>	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	<b>Tom Yum Soup</b>	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.
5pm	<b>Celery juice</b>	Celery, lemon.
7pm	<b>Hearty Quinoa Gut Cleanse Soup</b>	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

## Day 6 - Gut Cleanse

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Spinach Kale</b>	Spinach, Parsley, kale, lemon, apple, cucumbers.
11am	<b>Boss Tonic Probiotic Juice</b>	Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
1pm	<b>Millet and Quinoa Paella</b>	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	<b>Golden Life Kombucha</b>	to boost the intestinal health and aid in digestion.
6pm	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 7 - Gut Cleanse

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Citrus 3 Cold Pressed Juice</b>	Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts.
11am	<b>Box of Walnuts and After Party Cold Pressed Juice</b>	Beet, Carrot, Lemon, Ginger, Apple.
1pm	<b>Butternut Squash soup</b>	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
3pm	<b>Kombucha</b>	made with Tropical ingredients and live scoby.
6pm	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 8 - Gut Cleanse

9am	<b>Immune boosting shot</b>	Apple, lemon, ginger, turmeric.
9:30am	<b>Mean Green Smoothie</b>	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	<b>Mermaid Lemonade Probiotic Juice</b>	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
1pm	<b>Tempeh Rendang Curry with almond bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
3pm	<b>Tropical Kombucha</b>	made with Tropical ingredients and live scoby.
6pm	<b>Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock.

## Day 9 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
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11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

### Day 10 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

### Day 11 - Alkaline Reset

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

### Day 12 - Alkaline Reset

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

### Day 13 - Liver Cleanse

9am	<b>Liver Detox Shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Spinach and Ginger Cold Pressed Juice</b>	Spinach, cucumber, lemon, ginger and apple.
11am	<b>Gluten Free bread with Tofu Shakshuka</b>	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	<b>Super charged Satay</b>	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
3pm	<b>Kombucha - Apple &amp; Ginger Kombucha</b>	to aid in digestion and enhance good gut microbiome.
6pm	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 14 - Skinny Reset

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Braniac Cold Pressed Green Juice</b>	Spinach, Cucumbers, Lemon, Ginger, Apple.
11am	<b>Soothing Gut healing Soup</b>	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
2pm	<b>Courgette Lemon Mint</b>	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	<b>Carrot Turmeric shot</b>	carrot, lemon, ginger, turmeric.
5pm	<b>Cayenne Ginger Shot</b>	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	<b>Moroccan Lentil Soup</b>	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 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 16 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 17 - Sugar Detox

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

9am	<b>Spinach Ginger Juice</b>	Spinach, lemon, cucumber, ginger, lemon, celery.
11am	<b>Kalefornia Dreamin Soup</b>	Kale, Potatoes, Onions, Leeks, Salt, Pepper.
1pm	<b>After party juice</b>	Beetroot, carrot, ginger, lemon, apple.
3pm	<b>Cucumber and Watercress Soup</b>	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5pm	<b>Celery juice</b>	Celery, lemon.
7pm	<b>Vegan Miso Soup</b>	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Vegetable Stock.

## Day 18 - Sugar Detox

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

9am	<b>Dynamo Green Juice</b>	Kale, spinach, parsley, lemon, ginger and apple.
11am	<b>Red lentils Soup</b>	Red lentils, mint, onions, ginger, ground cumin, coriander.
1pm	<b>Butternut Carrot Juice</b>	Butternut, Carrots, lemon, ginger. Orange, parsley.
3pm	<b>Minestrone Soup</b>	Kale, Courgette, Tomato, Onions, Basil.
5pm	<b>Celery Juice</b>	Celery, Lemon.
7pm	<b>Super Green Soup</b>	Spinach, kale, Courgettes, egamame, Onions, Ginger, peas.

## Day 19 - Alkaline Reset

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

## Day 20 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 21 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 22 - Skinny Reset

9am	<b>Turmeric Root Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	<b>Morning Celery - 2 bottles of 250 ml each</b>	Celery and Lemon.
11am	<b>Sweet Potato Nacho Soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
2pm	<b>Butternut Squash Soup</b>	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

4pm	<b>Carrot Turmeric Shot</b>	Carrots, Lemon, Ginger, Turmeric.
5pm	<b>Cayenne Ginger Shot</b>	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	<b>New Chick pea stew</b>	Chick peas, potatoes, onions, tamarind, tomatoes.

## Day 23 - Skinny Reset

9am	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	<b>Bhakti Ayurveda Juice</b>	Alovera, Coconut water, Cucumbers, Apple, Pineapple, mint, Brain Tonic, Lemon. WITH ADDED TRIPHALA.
11am	<b>Cabbage Soup</b>	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
2pm	<b>Black Lentil Stew with Veggies and Quinoa</b>	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	<b>Turmeric Tomato Detox</b>	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
5pm	<b>Carrot Turmeric Shot</b>	Carrots, Lemon, Ginger, Turmeric.
6pm	<b>Pumpkin Coconut Soup</b>	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

## Day 24 - High Fiber

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

9am	<b>High Protein Blue Magik Protein Smoothie</b>	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, 3gm PHGG, ground flax, green banana powder, chia.
11am	<b>Protein Bar - Raw Granola Bar</b>	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
1pm	<b>Creamy Thai soup with basil</b>	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
3pm	<b>Boss Tonic Probiotic juice with Electrolytes</b>	Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.
5pm	<b>Spa Day Juice with Natural Electrolytes</b>	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	<b>Kabocha Congee Soup</b>	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.

## Day 25 - Alkaline Reset

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

## Day 26 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.

1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 27 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 28 - Sugar Detox

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

9am	<b>Cucumbers and Celery Juice</b>	Celery, lemon, cucumbers and apple.
11am	<b>Tofu and Spinach Soup</b>	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
1pm	<b>Braniac Cold Pressed Green Juice</b>	Spinach, cucumbers, lemon, ginger and apple.
3pm	<b>Vegan Stew soup</b>	Miso paste, leeks, onions, sweet potatoes, celery, salt, olive oil, rosemary and thyme.
5pm	<b>After party juice</b>	Beetroots, carrots, lemon, ginger, apple.
7pm	<b>Butternut Squash soup</b>	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.

## Day 29 - Clean Eating

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

9am	<b>Vegan High Protein Oatmeal Porridge with Keto Shake</b>	Oats, almond milk, maple syrup, salt and water.
1pm	<b>Soba Noodles Pomodoro. High Protein and High Fiber</b>	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.
7pm	<b>2 portions of Cauliflower and turmeric soup</b>	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

## Day 30 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.

7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
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## Day 31 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 32 - High Fiber

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

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

## Day 33 - High Fiber

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

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

## Day 34 - Sugar Detox

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

9am	<b>Braniac Green Juice</b>	Spinach, cucumber, lemon, ginger, apple.
11am	<b>Cabbage Soup</b>	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
1pm	<b>Celery juice</b>	Celery, lemon.
3pm	<b>Zucchini Soup</b>	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	<b>Gravity Glow Juice</b>	cucumber mint, parsley and apple.

7pm	<b>Sweet Potato Nacho soup</b>	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
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## Day 35 - Sugar Detox

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

9am	<b>Pure Green Juice</b>	Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
11am	<b>Cucumber and Watercress Soup</b>	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
1pm	<b>Celery juice</b>	Celery, lemon.
3pm	<b>Tomato soup for the soul</b>	Crushed tomatoes, almond milk, lentils, tomatoes, onions, coconut milk, dried herbs.
5pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut, orange, carrots, beetroot, lemon, orange.
7pm	<b>Asparagus and Pea soup</b>	Asparagus, Peas, onions, ginger, salt and pepper.

## Day 36 - Sugar Detox

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

9am	<b>Celery Juice</b>	Celery, lemon.
11am	<b>Pumpkin Coconut soup</b>	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.
1pm	<b>Spinach Ginger Juice</b>	Spinach, Cucumber, lemon, ginger, apple, celery.
3pm	<b>Tomato Gazpacho soup</b>	Tomatoes, Celery, Green pepper, apple cider vinegar, green onions, cumin, sea salt, pepper, Cucumber.
5pm	<b>Beet a licious Juice</b>	Beets, carrots, cherries, lime, Filtered water.
7pm	<b>Courgette, Lemon and Mint Soup</b>	Courgette, lemon, mint, Onions, Celery, Leeks, Potatoes, mint, thyme.

## Day 37 - Raw Detox

9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	<b>Green Juice - Braniac - Slender Green</b>	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 38 - Raw Detox

9am	<b>Braniac Green Juice</b>	Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley.

## Day 39 - Alkaline Reset

<b>9am</b>	<b>Karma Ayurveda</b>	Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>11am</b>	<b>Seed bar</b>	Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
<b>1pm</b>	<b>Millet and Quinoa Paella</b>	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.
<b>3pm</b>	<b>Pure Green juice</b>	spinach, cucumber, parsley, Arabic courgettes, fennel, apple.
<b>7pm</b>	<b>Romesco soup with smashed chickpeas</b>	Red bell peppers, Raw almonds, ginger, apple cider, maple syrup, harissa, Chick peas.

### Day 40 - Alkaline Reset

<b>9am</b>	<b>Bhakti Ayurveda cold pressed juice</b>	aloevera, coconut water, cucumbers, apple, Pineapple, mint, Brain tonic, lemon. WITH ADDED TRIPHALA.
<b>11am</b>	<b>Whole Oats Cookie</b>	oats, almond flour, agave syrup, baking powder.
<b>1pm</b>	<b>Beetroot and Pearl Barley Risotto</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
<b>3pm</b>	<b>Walnuts with Butternut Carrot juice</b>	Butternut Squash, beetroots, spinach, apple, carrots, parsley.
<b>7pm</b>	<b>Tomato soup for the soul with almond bun</b>	Crushed tomatoes, almond milk, red lentils, onions, apple cider, tomato paste, ginger, coconut milk, salt, pepper, mixed herbs.

*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.*