

Lose 5KG Women

Menu

Day 1 - Raw Detox

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

Day 2 - Raw Detox

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

Day 3 - Sugar Detox

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

9am	Celery juice	Celery, lemon.
11am	Roasted Swede Soup	roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
1pm	Spinach Kale Juice	Spinach, kale, Lemon, celery, parsley.
3pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Beet a licious	Beets, carrots, cherries, lime, Filtered water. Ashwagandha.
7pm	Sweet Potato Nacho soup	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	Braniac Cold Pressed Juice	Spinach, cucumbers, lemon, ginger and apple.
11am	Courgette, Lemon, mint Soup	Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
1pm	Pure Green Juice	Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
3pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	Cucumber and Celery Juice	Cucumber, Celery, parsley, spinach.
7pm	Soothing Gut healing Soup	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	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	Butternut Squash carrot juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika.
5pm	Celery juice	Celery, lemon.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 6 - Gut Cleanse

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

Day 7 - Gut Cleanse

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

Day 8 - Gut Cleanse

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

Day 9 - Raw Detox

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

Day 10 - Raw Detox

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

Day 11 - Alkaline

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 12 - Alkaline Reset

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 13 - Liver Cleanse

9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach and Ginger Cold Pressed Juice	Spinach, cucumber, lemon, ginger and apple.
11am	Gluten Free bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	Super charged Satay	Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
3pm	Kombucha - Apple & Ginger Kombucha	to aid in digestion and enhance good gut microbiome.

6pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
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Day 14 - Skinny

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Braniac Cold Pressed Green Juice	Spinach, Cucumbers, Lemon, Ginger, Apple.
11am	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Carrot Turmeric shot	carrot, lemon, ginger, turmeric.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Moroccan Lentil Soup	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	Karma Ayurveda Juice (Added Holy basil and Neem)	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Green Juice - Braniac - Slender Green	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

Day 16 - Raw Detox

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

Day 17 - Suga Detox

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

9am	Spinach Ginger Juice	Spinach, lemon, cucumber, ginger, lemon, celery.
11am	Kaleifornia Dreamin Soup	Kale, Potatoes, Onions, Leeks, Salt, Pepper.
1pm	After party juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Cucumber and Watercress Soup	Cucumbers, Olive oil, Watercress, almond milk, dill leaves, vinegar.
5pm	Celery juice	Celery, lemon.
7pm	Vegan Miso Soup	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	Dynamo Green Juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Red lentils Soup	Red lentils, mint, onions, ginger, ground cumin, coriander.
1pm	Butternut Carrot Juice	Butternut, Carrots, lemon, ginger. Orange, parsley.
3pm	Minestrone Soup	Kale, Courgette, Tomato, Onions, Basil.
5pm	Celery Juice	Celery, Lemon.
7pm	Super Green Soup	Spinach, kale, Courgettes, egamame, Onions, Ginger, peas.

Day 19 - Alkaline Reset

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 20 - Alkaline Reset

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, brocolli, bean sprouts.

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.