

# Maintainance Plan Menu

All plans are vegetarian, incase of any intolerances to dairy and gluten, please notify.

## Week 1

### The Day 1

**Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange.

**Dynamo Juice** - Kale, spinach, celery, parsley, apple, lemon, dandelion greens.

**Sweet Potato Nacho Soup** - Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

**Vatta Ayurveda Juice** - Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.

### Day 2

**Liver Detox Shot** - Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.

**Orange Turmeric Cold Pressed Juice** - Orange, apple, lemon juice, black pepper, Aloevera.

**Tofu and Spinach Soup** - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

**Detox Tonic Lemonade Cold Pressed Juice** - Lemon, Blue Sprulina, Milk thistle, agave.

### Day 3

**Aloe vera Shot** - Aloe vera, Pineapple, Agave, Pink Pitaya.

**Pure Green Juice** - Cucumber, Courgettes, fennel, lemon, spinach, parsley.

**Cauliflower and turmeric soup** - Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

**Afterparty Cold Pressed Juice** - beet root, carrot, ginger, apple and lemon.

### Day 4

**Cure Shot** - Coconut Milk, Pineapple, Blue Spirulina, Holy Basil, Turmeric, Cayenne.

**Butternut Squash Orange Lemon Cold Pressed Juice** - Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.

**Cucumber and Watercress soup** - Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.

**Young love Cold Pressed Juice** - Pineapple, Berries, agave, Chia seeds.

### Day 5

**Green Shot** - Fennel, Cucumbers, Cumin, Stevia, Ayurvedic Triphala, Probiotics.

**Spinach Ginger Juice** - Spinach, cucumber, lemon, ginger, apple, Celery.

**Soothing Gut healing Soup** - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** - Lemon, Filtered water, Activated charcoal, Raw Organic honey.

## Week 2

### Day 1

**Hydrating Shot** - Coconut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil.

**Braniac - Slender Green Juice** - Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

**Tofu and Spinach Soup** - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

**Detox Tonic Lemonade Cold Pressed Juice** - Lemon, Blue Sprulina, Milk thistle, agave.

## Day 2

**Leafy Greens Shot** - Lime, Kale or Spinach, Mint or Parsley, Sticks Celery, Kiwifruit.

**Citrus 3 Cold Pressed Juice** - Grapefruit, apple, mint.

**Roasted Swede Soup** - Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt.

**After Party Juice** - Beet, Carrot, Lemon, Ginger, Apple.

## Day 3

**Beetroot Lemon Shot** - Beetroot, Apple, Lemon.

**Gravity - Soothe with added Apple Cider Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider.

**Vegan Miso Soup** - Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock.

**Vatta Ayurveda Juice** - Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.

## Day 4

**Apple Cider Vinegar Shot with Turmeric** - Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider.

**Kapha Ayurveda** - Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.

**Tom Yum Soup** - Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

**Cold Crusher Cold Pressed Juice** - Carrots, Orange, lemon, ginger, parsley.

## Day 5

**Cayenne Ginger Shot** - Lemon, peeled, Ginger, Cayenne pepper, water.

**Karma Ayurvedic** - Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.

**Courgette, Lemon, mint Soup** - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

**Young love Cold Pressed Juice** - Pineapple, Berries, agave, Chia seeds.

## Week 3

### Day 1

**Immune Boosting Shot** - Apple, Lemons, ginger, turmeric.

**Dynamo Juice** - Kale, spinach, celery, parsley, apple, lemon, dandelion greens.

**Courgette, Lemon, mint Soup** - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.

**Bhakti Ayurveda Cold Pressed Juice (Added Triphala)** - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.

### Day 2

**Carrot Turmeric Shot** - carrot, lemon, ginger, turmeric.

**Spinach Kale Juice** - Spinach, kale. Cucumber, lemon. celery. parsley.

**Super Green Soup** - Spinach, kale, courgette, onions, peas.

**Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha)** - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.

### Day 3

**Love Shot** - Pomegranate, Watermelon, Chia Seeds, Mint, Lemon, Camu Camu, Psyllium Husk.

**Butternut Squash Orange Lemon Cold Pressed Juice** - Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.

**Tofu and Spinach Soup** - Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

**Detox Tonic Lemonade Cold Pressed Juice** - Lemon, Blue Sprulina, Milk thistle, agave.

## Day 4

**Turmeric Root Shot** - Turmeric Root, Ginger, Indian Gooseberries, Orange.

**Spinach Ginger Juice** - Spinach, cucumber, lemon, ginger, apple, Celery.

**Hearty Quinoa Gut Cleanse Soup** - Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

**After Party Juice** - Beet, Carrot, Lemon, Ginger, Apple.

## Day 5

**Liver Detox Shot** - Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.

**Gravity - Soothe with added Apple Cider Cold Pressed Juice** - Cucumbers, Mint, Lemon, Apple and Apple Cider.

**Soothing Gut healing Soup** - Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

**Cold Crusher Cold Pressed Juice** - Carrots, Orange, lemon, ginger, parsley.

## Week 4

### Day 1

**Aloevera Shot** - Aloevera, Pineapple, Agave, Pink Pitaya.

**Cucumber Celery Juice** - Cucumber, Celery, parsley, spinach.

**Cream Of Zucchini Soup** - Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

**Young love Cold Pressed Juice** - Pineapple, Berries, agave, Chia seeds.

### Day 2

**Cure Shot** - Coconut Milk, Pineapple, Blue Spirulina, Holy Basil, Turmeric, Cayenne.

**Sweet Kale Juice** - Apple, Lemon, Ginger, Kale and Added Apple Cider.

**Carrot Coriander Soup** - Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

**Bhakti Ayurveda Cold Pressed Juice (Added Triphala)** - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.

### Day 3

**Green Shot** - Fennel, Cucumbers, Cumin, Stevia, Ayurvedic Triphala, Probiotics.

**Citrus 3 Cold Pressed Juice** - Grapefruit, apple, mint.

**Cabbage Soup** - Onions, Carrots, Celery, Chilly Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.

**Kapha Ayurveda** - Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.

### Day 4

**Hydrating Shot** - Coconut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil.

**Orange Turmeric Cold Pressed Juice** - Orange, apple, lemon juice, black pepper, Aloevera.

**Turmeric and Lentil Soup** - Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

**Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)** - Lemon, Filtered water, Activated charcoal, Raw Organic honey.

### Day 5

**Leafy Greens Shot** - Lime, Kale or Spinach, Mint or Parsley, Sticks Celery, Kiwifruit.

**Pure Green** - Spinach, Cucumber, Parsley, Arabic Courgette, Fennel, Apple.

**Carrot Coriander Soup** - Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

**After Party Juice** - Beet, Carrot, Lemon, Ginger, Apple.

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*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.*