

20 Days Menopause Plan

Day 1

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

Day 2

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

Day 3

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

Day 4

<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Celery juice	Celery, lemon.
11am	Roasted Swede Soup	roasted swede, carrots, onion, paprika, black pepper, salt and water.
1pm	Spinach Kale cold pressed juice	Spinach, kale, Lemon, celery, parsley.
3pm	Creamy Thai Carrot Soup with Basil	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.
5pm	Beet a licious cold pressed juice	Beets, carrots, cherries, lime, Filtered water.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 5		
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Braniac Cold Pressed 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 cold pressed juice	Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
3pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
5pm	Cucumber and Celery cold pressed juice	Cucumber, Celery, parsley, spinach.
7pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 6		
<i>When you wake up: Lukewarm water with a splash of fresh lemon juice.</i>		
9am	Dynamo Green cold pressed juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Vegan Miso Broth Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree.
1pm	Butternut Squash carrot cold pressed juice	Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
3pm	Tom Yum Soup	Water, Coconut Milk, Cherry Tomatoes, Tofu (Soya, Sulphites), Mushrooms, Onions, Carrots, Lemongrass, Fresh Ginger, Fresh Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika, Kaffir lime leaves, Kashmiri Chilli Powder.
5pm	Celery juice	Celery, lemon.
7pm	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 7		
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When you wake up: Lukewarm water with a splash of fresh lemon juice.

9am	Spinach Ginger cold pressed juice	Spinach, lemon, cucumber, ginger, lemon, celery.
11am	Kalefornia Dreamin Soup	Kale, Potatoes, Onions, Leeks, Salt, Pepper.
1pm	After party cold pressed 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, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock.

Day 8

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

9am	Dynamo Green cold pressed juice	Kale, spinach, parsley, lemon, ginger and apple.
11am	Cucumber and Watercress soup	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
1pm	Butternut Carrot cold pressed 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, Broccoli, Courgettes, egamame, Onions, Ginger, peas.

Day 9

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

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

Day 10

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Green Juice	Spinach, Parsley, kale, lemon, apple, cucumbers. Kale and parsley are rich in chlorophyll, which alkalizes the body and helps expel toxins. Ginger and lemon improve digestion and kill harmful bacteria. Cucumber and celery hydrate and flush out toxins.
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. Millets have prebiotics which stimulate the growth of probiotics within the microbiome. Quinoa is rich in fiber, aiding in flushing out of Mucoid plaque.
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. Lentils are protein rich source that nourish good Gut bacteria. Cumin in the soup, aids in digestion.

Day 11

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Citrus 3 Cold Pressed Juice	Grapefruit, apple and lemon.
11am	Box of Walnuts and After Party Cold Pressed Juice	Beet, Carrot, Lemon, Ginger, Apple. Beets support liver Detox and apple pectin binds to toxins and helps eliminate them.
1pm	Butternut Squash soup	Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water. Squash is soothing to the digestive system while coconut milk contains lauric acid, which kills harmful microbes.
3pm	Kombucha	made with Tropical ingredients and live scoby.
6pm	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 12

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Mean Green Smoothie	Kale, banana, Cucumber, Celery, apple, lemon.
11am	Mermaid Lemonade Probiotic cold pressed Juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
1pm	Tempeh Rendang Curry with almond bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas. Due to the fermentation process, tempeh is a rich source of live probiotic culture and active enzymes. It is high in protein and contain prebiotics.
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.
6pm	Miso Soup	Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock. Miso is high in probiotics and helps maintain a healthy bacteria levels. The delicious soup with miso and veggies make a great probiotic soup.

Day 13

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

Day 14

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

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Chai Infused Quinoa Porridge	Delicious Quinoa cooked with almond milk and a tinge of Masala Chai.
11am	Mermaid Lemonade	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic.
1pm	Quinoa Roasted Veggie salad	Quinoa, black rice, sweet potato, kale, zucchini, black pepper, blue berry, Sesame seeds, parsley with a tangy dressing. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Aftermath cold pressed juice with Milk thistle for Liver Cleansing	Orange, Ginger, Aloe, Basil Oil, Milk Thistle.
6pm	Healing Turmeric Soup	Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.

Day 15

9am	Granola Porridge with almond milk	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
11am	Bhakti Ayurveda (Added Triphala) cold pressed juice	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
1pm	Dnyan Ayurveda (Added Turmeric Limestone) cold pressed juice	Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda (to balance the Vatta Dosha) cold pressed juice	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda (to balance Kapha Dosha) cold pressed juice	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Green Juice - Braniac - Slender Green cold pressed juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

Day 16

9am	Coconut Raspberry Shake	Coconut Milk Raspberry, Vanilla, Coconut Mylk, Chia Seeds. Almond Milk, Coconut Milk, Coconut Cream, Plant Protein, Chicory Root, Monk Fruit, Almond Butter, Coconut Butter.
11am	Detox Tonic Lemonade cold pressed juice	Lemon, Blue Spirulina, Milk thistle, agave.
1pm	Gravity Glow cold pressed juice	cucumber, apple, ginger, mint, and lemon juice.
3pm	Butternut Squash Orange Lemon cold pressed juice	Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
5pm	Afterparty cold pressed juice	beetroot, carrot, ginger, apple and lemon.
7pm	Cold Crusher cold pressed juice	Carrots, Orange, lemon, ginger, parsley.

Day 17

9am	Celery Juice	Celery and lemon.
11am	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
1pm	Spinach Ginger Juice cold pressed juice	Spinach, Lemon, ginger, apple, Parsley.
3pm	Vegan Tom Yum soup	Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Lemongrass, Ginger, Cornstarch, Agave Syrup, Coriander, Vegetable Stock (Celery), Salt, Paprika.
5pm	After party juice cold pressed juice	beet, carrot, lemon, ginger, apple.
7pm	Carrot Coriander Soup	Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 18

9am	Orange Turmeric cold pressed juice	Oranges, turmeric, aloe vera, black pepper.
11am	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.
1pm	Dynamo Green cold pressed juice	spinach, parsley, celery, kale, apple, lemon, dandelion greens.
3pm	Cabbage soup	Onions, Carrots, Celery, Chilli Powder, Black Pepper, White Eyed Beans, Roasted Tomatoes, Cabbage.
5pm	Cucumber and Celery cold pressed juice	Cucumber, Celery, parsley, spinach.
7pm	Pumpkin coconut soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

Day 19		
9am	Sweet kale cold pressed juice	Apple, Lemon, Ginger, Kale and Added Apple Cider.
11am	Vegan Miso Soup	Leeks, Carrots, Pak choi, Miso paste, Celery.
1pm	Beetroot Vatta cold pressed juice	carrot, cherries, lime, filtered water, beetroot and newly added psyllium husk.
3pm	Creamy Vegan Spinach Soup	Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.
5pm	Detox Tonic cold pressed juice	Lemon, Blue spirulina, Monk fruit, water.
7pm	Sweet Potato Soup	red lentils, sweet potatoes, carrots, olive oil, coconut milk, lemon, ginger, chilli powder, cumin powder, turmeric powder, salt, and pepper.

Day 20		
9am	Alkaline Green Smoothie	turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt.
11am	Braniac Green cold pressed juice	spinach, cucumber, lemon ginger and apple.
1pm	Alkaline Dhal	Turmeric, ginger, tomato. lentils, broccoli, coriander, black pepper and salt.
3pm	Walnuts with Butternut carrot cold pressed juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Penne with Mung Bolognese sauce	Mirepoix, Red pepper flakes, bell pepper, Lentils and Mushrooms, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

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.