

Skinny 3 Days Plan

Day 1		
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.
12pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
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, Coriander, Apple Cider Vinegar, Black Pepper, Bed Chilli, Cloves, Bay Leaf, Cardamom.

Day 2		
9am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Morning Celery - 2 bottles of 250 ml each	Celery and Lemon.
11am	Fennel Cosomme	Fennel, Water, Onions, Orange Juice, Olive Oil, Dill, Sea Salt, Red Chilli Powder.
12pm	Love Shot	Pomegranate, Watermelon, Chia Seeds, Mint, Lemon, Camu Camu, Psyllium Husk.
2pm	Butternut Squash Soup	Butternut Squash, Sweet Potato, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
4pm	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
6pm	New Chick pea stew	Chick peas, potatoes, onions, tamarind, tomatoes.

Day 3		
9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Bhakti Ayurveda Juice	Aloevera, Coconut water, Cucumbers, Apple, Pineapple, mint, Brain Tonic, Lemon. WITH ADDED TRIPHALA.
11am	Minestrone Soup	Water, Tomatoes, Zucchini, Navy Beans, Tomato Paste, Onions, Potatoes, Green Beans, Carrots, Celery, Olive Oil, Basil, Apple Cider Vinegar, Sea Salt, Black Pepper, Oregano, Red Chili Powder.
12pm	Turmeric Tomato Detox	Tomatoes, Onions, Apple Cider, Ground Pepper, Dried Nuts.
2pm	Black Lentil Stew with Veggies and Quinoa	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
4pm	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
5pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
6pm	Pumpkin Coconut Soup	Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg, Chilli powder.

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.