

Super Tasty 20 Days Clean Eating

Week 1

Day 1

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

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

Day 2

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

9am	Chai Infused Granola Porridge with Keto Shake	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
1pm	Tempeh Rendang with gluten free bread	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
7pm	2 portions of Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 3

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

9am	Gluten Free Bread with Tofu Shakshuka	tofu, plant milk, herbs.
1pm	Tofu and Cauliflower fried rice	tofu, cauliflower rice, ginger, soysauce, salt and pepper.
7pm	2 Roasted Swede Soups	Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

Day 4

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	High Protein Carrot Cake smoothie	Carrots, bananas, walnuts, dates, almond milk, cinnamon, vanilla.
1pm	Scrambled Cottage Cheese Wrap	Wrap with Vegan Cottage Cheese, red peppers, and kale.
7pm	2 portions of Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
1pm	Chickpea Rice and Pumpkin Kibbeh	Pumpkin, Whole grain Flour, Chickpeas, herbs, rice.
7pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Week 2

Day 1

9am	Turmeric Root shot	Turmeric root, ginger, Gooseberries, Orange.
9:30am	Gluten Free bread with Tofu Shakshuka	Gluten Free Bread with Tofu Shakshuka - tofu, plant milk, herbs.

1pm	Beetroot Risotto with beetroots and green grams	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
7pm	Green Thai Curry	sugar snap, Tofu, butternut, sweet potato, bean sprouts, lemon, green paste, galangal, kaffir, coconut milk, cumin, coriander.

Day 2

9am	Turmeric root shot	Turmeric root, ginger, Gooseberries, Orange.
9:30am	Quinoa Porridge with Chocolate Mocha Shake	Quinoa cooked in almond milk. quinoa, almond milk, maple syrup, salt and water. + Chocolate Mocha Shake - Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
1pm	Peanut Noodles + Super Green Soup	Thai Peanut Sauce, lime juice, Braised Tofu, water, salt, caramel, Edamame, Red Bell Pepper, Green Beans, Peanuts, rice vinegar, ginger + Super Green Soup.
7pm	Tofu and Cauliflower Rice	A tangy cauliflower rice with tofu. High in protein.

Day 3

9am	Turmeric Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
1pm	Super Charged Satay Bowl + Tom Yum soup	Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds. Tom Yum soup - Water, Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.
7pm	Green Moong Bean Stew	Beans, some Vegetable broth, Coconut Milk, Spices, Spinach.

Day 4

9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Vegan Cheese burger wrap	Wrap with Courgettes, carrots, chickpeas, chick pea flour, rolled oats and tahini.
1pm	Buffalo Chickpea wrap + Cream of Zucchini Soup	Chickpeas, Celery, Carrot, Cilantro, Yoghurt, Avocado, Spinach. Cream of Zucchini Soup - Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.
7pm	Black lentil puy stew with almond bun	Black puy lentils, tomatoes, onions, ginger, mixed spices, carrots, peppers.

Day 5

9am	Immune Boosting Shot	Apple, Lemon, Ginger root, Turmeric root.
9:30am	Oats Porridge with Cold Crusher, Immune boosting juice	Slow cooked Oats in almond milk with Cold Crusher, Immune boosting juice.
1pm	Chickpea Stew	Combines chickpeas, Tomatoes, Onions, Peppers, Carrots, and a blend of dried herbs.
7pm	Vegan Panang Curry	Panang Curry sauce, mixed quinoa, butternut squash, chickpeas, pak choy, peas.

Week 3 - Protein Maintain

Day 1

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

9am	Baked falafel in whole grain wrap with Orange, Turmeric Juice	Chickpeas, lemon, parsley, pita bread, onions and tomato.
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1pm	Millet Paella + Super Green soup	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. Super Green soup - Spinach, kale, courgettes, onions, peas.
7pm	Tempeh Rendang Curry	Rendang (coconut milk, red onion, lemon grass, fresh ginger, red chilli, green chilli, turmeric, ground coriander, salt, lime leaves), mixed rice butternut squash, tempeh, peas.

Day 2

9am	Vegan Buritto Wrap	Wrap with beetroots, carrots, rolled oats, courgettes, chickpeas, chickpea flour.
1pm	High Protein West African Peanut Stew + Vegan Cheese burger wrap	beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper. Vegan Cheese burger wrap - beetroots, courgette, carrots, rolled oats, chickpeas, Tahini, Chickpea flour.
7pm	Grains and Greens Salad with Creamy Vegan Spinach soup	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. Creamy Vegan Spinach soup - Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 3

9am	Gluten Free bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	Beetroot And Pearl Barley Risotto + Miso Bowl	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery. Miso Bowl - Soba noodles, miso paste, broccoli, baby spinach, radish.
7pm	2 portions of Healing turmeric soup	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper.

Day 4

9am	Buffalo Chickpea wrap	Chickpea, celery, carrot, cilantro, yoghurt, spinach in a wrap.
1pm	Pizza filling Quesidilla with Chickpea Shakshuka + Creamy Thai Carrot soup with Basil	Tortilla, broccoli, spinach, zucchini, bell peppers, tomatoes, Vegan Cheese. with Chickpea Shakshuka. Creamy Thai Carrot soup with Basil - onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.
7pm	Mezze Bowl + Romesco Red pepper soup	Sweet potatoes, Dill, Olives, almonds, Quinoa, Canneloni beans, arugula, olive oil, salt and pepper + Romesco Red pepper soup.

Day 5

9am	High Protein Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
1pm	Delicious Grains and Greens salad + Paella with millets	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. Paella with millets - 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.
7pm	Miso Bowl	Soba Noodles, miso paste, baby spinach, radish, Chili sauce.

Week 4 - Vegan Maintain

Day 1

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

9am	Turmeric Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Vegan High Protein Oatmeal meal	Oats, almond milk, maple syrup, salt and water.

1pm	Buffalo Chick pea salad wrap + Cauliflower Chowder	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper. Cauliflower Chowder - cauliflower, onions, celery, curry powder, rosemary, black pepper, coconut milk, lemon.
7pm	2 portions of Gut Cleanse soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 2

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 Granola Porridge	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
1pm	Chickpea Rice and Pumpkin Kibbeh + kale salad	Pumpkin, Whole grain Flour, Chickpeas, herbs, rice. kale salad - Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
7pm	Thai Veg soup	A mix of blended veggies with galangal, coconut milk, kaffir lime, galangal.

Day 3

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Bread with Tofu Shakshuka	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	Black eyed pea Stew in tomato sauce	A tangy stew with high Fiber and high protein Stew.
7pm	Super charged Satay + Tomato Soup for the soul	Hard Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Lemon. Tomato Soup for the soul - Tomatoes, Red Lentils, Onion, Basil, Salt, Black Pepper, Mixed Herbs.

Day 4

9am	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
9:30am	High Protein Anti Inflammatory Cherry Spinach Smoothie	Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds.
1pm	Quinoa and Pomegranate Salad + Sweet Potato Soup + Beetroot And Pearl Barley Risotto	Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper). Sweet Potato Soup - Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice. Beetroot And Pearl Barley Risotto - Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
7pm	2 portions of Creamy Thai basil soup	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.

Day 5

9am	Hydrating Shot	Coconut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil.
9:30am	Whole grain Pizza bagel	Wholegrain and almond flour mix pizza base with home made pizza sauce and Mozzarella.
1pm	Veggie Buritto Wrap + Courgette, lemon and mint soup	Quinoa, baked beans, mozzarella. Whole protein with Quinoa and baked beans. Chockfull of iron and folic acid to support energy and cellular function from Spinach. Rich in choline for brain power and Sorghum supports strong hair and nails. Courgette, lemon and mint soup - Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
7pm	2 portions of Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

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.