

# Super Tasty 20 Days Clean Eating

## Week 1

### Day 1

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

9am	<b>Vegan High Protein Oatmeal Porridge With Keto Shake</b>	Oats, almond milk, maple syrup, salt and water.
1pm	<b>Soba Noodles Pomodoro. High Protein and High Fiber</b>	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes.
7pm	<b>2 portions of Cauliflower and turmeric soup</b>	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	<b>Chai Infused Granola Porridge with Keto Shake</b>	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
1pm	<b>Tempeh Rendang with gluten free bread</b>	Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas.
7pm	<b>2 portions of Hearty Quinoa Gut Cleanse Soup</b>	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

### Day 3

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

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

### Day 4

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

### Day 5

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

## Week 2

### Day 1

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

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

## Day 2

9am	<b>Turmeric root shot</b>	Turmeric root, ginger, Gooseberries, Orange.
9:30am	<b>Quinoa Porridge with Chocolate Mocha Shake</b>	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	<b>Peanut Noodles + Super Green Soup</b>	Thai Peanut Sauce, lime juice, Braised Tofu, water, salt, caramel, Edamame, Red Bell Pepper, Green Beans, Peanuts, rice vinegar, ginger + Super Green Soup.
7pm	<b>Tofu and Cauliflower Rice</b>	A tangy cauliflower rice with tofu. High in protein.

## Day 3

9am	<b>Turmeric Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	<b>Gluten Free bread with Chickpea Shakshuka</b>	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
1pm	<b>Super Charged Satay Bowl + Tom Yum soup</b>	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	<b>Green Moong Bean Stew</b>	Beans, some Vegetable broth, Coconut Milk, Spices, Spinach.

## Day 4

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

## Day 5

9am	<b>Immune Boosting Shot</b>	Apple, Lemon, Ginger root, Turmeric root.
9:30am	<b>Oats Porridge with Cold Crusher, Immune boosting juice</b>	Slow cooked Oats in almond milk with Cold Crusher, Immune boosting juice.
1pm	<b>Chickpea Stew</b>	Combines chickpeas, Tomatoes, Onions, Peppers, Carrots, and a blend of dried herbs.
7pm	<b>Vegan Panang Curry</b>	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	<b>Baked falafel in whole grain wrap with Orange, Turmeric Juice</b>	Chickpeas, lemon, parsley, onions and tomato.
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1pm	<b>Millet Paella + Super Green soup</b>	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	<b>Tempeh Rendang Curry</b>	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	<b>Vegan Buritto Wrap</b>	Wrap with beetroots, carrots, rolled oats, courgettes, chickpeas, chickpea flour.
1pm	<b>High Protein West African Peanut Stew + Vegan Cheese burger wrap</b>	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	<b>Grains and Greens Salad with Creamy Vegan Spinach soup</b>	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame 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	<b>Gluten Free bread with Tofu Shakshuka</b>	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
1pm	<b>Beetroot And Pearl Barley Risotto + Miso Bowl</b>	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery. Miso Bowl - Soba noodles, miso paste, broccoli, baby spinach, radish.
7pm	<b>2 portions of Healing turmeric soup</b>	Coconut Cream, Zucchini, Onion, Carrot, Broccoli, Lentils, Barley, Spinach, Salt, Black Pepper.

## Day 4

9am	<b>Buffalo Chickpea wrap</b>	Chickpea, celery, carrot, cilantro, yoghurt, spinach in a wrap.
1pm	<b>Pizza filling Quesidilla with Chickpea Shakshuka + Creamy Thai Carrot soup with Basil</b>	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	<b>Mezze Bowl + Romesco Red pepper soup</b>	Sweet potatoes, Dill, Olives, almonds, Quinoa, Canneloni beans, arugula, olive oil, salt and pepper + Romesco Red pepper soup.

## Day 5

9am	<b>High Protein Heavy Metal Detox Smoothie</b>	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange.
1pm	<b>Delicious Grains and Greens salad + Paella with millets</b>	quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame 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	<b>Miso Bowl</b>	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	<b>Turmeric Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	<b>Vegan High Protein Oatmeal meal</b>	Oats, almond milk, maple syrup, salt and water.

<b>1pm</b>	<b>Buffalo Chick pea salad wrap + Cauliflower Chowder</b>	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.
<b>7pm</b>	<b>2 portions of Gut Cleanse soup</b>	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

## Day 2

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

<b>9am</b>	<b>Turmeric Root Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange.
<b>9:30am</b>	<b>Chai Infused Granola Porridge</b>	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>1pm</b>	<b>Chickpea Rice and Pumpkin Kibbeh + kale salad</b>	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.
<b>7pm</b>	<b>Thai Veg soup</b>	A mix of blended veggies with galangal, coconut milk, kaffir lime, galangal.

## Day 3

<b>9am</b>	<b>Liver Detox shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
<b>9:30am</b>	<b>Bread with Tofu Shakshuka</b>	tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
<b>1pm</b>	<b>Black eyed pea Stew in tomato sauce</b>	A tangy stew with high Fiber and high protein Stew.
<b>7pm</b>	<b>Super charged Satay + Tomato Soup for the soul</b>	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

<b>9am</b>	<b>Carrot Turmeric Shot</b>	Carrots, Lemon, Ginger, Turmeric.
<b>9:30am</b>	<b>High Protein Anti Inflammatory Cherry Spinach Smoothie</b>	Kefir, cherries, Spinach, Avocado, ginger, garnish with chia seeds.
<b>1pm</b>	<b>Quinoa and Pomegranate Salad + Sweet Potato Soup + Beetroot And Pearl Barley Risotto</b>	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.
<b>7pm</b>	<b>2 portions of Creamy Thai basil soup</b>	onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter.

## Day 5

<b>9am</b>	<b>Hydrating Shot</b>	Coconut Water, Turmeric Root, Cayenne, Ashwagandha, Orange Carrot, Holy Basil.
<b>9:30am</b>	<b>Whole grain Pizza bagel</b>	Wholegrain and almond flour mix pizza base with home made pizza sauce and Mozzarella.
<b>1pm</b>	<b>Veggie Buritto Wrap + Courgette, lemon and mint soup</b>	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.
<b>7pm</b>	<b>2 portions of Cauliflower and turmeric soup</b>	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.*