

Men's Testosterone 30 Days Plan

Day 1

9am	Sweet Kale Cold Pressed Juice	Kale, lemon, apple.
11am	Strawberry Basil lemonade Cold Pressed Juice	Water, Strawberries, Monk fruit, lemon, Basil.
1pm	Orange Turmeric Juice Cold Pressed Juice	Orange, apple, lemon juice, black pepper, Aloevera.
3pm	Citrus 3 Cold Pressed Juice	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral salts.
5pm	Butternut Carrot Cold Pressed Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Young love Cold Pressed Juice	Pineapple, Berries, agave, Chia seeds.

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 Cold Pressed Juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

Day 3

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 4

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 with Keto Shake	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom. + Keto Shake - Cinnamon Chai - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
11am	Boss Tonic	Ginger, Turmeric, Lemon, Tangerine Oil, 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	Apple with After math 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 5

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

9am	Apple Cider Vinegar Shot with turmeric	Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider.
9:30am	High protein Oatmeal porridge with Keto Shake	oats, almond milk, maple syrup, salt and water. + Keto Shake - Vanilla Praline - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt.
11am	Aftermath Elixir cold pressed juice with MILK THISTLE for Liver Detox	Orange, Ginger, Aloe, Basil Oil, Milk Thistle.
1pm	Beetroot and Pearl barley Risotto	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Edamame beans	
6pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

Day 6

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Celery Juice	Celery and lemon.
11am	Blueberries + Gluten Free bread with Chickpea Shakshuka	Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
1pm	Quinoa and Pomegranate Salad	Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
3pm	Boss Tonic Vegan Probiotic cold pressed juice	Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
6pm	Cream Of Zucchini Soup	Onions, Ginger, Zucchini, Lemon, Almond Milk, Pepper, Pumpkin Seeds.

Day 7

9am	Turmeric root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Granola with Almond Milk	Whole grain organic oats, cocoa powder, vegan chocochips, almonds, pumpkin seeds, sunflower seeds, organic agave syrup, coconut oil and dates.
11am	Kombucha	
1pm	Chickpea Shakshuka	Chickpeas, tomato capsicums, Miso paste, Tofu.
3pm	Butternut Squash Carrot cold pressed juice	Butternut, spinach, carrot, lemon, parsley.
6pm	Mushroom Korma	Mushrooms, Sweet Potatoes, Spices, Cumin, Mustard Seeds, Spinach.

Day 8

9am	Heavy Metal Detox Smoothie	Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange juice.
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9:30am	Citrus 3 cold pressed Juice	Grapefruit, lemon and apple, Added Humantra Electrolytes, Mineral salts.
11am	Chill Pill - Vegan Probiotic Juice	Contains Pineapple, lemon, chamomile, Ashwagandha, vanilla, coconut nectar, Vegan Probiotics.
1pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
3pm	Tropical Kombucha	made with Tropical ingredients and live scoby.
7pm	Harissa Tofu and Lentil Stew	lentils, tofu, and spinach.

Day 9

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Spinach Kale Cold Pressed 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 cold pressed 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 10

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Citrus 3 Cold Pressed Juice	Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts.
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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 11

9am	Immune boosting shot	Apple, lemon, ginger, turmeric.
9:30am	Mean Green Smoothie	cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
11am	Mermaid Lemonade Probiotic cold pressed juice	Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
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.
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Day 12

9am	Beetroot lemon shot on empty stomach	Beetroot, lemon, apple.
9:30am	Young Love cold pressed juice	Pineapple, berries, Filtered water, Chia seeds. Pineapple's bromelain breaks down parasites and is anti inflammatory.
11am	Milk Thistle Juice - Aftermath cold pressed juice	Orange, Ginger, Aloe, Basil Oil, Milk Thistle, Added Humantra and Mineral salts.
1pm	Pearl Barley Risotto with beetroots	Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
3pm	Kombucha	to aid in digestion. Cardamom has antioxidant and diuretic properties that may lower blood pressure.
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 13

9am	Turmeric Root shot	Turmeric Root, Ginger, Indian Gooseberries, Orange.
9:30am	Cold Crusher Juice	Carrots, Orange, lemon, ginger, turmeric, apple. Carrots are high in vitamin A, supporting skin repair. Turmeric is anti-inflammatory and antimicrobial, helping eliminate parasites.
11am	Quinoa Porridge in almond Milk with Keto shake	Quinoa porridge - quinoa, almond milk, maple syrup, salt and water. + Keto Shake - Cinnamon Chai - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, Himalayan salt, cinnamon, nutmeg, cardamom.
1pm	Green Mung beans Stew	beans, some broth, coconut milk, spices, spinach.
3pm	Kombucha	to aid in digestion and enhance good gut microbiome.
6pm	Vegan Panang	Panang curry sauce, mixed quinoa, butternut squash, chickpeas, pak choi, peas.

Day 14

9am	Turmeric shot	Carrots, Lemon, peeled Ginger, Turmeric.
9:30am	Gravity Glow Cold Pressed Juice	Cucumbers, lemon, mint.
11am	Oatmeal porridge with Keto Shake	Oats, almond milk, maple syrup, salt and water. + Keto Shake - Vanilla Praline - Filtered water, organic coconut milk, Pea Protein, MCT oil, monk fruit powder, vegan collagen peptides, vanilla extract, almond extract, Himalayan salt. + Master Cleanse Probiotic cold pressed juice - Pineapple, Turmeric, Lemon, Pepper.
1pm	Buffalo Chickpea wrap (Vegetarian)	Chickpeas, Celery, Carrot, Cilantro, Yoghurt, Avocado, Spinach.
3pm	Apple and Kombucha	to aid in digestion and enhance good gut microbiome.
6pm	Cauliflower and turmeric soup	Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 15

9am	Leptin balancing power Smoothie	coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, watercoconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, green banana flour and flax seeds. water.
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	Granola Porridge with almond milk	almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
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

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

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	Tofu and Spinach Soup	Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Beet a licious cold pressed juice	Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha.
7pm	Sweet Potato Nacho soup	Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

Day 18

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

9am	Braniac 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	Soothing Gut healing Soup	Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 19

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

Day 20

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 21

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 Tumeric shot	carrot, lemon, ginger, turmeric.
2pm	Courgette Lemon Mint	Courgettes, lemon, mint, onions, celery, potato, mint, parsley black pepper, Thyme.
4pm	Sweet Potato Nacho soup	sweet potato, red capsicum, 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 22

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 Consomme	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.
7pm	New Chick pea stew	Chickpeas, potatoes, onions, tamarind, tomatoes.

Day 23

9am	Liver Detox shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	Bhakti Ayurveda cold pressed juice	Aloe Vera, 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.

Day 24

9am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
9:30am	After Party cold pressed juice	Beetroot, Carrots, Ginger, Lemon, Apple.
11am	Hearty Quinoa Gut Cleanse Soup	Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.
12pm	Carrot Turmeric shot	Carrots, Lemon, Ginger, Turmeric.
2pm	Broccoli and Lentil	Onions, Red Lentils, Turmeric, ginger, Turmeric, Red Chilli Pepper, Lemon.
4pm	Cucumber and Watercress soup	Cucumber, olive oil, almond milk, dill leaves, black pepper, vinegar.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Coconut me Thai	Sweet Potato, Red Curry Paste Coconut Milk, Onion, Lemongrass.

Day 25

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, parsley.
11am	New Green Mung beans	Green Mung beans, Onions, Tomatoes, Coconut milk, ginger, cilantro.
12pm	Carrot Turmeric Shot	Carrots, Lemon, Ginger, Turmeric.
2pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.
4pm	Skinny Artichoke Soup	artichoke, drained, mushroom, celery soup, almond milk, cayenne pepper, salt, pepper.
5pm	Cayenne Ginger Shot	Lemon, peeled, Ginger, a pinch Cayenne pepper, a few tbsp Water.
6pm	Abundant broth with Tofu	Tofu, Quinoa, Broccoli, Coconut milk, lemongrass, ginger, green beans, onions.

Day 26

9am	Chocolate Mocha Keto 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, collagen, creatine.
11am	Strawberry Basil lemonade Cold Pressed Juice	Water, Strawberries, Monk fruit, lemon, Basil.
1pm	Orange Turmeric Juice Cold Pressed Juice	Orange, apple, lemon juice, black pepper, Aloevera.

3pm	Citrus 3 Cold Pressed Juice	Grapefruit, apple, mint, Added Humantra Electrolytes, Mineral salts.
5pm	Butternut Carrot Cold Pressed Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.
7pm	Young love Cold Pressed Juice	Pineapple, Berries, agave, Chia seeds.

Day 27

9am	High Protein Leptin balancing power Smoothie	coconut milk, avocado, cucumber, cinnamon powder, almond butter, chia seed, cacao powder, coconut oil, green banana flour and flax seeds. water.
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 28

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

9am	Bhakti Ayurveda Cold Pressed Juice	Pineapple, Spinach, Ayurvedic Triphala, Brain tonic or Shankhpushpi, Coconut water, aloe vera, lemon, mint.
11am	Creamy Thai soup with basil	Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
1pm	After party Cold pressed juice	Beetroot, carrot, ginger, lemon, apple.
3pm	Romesco soup with chickpeas	Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.
5pm	Spa Day cold pressed juice	Honeydew, Cucumber, Coconut Water, Lemon.
7pm	Kaboocha Congee	Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, all spice. chia.

Day 29

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

9am	Earth Nectar Cold Pressed Juice	Watermelon, apple, lemon, turmeric.
11am	Butternut Squash Soup	Butternut, Onions, Carrots, black pepper, salt, water.
1pm	Vatta Ayurveda Cold pressed juice	Beetroots, carrots, cherries, lime, filtered water, psyllium husk.
3pm	Black Lentil Stew	black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
5pm	Kombucha	Tropical Kombucha made with Tropical ingredients and live scoby.
7pm	Leek and Celery Soup	Leeks, Celery Root, Lemon, Onions, Olive Oil.

Day 30

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. + Keto Shake - Chocolate Mocha - Filtered water, organic coconut milk, Pea Protein, MCT oil, organic cacao powder, monk fruit powder, vegan collagen peptides, vanilla extract, decaf espresso, Himalayan salt.
9:30am	Braniac Cold Pressed Green Juice	Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

1pm	Soba Noodles Pomodoro. High Protein and High Fiber	Soba Noodles in Classic Pomodoro sauce topped with Cherry tomatoes. + Grains and Greens salad - quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
5pm	Blue Magik High Protein smoothie	Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, Almond Milk, green banana flour and flax seeds.
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.