

Visceral Fat Reset, Naturally! 4 Phases, 40 Days.

Day 1-10 is the Purge State

Day 1

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

Day 2

9am	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon
7pm	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.

Day 3

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

Day 4

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	White Eyed Bean Stew Protein Bowl White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 5

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	West African Peanut Stew Bowl beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Cauliflower and turmeric soup Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

Day 6

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Green Mung and Tempeh High Protein Bowl Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Vatta Ayurveda Juice Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

Day 7

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
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Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Tempeh Rendang Bowl tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Roasted Swede Soup Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine

Day 8

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Tofu and Veggie Noodle Bowl Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Vegan Miso Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Mushrooms, Pak Choi, Soy Sauce, Vegetable Stock

Day 9

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Protein Peanut Noodles Bowl Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Vatta Ayurveda Juice Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Mushrooms, Onions, Carrots, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt.

Day 10

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Chickpea Shakshuka Bowl Chickpea Shakshuka Quinoa, Broccoli, Edamame.

Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Super Green Soup Spinach, kale, courgettes, onions, peas

Day 11-20 The Ignition

Day 11

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

Day 12

9am	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon
7pm	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.

Day 13

Wake Up	Lukewarm water with a splash of fresh lemon juice.
Breakfast	Celery juice Celery, lemon.
Breakfast	Roasted Swede Soup roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.
Lunch	Spinach Kale Juice Spinach, kale, Lemon, celery, parsley.
Lunch	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Snacks	Beet a licious Beets, carrots, cherries, lime, Filtered water. Ashwagandha
Dinner	Sweet Potato Nacho soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
Day 14	
Wake Up	Lukewarm water with a splash of fresh lemon juice.
Breakfast	Braniac Cold Pressed Juice Spinach, cucumbers, lemon, ginger and apple.
Breakfast	Courgette, Lemon, mint Soup Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.
Lunch	Pure Green Juice Spinach, Cucumbers, Broccoli, Courgettes, lemon, apple.
Lunch	Carrot Coriander Soup Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.
Snacks	Cucumber and Celery Juice Cucumber, Celery, parsley, spinach.
Dinner	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.
Day 15	
Pre Breakfast	Liver Detox Shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.
Breakfast	Spinach and Ginger Cold Pressed Juice Spinach, cucumber, lemon, ginger and apple.
Breakfast	Gluten Free bread with Tofu Shakshuka tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt
Lunch	Super charged Satay Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconuts.
Snacks	Kombucha - Apple & Ginger Kombucha to aid in digestion and enhance good gut microbiome.
Dinner	Healing Turmeric Soup Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.
Day 16	
Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Miso Bowl Soba noodles, miso paste, broccoli, baby spinach, radish.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Creamy Vegan Spinach Soup Spinach, Onion, Ginger, Potato, Almond Milk, Basil, Pepper.

Day 17

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Mezze Bowls quinoa, sweet potato, chickpea, bell pepper, quinoa, sweet potato, chickpea, bell pepper, kale.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Kabocha Congee Soup Pumpkin Seeds, Kabocha Squash, Cinnamon, Brown Rice, chia

Day 18

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Sweet Potato Buddha Bowl Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Vatta Ayurveda Juice Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	Tomato Soup for the Soul Tomatoes, Red Lentils, Onion, Basil, Salt, Black Pepper, Mixed Herbs

Day 19

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	White Eyed Bean Stew Protein Bowl White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Creamy Thai Carrot Soup with Basil onion, carrot, salt, pepper, veggie stock, crunchy salted natural peanut butter

Day 20

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
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Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	West African Peanut Stew Bowl beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Romesco Soup with Smashed Chickpeas red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas

Day 21-34 The Burn.

Day 21

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 Cold Pressed Juice Orange, apple, lemon juice, black pepper, Aloevera
3pm	Citrus 3 Cold Pressed Juice Grapefruit, apple, mint.
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 22

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

Day 23

9am	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon
7pm	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.

Day 24

Pre Breakfast	Liver Detox shot Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger
Breakfast	Spinach Kale Spinach, Parsley, kale, lemon, apple, cucumbers.
Breakfast	Boss Tonic Probiotic Juice Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic
Lunch	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.
Snacks	Golden Life Kombucha to boost the intestinal health and aid in digestion.
Dinner	Soothing Gut healing Soup Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

Day 25

Pre Breakfast	Immune boosting shot Apple, lemon, ginger, turmeric.
Breakfast	Citrus 3 Cold Pressed Juice Grapefruit, apple and lemon, Added Humantra Electrolytes, Mineral salts.
Breakfast	Box of Walnuts and After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Lunch	Butternut Squash soup Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
Snacks	Kombucha made with Tropical ingredients and live scoby.
Dinner	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

Day 26

Pre Breakfast	Immune boosting shot Apple, lemon, ginger, turmeric.
Breakfast	Mean Green Smoothie cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
Breakfast	Mermaid Lemonade Probiotic Juice Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
Lunch	Tempeh Rendang Curry with almond bread Rendang sauce, mixed rice, butternut squash, tempeh, broccoli, peas
Snacks	Tropical Kombucha made with Tropical ingredients and live scoby.

Dinner	Miso Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrot, Pak Choi, Soy Sauce, Vegetable Stock
Day 27	
Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Green Mung and Tempeh High Protein Bowl Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Creamy Roasted Red Pepper Tomato Soup red bell peppers, Tomatoes, coconut milk, salt and black pepper
Day 28	
Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Tempeh Rendang Bowl tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Cauliflower Chowder cauliflower, onions, celery, curry powder, rosemary, black pepper, coconut milk, lemon
Day 29	
Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Tofu and Veggie Noodle Bowl Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Vatta Ayurveda Juice Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	Butternut Squash Soup Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
Day 30	

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Chickpea Shakshuka Bowl Chickpea Shakshuka Quinoa, Broccoli, Edamame.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Kale Fornia Dreaming soup kale, potatoes, spinach, onions, Leeks

Day 31

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

Day 32

9am	Braniac Green Cold Pressed Juice Spinach, Cucumber, lemon, ginger, parsley.
11am	Detox Tonic Lemonade Cold Pressed Juice Lemon, Blue Sprulina, 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, spinach, parsley.
5pm	Afterparty Cold Pressed Juice beet root, carrot, ginger, apple and lemon
7pm	Cold Crusher Cold Pressed Juice Carrots, Orange, lemon, ginger, parsley.

Day 33

9am	Karma Ayurveda Cold Pressed Juice (Added Holy basil and Neem) Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
11am	Bhakti Ayurveda Cold Pressed Juice (Added Triphala) Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.

1pm	Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone) Lemon, Filtered water, Activated charcoal, Raw Organic honey.
3pm	Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha) Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5pm	Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha) Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
7pm	Green Cold Pressed Juice - Braniac - Slender Green Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

Day 34

Wake Up	Lukewarm water with a splash of fresh lemon juice.
Breakfast	Dynamo Green Juice Kale, spinach, parsley, lemon, ginger and apple.
Breakfast	Vegan Miso Broth Soup Water, Ginseng, Onions, White Miso Paste, Leeks, Carrots, Pak Choi, Soy Sauce, Potato Starch, Ginger Puree
Lunch	Butternut Squash carrot juice Butternut Squash, lemon, beetroot, carrot, spinach, parsley.
Lunch	Tom Yum Soup Water, Coconut Milk, Cherry Tomatoes, Tofu, Onions, Carrots, Lemongrass, Ginger, Lime Juice, Cornstarch, Agave Syrup, Coriander, Vegetable Stock, Salt, Paprika,
Snacks	Celery juice Celery, lemon.
Dinner	Hearty Quinoa Gut Cleanse Soup Onions, Carrots, ginger, celery, cumin, red lentils, Quinoa.

Day 35 - Day 40 The Lock - In

Day 35

Pre Breakfast	Apple Cider Vinegar Shot with turmeric Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	High protein Oatmeal porridge oats, almond milk, maple syrup, salt and water
Breakfast	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.
Breakfast	Aftermath Elixir with MILK THISTLE for Liver Detox Orange, ginger, basil oil, milk thistle, aloe, Added Humantra and Mineral salts.
Lunch	Beetroot and Pearl barley Risotto Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
Snacks	Edamame beans.
Dinner	Romesco soup with chickpeas Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

Day 36

Wake Up	Lukewarm water with a splash of fresh lemon juice.
Breakfast	High Protein Blue Magik Protein Smoothie Blue Spirulina, Vanilla, Plant Protein, Maca, Cinnamon, Almond Butter, Banana, , Almond Milk, 3gm PHGG, ground flax, green banana powder, chia.

Breakfast	Protein Bar - Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Lunch	Creamy Thai soup with basil Carrots, onions, ginger, salt and pepper, peanut butter, coconut milk, hot sauce.
Lunch	Boss Tonic Probiotic juice with Electrolytes Ginger, turmeric, lemon, Coconut water, Vegan Probiotic, holy basil, Himalayan Pink salt, Humantra Electrolytes.
Snacks	Spa Day Juice with Natural Electrolytes Honeydew, Cucumber, Coconut Water, Lemon.
Dinner	Kabocha Congee Soup Squash, coconut milk, brown rice, pumpkin seeds. onions, lemon juice, salt, pepper, cayenne, nutmeg, cinnamon, chia, all spice.

Day 37

Breakfast	Dynamo Green Juice Kale, spinach, parsley, lemon, ginger, apple.
Breakfast	Braniac Green Juice spinach, cucumber, lemon ginger and apple.
Lunch	Alkaline Dhal Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
Snacks	Walnuts with Butternut carrot Juice Butternut Squash, beetroots, spinach, apple, carrots, parsley.
Dinner	Penne with Mung Bolognese sauce Mirepoix, Red pepper flakes, bell pepper:, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli

Day 38

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Protein Peanut Noodles Bowl Peanut Noodles, with Tofu, Edamame, Tempeh, Bell Peppers and Carrots. Peanut sauce
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Beet-a-licious - Liver tonic juice Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha
Dinner	Minestrone Soup Kale, Courgette, Tomato Puree, Basil.

Day 39

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Supercharged Satay Tofu, Black Rice, Edamame [Soybean], Cabbage, Carrot, Peanut Butter, Ginger, Sesame Seeds
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.

Snacks	After Party Cold Pressed Juice Beet, Carrot, Lemon, Ginger, Apple.
Dinner	Moroccan Lentil Soup Tomato Puree, Florence Fennel, Vinegar.

Day 40

Pre Breakfast	Visceral Fat shot Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider
Breakfast	Visceral Fat Burning Smoothie Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts
Lunch	Miso Bowl Soba noodles, miso paste, broccoli, baby spinach, radish.
Snacks	Raw Granola Bar Organic whole grain oats, raisins, flax, cinnamon, peanut butter, pumpkin seeds & organic agave syrup.
Snacks	Vatta Ayurveda Juice Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
Dinner	Lentil Me Entertain soup Lentils, Carrots, Shiitake Mushroom, Celery, Spring Onion, Turmeric Root, Cumin Seed.

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.