

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

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 9

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 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

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 16

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 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
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	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 22

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 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

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 29

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 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

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 36

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 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

Wake Up	Lukewarm water with a splash of fresh lemon juice.
9 am	Celery juice Celery, lemon.
11am	Roasted Swede Soup roasted swede, carrots, onion, paprika, black pepper, salt and water, creatine.

1pm	Spinach Kale Juice Spinach, kale, Lemon, celery, parsley.
3pm	Tofu and Spinach Soup Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.
5pm	Beet a licious Beets, carrots, cherries, lime, Filtered water. Ashwagandha
7pm	Sweet Potato Nacho soup Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.
Day 40	
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.
2pm	Courgette Lemon Mint Courgettes, lemon, mint, onions, celery, potato, mint, parsley, black pepper, Thyme.
4pm	Carrot Turmeric shot carrot, lemon, ginger, turmeric.
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, Corriander, Apple Cider Vinegar, Black Pepper, Red Chilli, Cloves, Bay Leaf, Cardamom.

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.