

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

## Day 1-10 is the Purge State

### Day 1

9am	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
9:15am	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
1pm	<b>Bhakti Ayurveda Cold Pressed Juice (Added Triphala)</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
3pm	<b>Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey.
5pm	<b>Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
5:15pm	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
7pm	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.

### Day 2

9am	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
9:15am	<b>Braniac Green Juice</b> Spinach, Cucumber, lemon, ginger, parsley.
11am	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Sprulina, Milk thistle, agave.
1pm	<b>Gravity Glow cold pressed juice</b> cucumber, apple, ginger, mint, and lemon juice.
3pm	<b>Butternut Squash Orange Lemon Cold Pressed juice</b> Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
3:15pm	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
5pm	<b>Afterparty Juice</b> beet root, carrot, ginger, apple and lemon.
7pm	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, lemon, ginger, parsley.

### Day 3

9am	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
9:15am	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.
11am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
1pm	<b>Bhakti Ayurveda Cold Pressed Juice (Added Triphala)</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.

<b>3pm</b>	<b>Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>5pm</b>	<b>Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>5:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>7pm</b>	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.

## Day 4

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Granola Porridge</b> almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>Breakfast</b>	<b>Spinach Kale cold Pressed Juice</b> Spinach, Parsley, kale, lemon, apple, cucumbers.
<b>Lunch</b>	<b>White Eyed Bean Stew Protein Bowl</b> White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.
<b>Lunch</b>	<b>Grains and Greens Salad</b> quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edmamme beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.
<b>Snack</b>	<b>Boss Tonic Probiotics Cold Pressed Juice</b> Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 5

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, Almond Mylk, Green banana flour, Blue berries, Broccoli, MCT Oil, Blue Or Green Spirulina, Vanilla, Collagen.
<b>Lunch</b>	<b>West African Peanut Stew Bowl</b> beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
<b>Lunch</b>	<b>Kale Tabbouleh Salad</b> Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
<b>Snack</b>	<b>Mermaid Lemonade Probiotics Cold Pressed Juice</b> Blue spirulina, Lemon, Aloe, Coconut Nectar, Vegan Probiotic, Added Humantra Electrolytes, Mineral salts.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Paella with Millets</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.

## Day 6

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Green Mung and Tempeh High Protein Bowl</b> Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.

<b>Lunch</b>	<b>Quinoa and Pomegranate Salad</b> Quinoa, chickpeas, pomegranate, kale, cashews, rockets, zucchini. Dressing - Lemon, olive oil (lemon, olive oil, salt, pepper).
<b>Snack</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, lemon, ginger, turmeric, apple.
<b>Dinner</b>	<b>Cauliflower and turmeric soup</b> Cauliflower, cloves, turmeric, cumin, salt, red lentils, vegetable broth, almond milk.

## Day 7

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>High Protein Heavy Metal Detox Smoothie</b> Bananas, blueberries, parsley, barley powder, Atlantic dulse, orange, Creatine, Plant Protein, Ashwagandha, green banana flour and flax seeds.
<b>Lunch</b>	<b>Tempeh Rendang Bowl</b> tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers Superfood.
<b>Lunch</b>	<b>Kale and Walnut Salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Young Love Cold Pressed Juice</b> Blueberry, Pineapple, Chia seeds, Strawberry, Filtered water, stevia.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Cauliflower Chowder Soup</b> cauliflower, onions, celery, curry powder, rosemary, black pepper, coconut milk, lemon.

## Day 8

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Spinach Artichoke soup</b> Olive oil, onion, ginger, spinach, artichoke, salt and pepper.
<b>Lunch</b>	<b>Kale and Walnut Salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Braniac Green Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Turmeric and Lentil Soup</b> Pumpkin, Carrot, Sweet Potato, Ginger, Mustard Seeds, Onions, Coconut Milk, Coriander, Turmeric, Red pepper.

## Day 9

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Green Mung Bean Stew Bowl</b> Sprouted Mung, Tempeh, Edamame and Carrots. Dressing - Lemon Tahini.
<b>Lunch</b>	<b>Grains and Greens Salad</b> quinoa, carrot, chickpeas, kale, cucumbers, pumpkin seeds, raisins, edamame beans, fermented red cabbage. Dressing - pomegranate, vinegar, orange, salt, pepper.

<b>Snack</b>	<b>Braniac Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tofu and Cauliflower Fried Rice</b> tofu, cauliflower rice, ginger, soysauce, salt and pepper.

## Day 10

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Granola Porridge</b> almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>Lunch</b>	<b>West African Peanut Stew</b> peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
<b>Lunch</b>	<b>Kale Tabbouleh Salad</b> Kale, quinoa, bulgur wheat, tomatoes, spring onions, pumpkin seeds, cucumber. Dressing - lemon, olive oil, salt, pepper.
<b>Snack</b>	<b>Dynamo Green Cold Pressed Juice</b> Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Kale fornia Soup</b> Kale, Potatoes, Onions, Leeks, Salt, Pepper.

## Day 11-20 The Ignition

### Day 11

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Karma Ayurveda cold pressed Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
<b>11am</b>	<b>Bhakti Ayurveda cold pressed juice</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pine apple, mint, apple, Brain tonic with (Added Triphala).
<b>1pm</b>	<b>Dnyan Ayurveda cold pressed juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey with (Added Turmeric Limestone).
<b>3pm</b>	<b>Vatta Ayurveda cold pressed juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Kapha Ayurveda cold pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

### Day 12

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Braniac Green Juice</b> Spinach, Cucumber, lemon, ginger, parsley.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Sprulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow cold pressed juice</b> cucumber, apple, ginger, mint, and lemon juice.

<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed juice</b> Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Afterparty Juice</b> beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, lemon, ginger, parsley.

## Day 13

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Spinach Kale cold pressed</b> Spinach, Parsley, kale, lemon, apple, cucumbers.
<b>Breakfast</b>	<b>Boss Tonic Probiotic Cold Pressed Juice</b> Ginger, Turmeric, Lemon, Tangerine Oil, Coconut Nectar, Vegan Probiotic.
<b>Lunch</b>	<b>Millet and Quinoa Paella</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.
<b>Snack</b>	<b>Golden Life Kombucha</b> to boost the intestinal health and aid in digestion.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Soothing Gut healing Soup</b> Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 14

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>High Protein Mean Green Smoothie</b> cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
<b>Lunch</b>	<b>Butternut Squash soup</b> Butternut Squash, onion, carrot, black pepper, bay leaf, salt, water.
<b>Lunch</b>	<b>Miso Bowl</b> Soba noodles, miso paste, broccoli, baby spinach, radish.
<b>Snack</b>	<b>Dynamo Green Cold Pressed Juice</b> Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 15

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>High Protein Mean Green Smoothie</b> cucumber, celery, apples, lemon, banana, leaves kale (Tuscan cabbage), CollagenGreen, green banana flour and flax seeds.
<b>Lunch</b>	<b>Tempeh Rendang Curry with almond bread</b> Rendang sauce, mixed rice, butternut squash, tempeh, peas.
<b>Snack</b>	<b>Gravity Glow Cold Pressed Juice</b> Cucumbers, Mint, Lemon, Apple and Apple Cider.

<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Harissa Tofu and lentil stew</b> lentils, tofu, and spinach.

## Day 16

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Gluten Free bread with Tofu Shakshuka</b> tofu, plant milk, butter, turmeric, Himalayan black salt black pepper, salt, onion granules, pinch sea salt.
<b>Lunch</b>	<b>Super charged Satay</b> Hard Tofu, Black rice, Edamame, Peanut butter, Tahini, Sesame seeds, Coconut.
<b>Snack</b>	<b>Dynamo Green Cold Pressed Juice</b> Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Soothing Gut healing Soup</b> Red lentils, Sweet potato, spinach, carrot, bell pepper, cashews, onions, ginger.

## Day 17

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Chai Infused Quinoa Porridge</b> almonds, walnuts, Pecans, Sunflower seeds, Pumpkin seeds, Cashews, Cinnamon, Ginger, Cardamom.
<b>Lunch</b>	<b>Sweet Potato Buddha Bowl</b> Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
<b>Lunch</b>	<b>Quinoa Roasted Veggie salad</b> Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale, Tempeh. Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper.
<b>Snack</b>	<b>Karma Ayurveda Cold Pressed Juice</b> Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Healing Turmeric Soup</b> Zucchini, Onions, Carrots, lentils, Turmeric Root, Coconut Milk, Barley, Ground Cumin, Ground Turmeric, Pepper.

## Day 18

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>High protein Oatmeal porridge</b> oats, almond milk, maple syrup, salt and water.
<b>Lunch</b>	<b>Beetroot and Pearl barley Risotto</b> Beetroot, pearl barley, lemon, chives, sunflower seeds. stock, celery.
<b>Snack</b>	<b>Pure Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Romesco soup with chickpeas</b> Red bell peppers, almonds, almond milk, ginger, tomatoes, vinegar, harissa, paprika, black pepper, salt, chickpeas.

## Day 19

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
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<b>Breakfast</b>	<b>Tempeh Korma Wrap</b> organic tempeh, cauliflower florets, spinach, Zucchini cubes, ginger, garlic, Turmeric, coriander, cumin, garam masala, coconut milk, cashew paste.
<b>Lunch</b>	<b>White Eyed Bean Stew Protein Bowl</b> White Eyed Beans, Quinoa, Green beans, Raw Carrots and Capsicums.
<b>Lunch</b>	<b>Kale and Walnut salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Kapha Ayurveda Cold Pressed Juice</b> Acai, Blueberry, Raspberry, Cucumber, Spinach, Kale, Raw organic honey and Home made Apple Cider.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tofu and Spinach Soup</b> Spinach, Onions, Tomatoes, Tofu, ginger, coconut milk, almond milk.

## Day 20

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Harissa Tofu and lentil Stew</b> lentils, tofu, and spinach and Kale Tabouleh salad.
<b>Snack</b>	<b>Karma Ayurveda Cold Pressed Juice</b> Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Roasted Swede Soup</b> Roasted swede, carrots, onion, clove, nutmeg, thyme, paprika, black pepper, salt, creatine.

## Day 21-34 The Burn.

### Day 21

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Karma Ayurveda cold pressed Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
<b>11am</b>	<b>Bhakti Ayurveda cold pressed juice</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pine apple, mint, apple, Brain tonic with (Added Triphala).
<b>1pm</b>	<b>Dnyan Ayurveda cold pressed juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey with (Added Turmeric Limestone).
<b>3pm</b>	<b>Vatta Ayurveda cold pressed juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Kapha Ayurveda cold pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

### Day 22

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
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<b>9:15am</b>	<b>Braniac Green Juice</b> Spinach, Cucumber, lemon, ginger, parsley.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Sprulina, Milk thistle, agave.
<b>1pm</b>	<b>Gravity Glow cold pressed juice</b> cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed juice</b> Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Afterparty Juice</b> beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, lemon, ginger, parsley.

## Day 23

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Karma Ayurveda cold pressed Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
<b>11am</b>	<b>Bhakti Ayurveda cold pressed juice</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pine apple, mint, apple, Brain tonic with (Added Triphala).
<b>1pm</b>	<b>Dnyan Ayurveda cold pressed juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey with (Added Turmeric Limestone).
<b>3pm</b>	<b>Vatta Ayurveda cold pressed juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Kapha Ayurveda cold pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 24

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Black Lentil Stew</b> black lentils, tomatoes, onions, peppers, carrots, and a blend of dried herbs, ginger.
<b>Lunch</b>	<b>Vermicelli Vegan Bowl</b> Tofu, vermicelli noodles, carrot, red bell pepper, fresh herbs: cilantro, mint, thai basil, roasted peanuts.
<b>Snack</b>	<b>Beet-a-licious - Liver tonic cold pressed juice</b> Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Creamy Asparagus and Pea Soup</b> asparagus, peas, ginger, onions, Salt, Pepper, Almond milk. vegetable broth.

## Day 25

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
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<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Alkaline Dhal</b> Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
<b>Lunch</b>	<b>Romesco Soup with Smashed Chickpeas</b> red bell peppers, raw almonds, vegetable broth, paprika, sea salt and black pepper, chickpeas.
<b>Snack</b>	<b>After Party cold pressed juice</b> Beet, Carrot, Lemon, Ginger, Apple.
<b>Snack</b>	<b>Visceral Fat shot</b> Honey, Orange, Cayenne, Sea salt, Black pepper, Apple cider.
<b>Dinner</b>	<b>West African Peanut Stew Bowl</b> beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

## Day 26

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>High Protein Alkaline Power Smoothie</b> turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.
<b>Lunch</b>	<b>Black eyed pea and Tomato Stew</b> Black eyed peas, tomato puree, fennel, onions, black pepper and rosemary.
<b>Lunch</b>	<b>Butternut Squash Soup</b> Butternut Squash, Onion, Carrot, Black Pepper, Bay Leaf, Salt, Water.
<b>Snack</b>	<b>Vatta Ayurveda Cold Pressed Juice</b> Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Red Lentil soup</b> Red lentils, onion, ginger, ginger powder, vegetable broth, tomatoes, lemon.

## Day 27

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Red Kidney Bean Stew</b> Kidney beans, onions, tomatoes, coconut milk, ginger, spice mix.
<b>Lunch</b>	<b>Pumpkin Coconut Soup</b> Pumpkin, Red Onion, Coconut Milk, Olive Oil, Red Pepper Flakes, Cinnamon, Sea Salt, Nutmeg.
<b>Snack</b>	<b>Beet-a-licious - Liver tonic cold pressed juice</b> Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tempeh Rendang Bowl</b> tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers.

## Day 28

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.

<b>Lunch</b>	<b>Red Lentil Stew</b> Red lentils, onion, ginger, ginger powder, vegetable broth, tomatoes, lemon.
<b>Lunch</b>	<b>Mezze Bowl</b> quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
<b>Snack</b>	<b>After Party cold pressed juice</b> Beet, Carrot, Lemon, Ginger, Apple.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Tofu and Veggie Noodle Bowl</b> Tofu and Veggie noodles, chickpeas, edamame, spinach with same sauce as Chilli sauce.

## Day 29

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Quinoa and Black Rice Roasted Veggie salad</b> Quinoa, Black Rice, Red Capsicum, Sweet Potato, Parsley, Edamame, Kale. Tempeh Dressing - Cashews, Shallot, Vinegar, Mustard, Agave, Salt, Water, Pepper.
<b>Lunch</b>	<b>Tomato Gazpacho soup</b> tomatoes, celery, Green pepper, apple cider vinegar, green onions, cumin, sea salt, pepper, Cucumber.
<b>Snack</b>	<b>Vatta Ayurveda cold pressed juice</b> Carrot, cherries, Lime, filtered water, Beetroot and Newly added Psyllum Husk.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Sweet Potato Detox Soup</b> red lentils, sweet potatoes, carrots, olive oil, coconut milk, lemon, ginger, chilli powder, cumin powder, turmeric powder, salt, and pepper.

## Day 30

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Chickpea Stew</b> chickpeas, tomatoes, onions, peppers, carrots, and a blend of dried herbs.
<b>Lunch</b>	<b>Kale and Walnut Salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Beet-a-licious - Liver tonic cold pressed juice</b> Ginger, beets, grapefruit, apples, Cucumbers, Lemons, Oranges, Ashwagandha.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Carrot Ginger Soup</b> Carrots, Coconut Milk, Onion, Ginger, Lemon, Olive Oil, Cumin, Sea Salt and Black Pepper.

## Day 31

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Braniac Green Juice</b> Spinach, Cucumber, lemon, ginger, parsley.
<b>11am</b>	<b>Detox Tonic Lemonade Cold Pressed Juice</b> Lemon, Blue Sprulina, Milk thistle, agave.

<b>1pm</b>	<b>Gravity Glow cold pressed juice</b> cucumber, apple, ginger, mint, and lemon juice.
<b>3pm</b>	<b>Butternut Squash Orange Lemon Cold Pressed juice</b> Butternut Squash, Orange, Beetroot, lemon, lemon, spinach, parsley.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Afterparty Juice</b> beet root, carrot, ginger, apple and lemon.
<b>7pm</b>	<b>Cold Crusher Cold Pressed Juice</b> Carrots, Orange, lemon, ginger, parsley.

## Day 32

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>9:15am</b>	<b>Karma Ayurveda cold pressed Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
<b>11am</b>	<b>Bhakti Ayurveda cold pressed juice</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pine apple, mint, apple, Brain tonic with (Added Triphala).
<b>1pm</b>	<b>Dnyan Ayurveda cold pressed juice</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey with (Added Turmeric Limestone).
<b>3pm</b>	<b>Vatta Ayurveda cold pressed juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>3:15pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>5pm</b>	<b>Kapha Ayurveda cold pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.
<b>7pm</b>	<b>Green Juice - Braniac - Slender Green</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.

## Day 33

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>West African Stew Bowl</b> beans, quinoa, carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.
<b>Lunch</b>	<b>Kale Walnut salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Braniac Green Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Broccoli Detox Soup</b> broccoli, celery root, onions, beet greens, carrots, sea salt, chia seeds, lemon juice, spinach.

## Day 34

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.

<b>Lunch</b>	<b>Butternut Squash Soup</b> Butternut, Onions, Carrots, black pepper, salt, water.
<b>Lunch</b>	<b>Sweet Potato Buddha Bowl</b> Shallots, Black Beluga Lentils, Red Bell Pepper, Vegan Butter, water, sea salt, sunflower lecithin, tocopherols, Golden Raisins, Mushrooms, Parsley, Salt, Black Pepper.
<b>Snack</b>	<b>Kombucha - Tropical Kombucha</b> made with Tropical ingredients and live scoby.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Leek and Celery Soup</b> Leeks, Celery Root, Lemon, Onions, Olive Oil.

## Day 35 - Day 40 The Lock - In

### Day 35

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Cauliflower Potato Chowder</b> Cauliflower, Potatoes, Onions, Celery, Curry Powder, Rosemary, Black Pepper, Coconut Milk, Lemon. Mezze Bowl - quinoa, sweet potato, chickpea, rocket leaves, bell pepper, dill leaves.
<b>Snack</b>	<b>Bhakti Ayurveda Cold pressed juice added electrolytes</b> Alovera, Coconut Water, Cucumbers, Apple, Pineapple, Mint, Brain Tonic, Lemon with added Triphala.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Lentil me entertain soup</b> Red lentils, Carrots, Spring onions, carrots, cumin.

### Day 36

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.
<b>Lunch</b>	<b>Alkaline Dhal</b> Turmeric, ginger, tomato. lentils, coriander, black pepper and salt.
<b>Lunch</b>	<b>Tempeh Rendang Bowl</b> tempeh, rendang sauce with Edamame, Sauted Spinach and Green Bell Peppers.
<b>Snack</b>	<b>Karma Ayurveda Cold Pressed Juice</b> Chia Seeds, Blueberry, Pineapple, Strawberry, Spinach, Pure Alovera, Indian Gooseberry. Newly added Tulsi and Neem.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Penne with Mung Bolognese sauce</b> Mirepoix, Red pepper flakes, bell pepper, Lentils, Vegan wine, San Marzano tomatoes, Broth, basil and/or parsley, Fusilli.

### Day 37

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Visceral Fat Burn Smoothie</b> Spinach, Plant Protein, AlmondMylk, Green Banana Flour, Collagen, Blue Berries, Broccoli, MCT oil, Vanilla, Blue or Green Spirulina.

<b>Lunch</b>	<b>Millet Paella</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.
<b>Lunch</b>	<b>Kale and Walnut salad</b> Kale, Pumpkin Seeds, Walnuts, Raisins, Almonds, Carrot. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Snack</b>	<b>Braniac Cold Pressed Juice</b> Spinach, Cucumber, Parsley, Lemon, Apple, Celery.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Harissa Tofu and lentil stew</b> lentils, tofu, and spinach.

## Day 38

<b>9am</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>11am</b>	<b>Karma Ayurveda Cold Pressed Juice (Added Holy basil and Neem)</b> Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.
<b>11am</b>	<b>Bhakti Ayurveda Cold Pressed Juice (Added Triphala)</b> Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.
<b>1pm</b>	<b>Dnyan Ayurveda Cold Pressed Juice (Added Turmeric Limestone)</b> Lemon, Filtered water, Activated charcoal, Raw Organic honey.
<b>3pm</b>	<b>Vatta Ayurveda Cold Pressed Juice (to balance the Vatta Dosha)</b> Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.
<b>3pm</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>7pm</b>	<b>Kapha Ayurveda Cold Pressed Juice (to balance Kapha Dosha)</b> Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider.

## Day 39

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Gluten Free bread with Chickpea Shakshuka</b> Chickpeas, tomatoes, capsicum, nutritional yeast and tofu.
<b>Lunch</b>	<b>Quinoa and Pomegranate Salad</b> Quinoa, Pomegranate, Red radish, Cashews, Chives Parsley, Coriander, Chickpeas, Mesculin. Dressing - Lemon Olive Oil {Agave, Lemon, Salt, Water, Pepper}.
<b>Lunch</b>	<b>Kale fornia Soup</b> Kale, Potatoes, Onions, Leeks, Salt, Pepper.
<b>Snack</b>	<b>Boss Tonic Vegan Probiotic Cold Pressed Juice</b> Vegan Probiotics, ginger, turmeric, lemon, coconut nectar.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Carrot Coriander Soup</b> Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.

## Day 40

<b>Pre Breakfast</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Breakfast</b>	<b>Chickpea Shakshuka Wrap</b> Quinoa, Edamame. spinach.
<b>Lunch</b>	<b>West African Peanut Stew Bowl</b> beans, quinoa, Carrots. Lemon, peanuts, cilantro, sweet potatoes, vegetable broth, lemons, quinoa, salt and pepper.

<b>Lunch</b>	<b>Sprouting Broccoli Salad</b> Broccoli, Almonds, Edamame, Baby Spinach, Red Capsicum, Raisins. Dressing - Agave Mustard {Agave, Mustard, Olive Oil, Vinegar, Salt}.
<b>Snack</b>	<b>Dynamo Green Cold Pressed Juice</b> Spinach, Parsley, Celery, Kale, Apple, Lemon, Dandelion greens.
<b>Snack</b>	<b>Visceral Fat Burn Shot</b> Apple Cider, Monk fruit, Orange, Cayenne, Sea salt, Black pepper.
<b>Dinner</b>	<b>Sweet Potato Nacho soup</b> Sweet potatoes, red capsicums, cloves, pepper, cayenne, oregano, tomato paste, parsley leaves, lemon juice.

*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.*