

MENU, MACROS & INFORMATION

PALEO

DAY 1 (GF, DF)

B: Sweet Potato Hash Brown with Smashed Avocado, Scrambled Eggs, Cherry Tomatoes topped with Herbs & Seeds

Cal 630, P 24g, C 54g, Fiber 12,6g, F 34,3g

L: Green Soup & Paleo Seed Cracker

Cal 438, P 18.6, F 19.6, C 55.8

D: Grilled Salmon in Crushed Cashews & Sesame Seeds with Roasted Pumpkin Cubes and Pumpkin Pesto

Cal 479, P 32,3g, C 16,1g, Fiber 2g, F 33g

DAY 2 (GF, DF)

B: Spinach Omelette filled with Cherry Tomatoes, Onion & topped with Parsley

Cal 194 P 17, 3g, C 10g, Fiber 4,3g, F 9,6g

L: Grilled Tuna with Tomato Relish, Mixed Green Salad topped, Roasted Seeds & Italian Dressing

Cal 312,5, P 49,2g, C 14,84g, fiber 1,7g, F 10,1g

D: Almond - Tarragon Chicken with Mango - Avocado Salad

Cal 548,1, P 61,2g, C 24,1g, Fiber 9,2g, F 24,1g

DAY 3 (GF, DF)

B: Banana - Coconut Bread

Cal 480,3 P 11,2 g, C 34,6g, F 35,9g

L: Tropical Chicken Salad with Paleo Ranch Dressing

Cal 710,1, P 55,4g, C 36,6 g, Fiber 10,3 g, F 39,9g

D: Magic Soup with Beef Patty & Seed Cracker

Cal 595,5, P 30,8g, C 61,6 g, F 29,5 g

DAY 4 (GF, DF)

B: Kale Omelette filled with Mushrooms & topped with Herbs

Cal 224, P 15,8g, C 8,2g, Fiber 3g, F 14,6g

L: Chicken Stripes with Lemon, Garlic, Cauliflower Rice, Spinach with Fresh Herbs & Lime Slices

Cal 507,5, P 58g, C 28,5g, Fiber 10,1g, F 19,9g

D: Grilled Salmon on Roasted Vegetables & Lemon

Cal 362,5, P 27,9g, C 34,5g, Fiber 6,2g, F 7,9g

DAY 5 (GF, DF)

B: Egg white Omelette filled with English Spinach, Tomato Relish topped with Parsley

Cal 132 P 19,4g, C 15,46g, F 4,06g

L: Zoodles with Cherry Tomatoes, Cashew Nuts,

Coriander, Lime with Olive Oil, Lemon & Mahi Mahi

Cal 394, P 39,1g, C 14,8g, Fiber 4,2g, F 20,7g

D: Vegetable Pad Thai with Chicken, Roasted Almonds & Red Pepper Sauce

Cal 700, P 56,40 g, C 27,8g, Fiber 11,8g, F 41,70g

DAY 6 (GF, DF)

B: Chia Seed - Coconut Pudding with

Cinnamon-Apple & Roasted Walnuts

Cal 934,8 P 4,8g, C 43,4g, F 48,1g

L: Mixed Green Vegetables with Poached Egg & 1 Slice Keto Bread

Cal 300,8, P 16,6, C 20,4g, F 16,8 g

D: Mashed Sweet Potato with Sautéed Spinach, Onion, Broccoli & Sliced Avocado

Cal 317,6, P 11g, C 48,9g, F 11,8g

KETOGENIC

DAY 1 (GF, DF)

B: Chia Seed - Coconut Pudding topped with Crushed Cacao Beans, Slivered Almonds & Cinnamon
Cal 619, P 13,6g, Net carbs 8g, Fat 54,1g

L: Bacon – Ham Salad with Pesto
Cal 812,7, P 40,4g, Net carbs 10,7g, F 65,8g

D: Salmon Fillet with Zoodles, Pesto & Slivered Almonds
Cal 540, P 39g, C 5,9, F 38,6g

DAY 2 (GF)

B: Omelette filled with Spinach, Feta, Sour Cream & 1 Slice of Stone Age Bread
Cal 664,7, P 27,6g, C 3,9g, F 55g

L: Green Keto Soup topped with Coconut Cream & Pumpkin Seeds
Cal 432, P 10,2g, Net carbs 8,2g, F 40,6g

D: Chicken Breast filled with Peanut Butter, Sautéed Spinach & Broccoli topped with Avocado Slices
Cal 702,5g, P 58,4g, Net carbs 9,6g, F 43,5g

DAY 3 (GF, DF)

B: Keto Choco Coffee Mousse
Cal 409,4, P 11,3g, C 4,9g, F 33,6g

L: Smoked Salmon Salad with Boiled Egg, Avocado, Olive Oil, & Lemon
Cal 613,7, P 24,8g, Net carbs 7,8g, F 50,3g

D: Tuna Fillet with Asparagus, Broccoli cooked in Sesame Oil topped with Sesame Seeds & Coriander
Cal 535, P 42,8g, Net carbs 8,7g, F 34,3g

DAY 4 (GF)

B: 2 Scrambled Eggs with Smoked Salmon, Sautéed English Spinach & 1 Slice Stone Age Bread
Cal 548,7, P 30,1g, Net carbs 3,7g, F 41,5g

L: Beef – Bacon Salad topped with Sour Cream
Cal 689,4, P 43,6g, Net carbs 5,8g, F 51,5g

D: Green Keto Soup topped with Coconut Cream & 1 Slice Keto Bread
Cal 432, P 10,2g, Net carbs 8,2g, F 40,6g

DAY 5 (GF)

B: Chia seed - Coconut Pudding topped with Peanut Butter, Slivered Almonds
Cal 638, P 15g, Net carbs 8g, F 58,2g

L: Tarragon - Chicken Salad with Walnuts & Sour Cream
Cal 539,5, P 35,3g, Net carbs 6,3g, F 39,8g

D: Zoodles with Cherry Tomato, Olives, Shredded Chicken & Pesto
Cal 538,5g, P 35,9g, Net carbs 8,2g, F 38,6g

DAY 6 (GF)

B: Minced Beef skillet with Cheddar Cheese & Spinach
Cal 540, P 32,9, Net carbs 2,6g, F 43,7g

L: Beef - Bacon Salad with Paleo Ranch Dressing
Cal 725,9, P 43,7g, Net carbs 8g, F 54,2g

D: Green Keto Soup topped with Coconut Cream & Pumpkin Seeds
Cal 432, P 10,2g, Net carbs 8,2g, F 40,6g

SHREDDING

DAY 1 (GF, DF)

B: Egg white Omelette filled with English Spinach,
Salmon topped with Herbs & Seeds
Cal 183,4g, P 26g, C 2,1g, Fiber 0,7g, F 7,2g

L: Chia Seed - Coconut Pudding topped with Roasted
Almonds, Cinnamon + Boiled Egg
Cal 705, P 11,3g, C 11,6g, F 40,8g

D: Sautéed Broccoli with Chicken Stripes topped with
Slivered Almonds
Cal 483,6, P 62,8g, C 14,2g, F 11,6g

DAY 2 (GF, DF)

B: Scrambled Tofu with Spinach, Sliced Avocado
Cal 336, P 17,1g, C 14,7g, F 25,5g

L: Chia Seed - Coconut Pudding topped with 5 Spices,
Roasted Mixed Nuts + Boiled Egg
Cal 705, P 11,3g, C 11,6g, F 40,8g

D: Zoodles Mixed with Peas, Shredded Chicken
& Fresh Basil
Cal 430, P 61,7g, C 16,2g, F 11,8g

DAY 3 (GF, DF)

B: Egg white Omelette filled with English Spinach,
Mushrooms, Herbs & Seeds
Cal 174 P 19,4g, C 15,46g, F 8,6g

L: Chia Seed - Coconut Pudding topped with Raw Cacao,
Cashews + Boiled egg
Cal 626, P 10,5g, c 13,1g, F 39,9g

D: Sautéed Spinach with Salmon fillet topped with Walnuts
Cal 399, P 33,8g, C 6,6g, F 26,5g

DAY 4 (GF, DF)

B: Egg white Omelette filled with Mixed Crushed
Seeds & Nuts
Cal 261, P 17,2g, C 6g, F 19,4g

L: Chia Seed - Coconut Pudding topped
with Goji Berries, Walnuts + Boiled Egg
Cal 713, P 10,1g, C 10,7g, F 43,1g

D: Tuna fillet with Green Beans & Tomato Relish
Cal 361, P 49,8g, C 17,5g, F 14,2g

DAY 5 (GF, DF)

B: Egg white Omelette filled with English Spinach,
Mushrooms, Herbs & Seeds
Cal 174 P 19,4g, C 15,46g, F 8,6g

L: Chia Seed - Coconut Pudding topped with Nuts,
Seeds + Boiled Egg
Cal 705, P 11,3g, C 11,6g, F 40,8g

D: Green Vegetables with Chicken Stripes
topped with Seeds
Cal 471, P 74,9g, C 19,4g, F 16,5g

DAY 6 (GF, DF)

B: Egg White Omelette filled with Spinach,
Cherry Tomato, Pesto
Cal 291,3g, P 12,5g, C 6,6g, F 23,6g

L: Chia seed - Coconut Pudding topped with Cinnamon,
Roasted Walnuts, Sunflower Seeds + Boiled Egg
Cal 713, P 10,1g, C 10,7g, F 43,1g

D: Sautéed Spinach with Beef Patty and Tahini Sauce
Cal 492,2, P 26g, C 28g, F 33,1g

GAINER

DAY 1 (GF)

B: 4 Scrambled Eggs with Spinach, Mushrooms, Hummus, Feta Cheese & Sweet Potato Cubes
Cal 681, P 42g, C 43,4 g, Fiber 10,7g, F 38,3g

L: Smoked Salmon Salad with 2 Poached Eggs, Walnuts, Avocado Slices, Vinaigrette & 2 Slices Fitness Bread
Cal 857,1, P 43,9g, C 37,5g, F 62,8g

D: Beef Patty with Red Rice & Green Vegetable Wok topped with Seeds, Herbs & Tahini Dressing
Cal 743,2, P 31,7g, C 67g, F 42,7g

DAY 2

B: Omelette filled with English Spinach, Smoked Salmon topped with Fresh Herbs, Seeds, & Pumpkin Cubes, Feta Cheese, Avocado Slices & 1 Slice Stone Age Bread
Cal 959, P 49g C 26,8g, F 72,6g

L: Baked Sweet Potato with Broccoli Mixed with Roasted Almonds & Grilled Salmon fillet with Tomato Relish, Herbs
Cal 485,5 P 39g, C 51g, F 20,3g

D: Tabbouleh with Grilled Chicken Breast with Roasted Sesame Seeds, Yogurt Dressing
Cal 753,5 P 72,1g, C 43,7g, F 34,9g

DAY 3 (GF)

B: Sweet Potato Hash Brown & Mashed Avocado, 3 Scrambled Eggs & Bacon
Cal 961, P 49,6g, C 50,7g, Fiber 11,2g, F 60,2g

L: Chicken Breast filled with Dates, Feta Cheese & Colorful Vegetables, Quinoa topped with Walnuts & Ranch Dressing
Cal 811,9 P 71,5g C 70,7g, F 29,5g

D: Salmon Brown Rice Wok & Stir Fried Vegetables with Paleo Ranch Dressing & Colorful Salad topped with Seeds
Cal 631,6, P 49,5g, C 57,1g, F 28g

DAY 4 (GF)

B: Homemade Vanilla Granola with Apple Sauce & Yogurt
Cal 548 P 17,6g, C 63,6g, F 27,7g

L: Tropical White Fish Salad & Natural Rice with Yoghurt Dressing
Cal 772,6, P 56,7g, Carbs 59,6g, F 36g

D: Chicken Breast filled, Tomato Relish, Colorful Vegetable Noodles, Pasta, Peas & Pesto
Cal 925,3, P 69,4g, C 97,9g, 31,7g

DAY 5 (GF, DF)

B: Gainer Protein Shake
Cal 945,4, P 46,8g, C 121,6g, F 32,8g

L: Chicken Stripes & Natural Rice Mixed with Zoodles, Pesto, Almonds, Green Peas, Stir Fried Basil & Cherry Tomatoes
Cal 846,2, P 75,4g, C 53,4g, F 33,2g

D: Chicken Curry with Brown Rice and Stir Fried Vegetables topped with Sliced Avocado, Seeds & Basil
Cal 836l, P 33,1g, C 66,4g, F 46,6g

DAY 6 (GF, DF)

B: Lentil Patty on a bed of English Spinach topped with Avocado Slices, Hummus, roasted Walnuts, Boiled Eggs & Grilled Bacon topped with Herbs
Cal 1042,6, P 50,2g, C 55,9g, F 77,2g

L: Pasta Mixed with Cherry Tomato, Spinach, Olive Oil, Garlic & Smoked Salmon
Cal 522, P 20,5g, C 70,1g, F 17,6g

D: Quinoa - Tahini & Colorful Vegetable Wok with Beef Patty & Ranch Dressing
Cal 629, P 32g, C 63,6g, 32,5g

ALKALINE

DAY 1 (GF, V)

B: Tropical Fruit Salad

Cal 138,2, P 2,3g, C 34,1g, F 0,8g

L: Big Green Salad with Green Beans, Broccoli & Tahini Sauce

Cal 366,3, P 12,4g, C 35,3g, F 23,1g

D: Magic Soup & marinated Coconut Tempeh Slices topped with Herbs & Seeds

Cal 488,1, P 33,2g, C 52,5g, F 20,9g

DAY 2 (GF, V)

B: Coconut Yoghurt with Blueberries, topped with Pumpkin Seeds & Peppermint Leaves

Cal 477, P 9,4g, C 49,1g, F 25,4g

L: Green Buddha Bowl made with Asparagus, Broccoli, Rocket, Avocado, Peas, Cucumber, Green Apple & Zoodles with Tahini Dressing

Cal 366,3, P 12,4g, C 35,3g, F 23,1g

D: Colorful Vegetable Wok with Slivered Almonds, Hemp Seeds & Cashew Nuts

Cal 285, P 7,3g, C 21,3g, F 20,6g

DAY 3 (GF, V)

B: Green Smoothie made with Almond Milk

Cal 169,8, P 7 g, C 17,3 g, F 9,7 g

L: Broccoli - Avocado Salad with Tahini Dressing, Roasted Almonds

Cal 306, P 9,8g, C 29,8g, Fiber 10,8g, F 19,4g

D: Pumpkin Soup topped with Parsley, Pumpkin Seeds & Pumpkin Oil

Cal 432,6, P 14,3g, C 68,2g, F 21,9g

DAY 4 (GF, V)

B: Winter style Fruit Salad

Cal 186,4 P6,4 g, C 32,6 g, F 6,9 g

L: Tropical Vegan Salad with Vinaigrette

Cal 564, P 29,3 g, Carbs 45,8 g, Fiber 13,2 g, F 35,2 g

D: Magic Soup topped with Herbs & Seeds

Cal 268,1, P 10,8g, C 43,7g, F 8,1g

DAY 5 (GF, V)

B: Blueberry Smoothie made with Almond Milk

Cal 181, P 4,4 g, C 21,7 g, F 9,4 g

L: Lentil Patty with Sautéed Kale & Hummus

Cal 298, P 19,9g, C 44,1g, F 14,3 g

D: Green Soup topped with Herbs & Seeds

Cal 312, C 52, P 13,5, F 8,5

DAY 6 (GF, V)

B: Coconut Yoghurt with Blueberries, Mixed Seeds & Peppermint Leaves

Cal 477, P 9,4g, C 49,1g, F 25,4g

L: Zoodles mixed with English Spinach, Broccoli, Green Peas & Pesto topped with Seeds

Cal 457,8 P 25,2g, C 40,4g, F 21,9g

D: Miracle Soup & Broccoli

Cal 236,7 P 10,1g, C 52,7g, F 1,3g

PROTEIN

DAY 1 (GF, DF)

B: Egg white Omelette filled with Mushrooms, English Spinach, Avocado Slices
Cal 260, P 20,2g, C 12g, F 15,5g

L: Chicken Breast filled with English Spinach, Tomato Relish & Colorful Vegetables topped with Herbs & Seeds
Cal 401,5 P 56g, C 33,9g, F 10,4g

D: Grilled Salmon Fillet with Mushrooms, Broccoli & Lemon Slice
Cal 287,6 P 32,4g, C 11,3g, F 12,8g

DAY 2 (GF, DF)

B: Vegan Peanut Butter Protein Shake made with Almond Milk
Cal 332,2, P 32,4g, C 8,3g, F 19,8g

L: Zoodles mixed with Peas, shredded Chicken & Paleo Ranch Dressing
Cal 319,3, P 40,1g, C 29g, F 9,7g

D: Magic Soup & High Protein Omelette filled with Seeds & Herbs
Cal 338,1,1 P 21,4g C 42,6g F 10g

DAY 3 (GF, DF)

B: Egg white Omelette filled with English Spinach, Herbs & Tomato Relish
Cal 174 P 19,4g, C 15,46g, F 8,6g

L: Smoked Salmon Salad with Sliced Avocado, Boiled Egg, Roasted Walnuts, Herbs, Lemon & Italian Vinaigrette
Cal 319, P 15,1g, C 13,8g, Fiber 8,5g, F 25,2g

D: Lentil Patty with Green Vegetables topped with Paleo Ranch Dressing
Cal 299,8, P 17,5g, C 48,28g, F 14g

DAY 4 (GF, DF)

B: Coconut Yogurt topped with Blueberries, Goji Berries, crushed Cacao Beans & Pumpkin Seeds
Cal 541, P 11,4g, C 58,5g, F 27,7g

L: High Protein Omelette filled with Colorful Vegetables & Herbs
Cal 276, P 19,9g, C 5,9g, F 9,5g

D: Green Vegetables & Beef Patty with Tomato Relish
Cal 413,2, P 25,6g, C 45,7g, F 22,7g

DAY 5 (GF, DF)

B: Egg white Omelette filled with Tomato Relish, Mushrooms & Herbs
Cal 148, P 16,5g, C 11,06g, F 8,56g

L: Tropical Mahi Mahi Salad with Olive Oil & Lemon
Cal 597,6, P 46,3g, C 36,7g F 32,1g,

D: Edamame Soup & Seed Cracker
Cal 735,8, P 32,9g, C 48,1g, F 38,9g

DAY 6 (GF, DF)

B: Mocha Protein Shake made with Almond Milk
Cal 486,4, P 33,8g, C 35g, F 28g

L: Quinoa with Mixed Vegetables & Paleo Ranch Dressing
Cal 248,8, P 8,9g, C 40,08g, F 8,6g

D: Moroccan Stew & 1 slice Hemp Bread
Cal 610,7, P 24,6g, C 102,3g, F 13g

VEGAN PROTEIN

DAY 1 (GF, V)

B: Chia Seed - Coconut Pudding with Nuts & Seeds
Cal 630, P 4,7g, C 11,4g, F 36g

L: Lentil Soup with Fresh Coriander & Seed Cracker
Cal 609,7, P 34g, C 71,3g, F 15,7g

D: Colorful Vegetables topped with Lentil Patty & Hemp Seeds
Cal 331, P 21,2g, C 51,7g, F 14,3g

DAY 2 (GF, V)

B: Coconut Yogurt with Cinnamon, Roasted Walnuts & Almonds
Cal 397, P 12,2 g, C 34,4 g, F 23,9g

L: Vegan Tropical Salad with Organic Tempeh, Avocado, Seeds, Lemon & Olive Oil
Cal 636,5, P 29,3 g, Carbs 45,8 g, F 44,2 g

D: Green Vegetables with Scrambled Curried Tofu topped, Fresh Basil & Seeds
Cal 330, P 19,9g, C 25g, F 20,2g

DAY 3 (GF, V)

B: Chia Seed - Coconut Pudding with Homemade Mango Mousse, Pumpkin Seeds
Cal 689, P 6,8g, C 25,4g, F 36,2g

L: Avocado and Tomato Salad, Fresh Basil, Roasted Sunflower Seeds & Roasted Chickpeas
Cal 485, P 13g, C 38,8g, F 33,6g

D: Miracle Soup & Quinoa, Broccoli
Cal 347,7, P 14,2g, C 72,7g, F 3,9g

DAY 4 (GF, V)

B: Coconut Yogurt with Blueberries & Roasted Walnuts
Cal 413, P 11,8 g, C 33,8 g, F 25,1g

L: Colorful Vegetables with Curried Tofu, Spirulina, Sesame seeds
Cal 330, P 19,9g, C 25g, fiber 11,3g, F 20,2g

D: Magic Soup & Green Vegetables, Roasted Seeds
Cal 380, P 15,6g, C 66,2g, F 9,9g

DAY 5 (GF, V)

B: Chia Seed - Coconut Pudding with Cinnamon-Apple & Roasted Almonds
Cal 698, P 4,8g, C 28,9g, F 36,2g

L: Vegan Tropical Salad with Organic Tempeh, Avocado, Seeds, Lemon & Olive Oil
Cal 636,5, P 29,3 g, Carbs 45,8 g, F 44,2 g

D: Chickpea Curry with Quinoa & Broccoli
Cal 560,3, P 26,7 g, C 107,1g, F 7,6 g

DAY 6 (GF, V)

B: Coconut Yogurt with Cinnamon, Roasted Walnuts & Sunflower Seeds
Cal 403, P 11,7g, C 33,8g, F 25,1g

L: Edamame Soup & 1 Slice Hemp Bread
Cal 917,6 , P 37,6g, C 86,2g, F 38,3g

D: Colorful Vegetables with Tempeh cooked in Coconut Water & Tomato Relish
Cal 346, P 28,6g, C 32,8g, F 22,3g

CANDIDA

DAY 1 (GF, DF)

B: Chia Seed Pudding made with Coconut Milk, topped with Almonds & Turmeric
Cal 606, P 12,5g, C 16g, Fiber 11,6g, F 58g

L: Steamed Broccoli with 2 Poached Eggs & Quinoa, Fresh Coriander, Olive Oil & Lemon Dressing
Cal 574,6, P 33,2g, C 33, 5g, F 35,8g

D: Avocado, Cucumber, Tomato Salad topped with Sunflowers Seeds & Ranch Dressing & 1 Slice Keto Bread
Cal 433, C 19,6g P 17,2g, F 32,2g

DAY 2 (GF, DF)

B: Plain Omelette with English Spinach, Fresh Parsley
Cal 366, P 19,4g, Fiber 2,1g, C 5,1g, F 29,7g

L: Zucchini Noodles with Chicken & Natural Rice, Olive Oil & Lemon Dressing
Cal 561,9, C 23,4g, Fiber 3,4g, P 51,3g, F 31g

D: Colorful Veggie Wok with Paleo Dressing & 1 Slice Keto Bread,
Cal 269,8g, C 24,4g, P 10g, F 16,6g

DAY 3 (GF, DF)

B: Chia Seed Pudding with Coconut Milk, topped with Walnuts & Cinnamon,
Cal 612.3, P 11g, C 15.2g, F 60g

L: Steamed Green Vegetables with Salmon Fillet, Quinoa, Fresh Herbs, Pumpkin Oil & Lemon Dressing
Cal 511, C 40,1g, P 37g, F 24,7g

D: Green Veggie Wok with Red Rice & Ranch Dressing
Cal 223g, C 42,8g, Fiber 10,2g, P 7,1g

DAY 4 (GF, DF)

B: Chia Seed Pudding made with Coconut Milk, topped with Almonds & Turmeric
Cal 606, P 12,5g, C 16g, Fiber 11,6g, F 58g

L: Steamed Broccoli with 2 Poached Eggs & Quinoa, Fresh Coriander, Olive Oil & Lemon Dressing
Cal 574,6, P 33,2g, C 33, 5g, F 35,8g

D: Avocado, Cucumber, Tomato Salad topped with Sunflowers Seeds & Ranch Dressing & 1 Slice Keto Bread
Cal 433, C 19,6g P 17,2g, F 32,2g

DAY 5 (GF, DF)

B: Plain Omelette with English Spinach, Fresh Parsley
Cal 366, P 19,4g, Fiber 2,1g, C 5,1g, F 29,7g

L: Zucchini Noodles with Chicken & Natural Rice, Olive Oil & Lemon Dressing
Cal 561,9, C 23,4g, Fiber 3,4g, P 51,3g, F 31g

D: Colorful Veggie Wok with Paleo Dressing & 1 Slice Keto Bread,
Cal 269,8g, C 24,4g, P 10g, F 16,6g

DAY 6 (GF, DF)

B: Chia Seed Pudding with Coconut Milk, topped with Walnuts & Cinnamon,
Cal 612.3, P 11g, C 15.2g, F 60g

L: Steamed Green Vegetables with Salmon Fillet, Quinoa, Fresh Herbs, Pumpkin Oil & Lemon Dressing
Cal 511, C 40,1g, P 37g, F 24,7g

D: Green Veggie Wok with Red Rice & Ranch Dressing
Cal 223g, C 42,8g, Fiber 10,2g, P 7,1g

BIKINI MODEL

1 DAY (NO OIL, SALT, ADDITIVES
BUT LOTS OF SPICES & HERBS, GF, DF)

Meal 1: 175g Eggs White Omelette,
100g Sweet Potato, Avocado Slices
Cal 245,5, P 16,9g, C 20,9g, F 11,1g

Meal 2: 175g Eggs White Omelette,
Mixed Green Vegetables
Cal 158, P 19,2g, C 20,4 g, F 1,06g

Meal 3: 120g Chicken Breast, 160g Broccoli
Cal 252,6, P 40,8g, C 11,2g, F 4,85g

Meal 4: 120g Mahi Mahi , 100g Sweet Potato Cubes
Cal 188,7, P 28,1, C 13,84 g, F 1,5g

Meal 5: 120g Chicken Breast, 100g Brown Rice
Cal 319,1, P 39,55g, C 25,5g, F 5,15g

JUICE DETOX

DAY 1

GENERAL HEALTH GREEN JUICE

Includes: 6 x 300ml Cleansing Juice, 1 x 300ml Aloe Vera
Juice, 1 x 300ml Turmeric Juice

DAY 2

COLON FLUSHING ORANGE JUICE

Includes: 6 x 300ml Cleansing Juice, 1 x 300ml Aloe Vera
Juice, 1 x 300ml Turmeric Juice

DAY 3

LIVER AND KIDNEY CLEANSING

DARK COLORED JUICE

Includes: 6 x 300ml Cleansing Juice, 1 x 300ml Aloe Vera
Juice, 1 x 300ml Turmeric Juice

FLUSH DETOX

1 DAY

PURE ELIXIR DETOX

Includes: 6 x 600ml Bottles of Pure Elixir + 1 x 600ml
Turmeric Boost + 1 x 600ml Coconut Water

SOUP DETOX

1 DAY

SOUP DETOX

Includes: 1 x Coconut Water, 4 x Vegetable Soups,
2 x Herbal Tea

SLIM BOOSTER DETOX

1 DAY

RICE, FRUITS & VEGGIES

Includes: 1 x Natural / Red Rice Box Mixed with Fruits, nuts,
Coconut & Dates 1 x Natural / Red Rice Box
Cal 1183, P 40,5g, C 229,7g, F 40g

JUICE DETOX

HOW IT WORKS?

Our juice detox, or juice fasting, involves the intake of raw vegetable- and fruit juices, coconut water, turmeric boost, herbal tea and water. A juice fast is considered an extreme form of detoxification because no solid food is consumed. There should be a gradual start into this detox as well as a slow return to solid foods. The benefit of juice fasting is that it gives your digestion system a break from working so hard to process a large meal. Therefore your body can concentrate and work rapidly on the detoxification.

This leads to feeling joyful and light, and keeps you slim and radiant. You will receive your daily package of fresh juices and drinks every morning, one delivery per day.

THE DAY BEFORE: Eat light, minimize animal products, eat more vegetables and fruits. Drink a lot of tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

DONT`S: Coffee, green/black tea, cigarettes, drugs and any other intake besides the advices below.

WHAT DO YOU GET?

This Juice detox contains 6 x 300ml bottles of cleansing Juices +1 x 300ml bottle Aloe Vera Juice + 1 x 300ml bottle Turmeric Boost.

The combination of ingredients will change 1st – 3rd juice day and for best results repeat these 3 days until 6 and recommended last day. 1st day you drink green juice for general health 2nd day you drink an orange colored juice which flushing your colon. 3rd day you drink a dark colored juice which flushing your liver and kidney's.

FIRST DAY: Early morning you have to do the Epsom salt flush. Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water. Drink the glass completely in one gulp, to be followed up with 4 glasses of lukewarm water straight afterwards. After about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared!

HOW TO DRINK OUR DETOX JUICES?

- You can drink sips from the bottles over the day or drink the juice by glass.
- The juice is very rich and you can mix them with water too if you like.
- Drink at least every 2 hours.
- Have your last glass of juice by 8pm; after 8pm just drink water.
- Drink plenty of water as well during the day.
- At least 2,5 liter per day.

DRINKING: Min. 3litre of water/day, plus the bottles you receive. If you like to drink more tea, e.g. peppermint, chamomile, rooibos or any herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins. Start best with tea in the morning - without sugar/honey or anything else! The Turmeric boost is best to drink between breakfast and lunchtime. The Coconut water is great to drink in the afternoon.

AFTER THE DETOX

The first 48hours after breaking the detox, follow a vegan diet (no animal products at all). NO ALCOHOL! You should stay low in animal products and dairy for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

EXERCISE:

It is good to stay active as this will boosts your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.

PURE ELIXIR DETOX

HOW IT WORKS?

Our Pure Elixir Detox, or juice fasting, involves the intake of a light but rich in nutrition green elixir, coconut water, turmeric boost, herbal tea and water.

A juice fast is considered an extreme form of detoxification because no solid food is consumed. There should be a gradual start into this detox as well as a slow return to solid foods. The benefit of juice fasting is that it gives your digestion system a break from working so hard to process a large meal. Therefore your body can concentrate and work rapidly on the detoxification. This leads to feeling joyful and light, and keeps you slim and radiant. You will receive your daily package of fresh juices and drinks every morning, one delivery per day.

THE DAY BEFORE: Eat light, minimize animal products, eat more vegetables and fruits. Drink a lot of tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

DONT`S: Coffee, green/black tea, cigarettes, drugs and any other intake besides the advice below.

WHAT DO YOU GET?

This Juice detox contains 6 x 600ml bottles of Detox Green Elixir + 1 x 600ml bottle Turmeric Boost + 1 x 600ml bottle Coconut Water.

The combination of ingredients (Ginger, Parsley, Cucumber, Lemon) are very healing and powerful. It's flushing your system but also curing it from bacteria and fungus. 3 days until 6 days are recommended and no longer as the ingredients are at the same time so powerful that a too long intake could harm your system as most superfoods do.

FIRST DAY: Early morning you have to do the Epsom salt flush. Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water. Drink the glass completely in one gulp, to be followed up with 4 glasses of lukewarm water straight afterwards. After about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared!

HOW TO DRINK OUR DETOX JUICES?

- You can drink sips from the bottles over the day or drink the juice by glass.
- The juice is very rich and you can mix them with water too if you like.
- Drink at least every 2 hours.
- Have your last glass of juice by 8pm; after 8pm just drink water.
- Drink plenty of water as well during the day.
- At least 2,5 liter per day.

DRINKING: Min. 3litre of water/day, plus the bottles you receive. If you like to drink more tea, e.g. peppermint, chamomile, rooibos or any herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins. Start best with tea in the morning - without sugar/honey or anything else! The Turmeric boost is best to drink between breakfast and lunchtime. The Coconut water is great to drink in the afternoon.

AFTER THE DETOX

The first 48hours after breaking the detox, follow a vegan diet (no animal products at all). NO ALCOHOL! You should stay low in animal products and dairy for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

EXERCISE:

It is good to stay active as this will boost your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.

SLIM BOOSTER DETOX

BENEFITS OF THE CLEANSE?

The benefits of the cleanse: this light brown/red rice cleanse is especially useful for dropping a few quick pounds, and it's a great way to transition from an unhealthy diet into a better diet. A brown rice cleanse is based on macrobiotic principles and low sodium for body balance. You don't feel like you're on a cleansing at all, yet it does the trick. It's a diet that uses rice as a nutrient building food, fruits and nuts as concentrated cleansing supplements. It eliminates meat and dairy protein. A brown rice cleanse is high in fibre, potassium, natural iodine, and other minerals, so most people notice improvement in their hair, skin texture and nail growth. The weight loss depends on the body type but you will feel the improvement in vitality and energy levels right away during this cleanse. Get more energy, glowing smoother skin and loose some weight. A brown rice diet is the best cleansing diet for people who work. With our box delivery service it can fit easily into your daily routine.

HOW IT WORKS?: The day before eat light, minimize animal products, eat more vegetables and fruit. Drink a lot of herbal tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

DONT`S: Coffee, green/black tea, cigarettes, drugs and any other intake besides the advice below.

WHAT DO YOU GET?

1 pack Epsom Salt (ask for more if you want to do it second time), 1 box mixed with natural/red rice, fruits, nuts, coconut and dates and 1 box mixed with natural/red rice, vegetables, seeds, herbs and spices, 1 bottle of Coconut Water 1 bottle of herbal tea 1 bottle of Turmeric Boost. You'll split each box into 2 - 3 portions and eat the food over the day. Last meal of the day will be a portion of the rice - vegetable box 1 hour before going to sleep. Eat nothing else in these 6 days

FIRST DAY:

Early morning you have to do the Epsom salt flush. Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water. Drink the glass completely in one gulp, to be followed up with 4 glasses of lukewarm water straight afterwards. After about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared

DRINKING: Min. 3litre of water/day, plus the bottles you receive. If you like to drink more tea, e.g. peppermint, chamomile, rooibos or any herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins. Start best with tea in the morning - without sugar/honey or anything else! The Turmeric boost is best to drink between breakfast and lunchtime. The Coconut water is great to drink in the afternoon.

AFTER THE DETOX

The first 48hours after breaking the detox, follow a vegan diet (no animal products at all). NO ALCOHOL! You should stay low in animal products and dairy for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

EXERCISE:

It is good to stay active as this will boost your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.

SOUP DETOX

HOW IT WORKS?

Our soups detox, involves the intake of slowly cooked vegetable- soups, coconut water, herbal tea and water.

This warm detox provides you with clean veggie soups, to get rid of toxins and regenerate cells with the help of nutrients and minerals.

Based on vegetable soups

- Rich in vitamins and minerals
- Recommended to do 3 – 6 days
- Get rid of accumulated toxins
- Feel lighter and balanced

You will receive your daily package of fresh soups and drinks every morning, one delivery per day.

THE DAY BEFORE: Eat light, minimize animal products, eat more vegetables and fruits. Drink a lot of tea (no green/black tea) and water. A good preparation makes your 1st detox day easier as you will be less hungry!

DONT`S: Coffee, green/black tea, cigarettes, drugs and any other intake besides the advice below.

WHAT DO YOU GET?

Everyday includes: 1 x Coconut Water, 1 x Magic Soup, 2 x Green Soup, 1x Miracle Soup, 2x Herbal Tea

FIRST DAY: Early morning you have to do the Epsom salt flush. Mix the full pack of Epsom salt you have received in 250ml glass lukewarm water. Drink the glass completely in one gulp, to be followed up with 4 glasses of lukewarm water straight afterwards. After about 1hr and for a period of approx. 2hrs you will be busy going to the toilet, so be prepared !

DRINKING: Min. 3litre of water/day, plus the bottles you receive. If you like to drink more tea, e.g. peppermint, chamomile, rooibos or any herbal tea you prefer. Flush your body! The more you drink the easier the body can get rid of toxins. Start best with tea in the morning - without sugar/honey or anything else! The Turmeric boost is best to drink between breakfast and lunchtime. The Coconut water is great to drink in the afternoon.

AFTER THE DETOX

The first 48hours after breaking the detox, follow a vegan diet (no animal products at all). NO ALCOHOL! You should stay low in animal products and diary for the following 1-2 weeks, then start step by step to eat some yogurt, eggs and fish.

EXERCISE:

It is good to stay active as this will boosts your energy and hormones. You are allowed to do exercise in the pace you feel good, just follow your body feeling and inner voice when exercising. We recommend to balance your mind and body with a daily meditation or Yoga routine too.