

All-Plants CLEANSE 7 DAY MEAL PLAN 1400 -1500 Kcals

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast Smoothie 400 mls	Chocolate Smoothie 400 mls	Acai Smoothie 400 mls	Green Smoothie 400 mls	Carrot Apple Beet 400 mls	Chocolate Smoothie 400 mls	Acai Smoothie 400 mls	Carrot Apple Beet 400 mls
Lunch 1000 cc	Baked Falafel Bowl	Vegeterian Pad Thai	Vegan Tikka Masala	Buritto Wrap	Veggie Burger	Vegan Green Curry	GF Pasta All Norma
Snack 250 cc	Hummus with carrots sticks	Chocolate avocado mousse	Oats soaked overnight in apple juice served with shaved apples & Pomegranate seeds	Fruit Salad	Grilled Veggies (Grilled Broccoli & Roasted potatoes)	Avocado cream with carrots & cucumbers sticks	Chia radiance bowl (chia soaked in plant milk) and mangos
Or	or	or	or	or	or	or	or
Cleanse Juice 250 mls	Fabulously Focused Carrot, Orange Ginger	Ginger Aid Strawberry, Orange & Ginger	Pretty Powerful Beetroot, carrot, celery, apple, lemon, ginger	Green Machine Cucumber, celery, green apple lemon, ginger	Super Spirulina Cucumber, apple, courgette, ginger, spirulina	Fabulously Focused Carrot, Orange Ginger	Ginger Aid Strawberry, Orange & Ginger
Dinner 1000 cc	Deconstructed Burrito Bowl	Quinoa Tabbouleh	GF Pasta Salad with Roasted Veggies	Assorted Bowl of rainbow veggies	Honey cinnamon pumpkin lentil salad	Winter Kale Salad	Raw Vegetable & Ginger Salad