

## PROTEIN CLEANSE 7 DAY MEAL PLAN 1500 -1600 Kcals

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast Smoothie 400 mls</b>	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
<b>Lunch 1000 cc</b>	Baked Falafel Bowl	Vegeterian Pad Thai	Vegan Tikka Masala with Chicken	Chicken Gyros Bowl	Veggie Burger	Vegan Green Curry with poached Salmon	GF Pasta All Norma with shrimps
<b>Snack 250 cc</b>	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
<b>Or</b>	or	or	or	or	or	or	or
<b>Cleanse Juice 250 mls</b>	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
<b>Dinner 1000 cc</b>	Deconstructed Burrito Bowl with grilled chicken breast	Shanklish Tabbouleh	GF Pasta Salad with Roasted Veggie	Assorted Bowl of rainbow veggies with hard boiled egg	Honey cinnamon pumpkin lentil salad with smoked salmon	Winter Kale Salad	Raw Vegetable & Ginger Salad