



20-Day Convenience Eating Plan

Six prepared plant-based items daily | Approved Sprout menu

Programme overview

DAYS	FOCUS	DAILY STRUCTURE
1-5	Convenience Foundation	Establish a simple six-item routine
6-10	Protein & Fibre Routine	Rotate tofu, tempeh, beans, lentils and edamame
11-15	Plant Variety	New juices, soups and main dishes each day
16-20	Everyday Balance	Finish with familiar, repeatable meal formats

WHAT IS SUPPLIED	20 wellness shots, 20 breakfasts, 20 cold-pressed juices, 20 salads, 20 soups and 20 main dishes.
PORTION STANDARD	Shot 60 ml Cold-pressed juice 500 ml Soup 250 ml Salad 450 g where specified Breakfast and main dish: one approved serving.
PROGRAMME TYPE	Structured plant-based convenience programme. It is not a juice cleanse and does not guarantee weight loss.



Days 1-5 - Convenience Foundation

Days 1-2 | Shot, breakfast, juice, salad, soup and main dish

Day 1

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
08:30	Protein Oats with Berries	Breakfast	1 serving	Rolled oats, unsweetened soy milk, mixed berries, pea protein, chia seeds, cinnamon
10:30	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
13:00	Roasted Chickpea Tofu Salad	Salad	450g	Roasted chickpeas, tofu, mixed leaves, cucumber, tomato, red pepper, carrot, pumpkin seeds, lemon-herb dressing
16:30	Red Lentil Vegetable Soup	Soup	250ml	Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil
19:00	Tempeh Quinoa Bowl	Main Dish	1 serving	Tempeh, quinoa, broccoli, courgette, carrot, red pepper, spinach, tahini, lemon, olive oil
WHY THIS DAY		A familiar oat breakfast, protein-rich salad and warm grain bowl create an easy first-day routine.		

Day 2

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
08:30	Tofu Scramble with Spinach	Breakfast	1 serving	Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil
10:30	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
13:00	Chickpea Cucumber Quinoa Salad	Salad	450g	Chickpeas, quinoa, cucumber, tomato, spinach, parsley, mint, lemon and olive-oil dressing
16:30	Carrot Ginger Soup	Soup	250ml	Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk
19:00	Black Bean Brown Rice Bowl	Main Dish	1 serving	Black beans, brown rice, sweet corn, tomato, red pepper, spinach, avocado, coriander, lime, cumin
WHY THIS DAY		A savoury breakfast and two legume-based meals support fullness across a busy day.		



Days 1-5 - Convenience Foundation

Days 3-4 | Shot, breakfast, juice, salad, soup and main dish

Day 3

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Turmeric Shot	Wellness Shot	60ml	Ginger, fresh turmeric, lemon, water, black pepper
08:30	Protein Chia Pudding	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
10:30	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
13:00	Edamame Tofu Brown Rice Salad	Salad	450g	Edamame, tofu, brown rice, cucumber, cabbage, carrot, spring onion, sesame seeds, ginger-tamari dressing
16:30	Broccoli Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
19:00	Spiced Tofu Millet Bowl	Main Dish	1 serving	Tofu, millet, cauliflower, spinach, carrot, red pepper, pumpkin seeds, lemon, herbs, olive oil
WHY THIS DAY		Chia, tofu and edamame distribute plant protein across breakfast, lunch and dinner.		

Day 4

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, filtered water
08:30	Savoury Oats with Edamame	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
10:30	Root Reset	Cold-Pressed Juice	500ml	Carrot, beetroot, apple, lemon, ginger
13:00	Lentil Beetroot Quinoa Salad	Salad	450g	Lentils, quinoa, roasted beetroot, cucumber, spinach, parsley, pumpkin seeds, lemon-tahini dressing
16:30	Mushroom Barley Soup	Soup	250ml	Mushrooms, pearl barley, white beans, carrot, celery, onion, garlic, thyme, vegetable stock
19:00	Tempeh Soba Stir-Fry	Main Dish	1 serving	Tempeh, soba noodles, broccoli, cabbage, carrot, red pepper, spring onion, tamari, ginger, garlic, sesame oil, sesame seeds
WHY THIS DAY		Whole grains, tempeh and vegetables provide a more substantial high-fibre day.		



Foundation to Protein & Fibre

Days 5-6 | Shot, breakfast, juice, salad, soup and main dish

Day 5

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Lime Shot	Wellness Shot	60ml	Gooseberry, lime, filtered water
08:30	Soy Yogurt Berry Protein Bowl	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, pea protein, chia seeds, ground flaxseed, pumpkin seeds, cinnamon
10:30	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
13:00	Chickpea, Edamame and Quinoa Salad	Salad	1 serving	Chickpeas, edamame, quinoa, cucumber, tomato, red pepper, spinach, parsley, tahini, lemon, olive oil
16:30	Pumpkin Chickpea Soup	Soup	250ml	Pumpkin, chickpeas, carrot, onion, garlic, ginger, cumin, turmeric, vegetable stock
19:00	Kidney Bean Quinoa Bowl	Main Dish	1 serving	Kidney beans, quinoa, courgette, carrot, red pepper, spinach, tomato, coriander, lime
WHY THIS DAY		A berry breakfast and colourful plant foods bring variety without complicated preparation.		

Day 6

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
08:30	High-Protein Overnight Oats	Breakfast	1 serving	Rolled oats, unsweetened soy yogurt, soy milk, pea protein, chia seeds, ground flaxseed, mixed berries, cinnamon
10:30	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
13:00	Tofu Chickpea Mediterranean Salad	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
16:30	Courgette & Spinach Soup	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
19:00	Thai Tofu Curry with Cauliflower Rice	Main Dish	1 serving	Tofu, cauliflower rice, broccoli, courgette, red pepper, green beans, light coconut milk, Thai green curry paste, ginger, garlic, lime, basil
WHY THIS DAY		Overnight oats and two tofu-led meals make the day portable and satisfying.		



Days 6-10 - Protein & Fibre Routine

Days 7-8 | Shot, breakfast, juice, salad, soup and main dish

Day 7

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Ginger Shot	Wellness Shot	60ml	Gooseberry, ginger, lemon, filtered water
08:30	Edamame Avocado Toast	Breakfast	1 serving	Wholegrain bread, edamame, avocado, tomato, spinach, lemon, parsley, black pepper
10:30	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
13:00	Tofu Sesame Cabbage Salad	Salad	1 serving	tofu, cabbage, sesame seeds, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper, shredded carrot, tamari, rice vinegar, lime
16:30	Broccoli Edamame Soup	Soup	250ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil
19:00	Tempeh Burrito Bowl	Main Dish	1 serving	Tempeh, brown rice, black beans, sweet corn, red pepper, tomato salsa, cabbage, avocado, coriander, lime
WHY THIS DAY		Toast, a crunchy salad and a burrito-style bowl provide familiar convenience formats.		

Day 8

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Cucumber Shot	Wellness Shot	60ml	Cucumber, ginger, lemon, filtered water
08:30	Tofu Breakfast Wrap	Breakfast	1 serving	Wholegrain wrap, tofu, spinach, tomato, red pepper, onion, avocado, nutritional yeast, turmeric, cumin, olive oil
10:30	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
13:00	Edamame Cabbage Crunch Salad	Salad	1 serving	edamame, cabbage, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper, shredded carrot, sesame seeds, tamari, rice vinegar, lime
16:30	Tomato White Bean Soup	Soup	250ml	Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil
19:00	Miso Tofu Quinoa Bowl	Main Dish	1 serving	Tofu, quinoa, edamame, broccoli, carrot, cabbage, cucumber, white miso, ginger, lime, sesame seeds
WHY THIS DAY		A breakfast wrap and miso-quinoa bowl balance portability with a warm evening meal.		



Days 6-10 - Protein & Fibre Routine

Days 9-10 | Shot, breakfast, juice, salad, soup and main dish

Day 9

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Turmeric Orange Shot	Wellness Shot	60ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
08:30	Chickpea Vegetable Pancake	Breakfast	1 serving	Chickpea flour, filtered water, carrot, courgette, red pepper, spinach, spring onion, cumin, coriander, olive oil
10:30	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
13:00	Black Bean Quinoa Lime Salad	Salad	1 serving	black beans, quinoa, lime, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper
16:30	Golden Butternut Soup	Soup	250ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
19:00	Chickpea Spinach Curry with Millet	Main Dish	1 serving	Chickpeas, millet, spinach, tomato, onion, garlic, ginger, light coconut milk, cumin, coriander, turmeric, olive oil
WHY THIS DAY		A savoury pancake and chickpea curry offer a filling change from sweet breakfasts.		

Day 10

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Mint Shot	Wellness Shot	60ml	Gooseberry, mint, lime, filtered water
08:30	Soy Yogurt with Berries and Flax	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
10:30	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
13:00	Chickpea Broccoli Almond Salad	Salad	1 serving	chickpeas, broccoli, almonds, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper
16:30	Miso Tofu and Edamame Soup	Soup	250ml	Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock
19:00	Teriyaki Tofu with Edamame and Brown Rice	Main Dish	1 serving	Tofu, edamame, brown rice, broccoli, carrot, red pepper, cabbage, tamari, ginger, garlic, rice vinegar, date syrup, sesame oil, sesame seeds
WHY THIS DAY		Soy yogurt, edamame and tofu create a protein-distributed finish to the first cycle.		



Days 11-15 - Plant Variety

Days 11-12 | Shot, breakfast, juice, salad, soup and main dish

Day 11

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
08:30	Protein Oats with Berries	Breakfast	1 serving	Rolled oats, unsweetened soy milk, mixed berries, pea protein, chia seeds, cinnamon
10:30	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
13:00	Tofu Sesame Cabbage Salad	Salad	1 serving	tofu, cabbage, sesame seeds, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper, shredded carrot, tamari, rice vinegar, lime
16:30	Deep Green Soup	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil
19:00	Tempeh Quinoa Pilaf	Main Dish	1 serving	Tempeh, quinoa, green peas, carrot, courgette, mushrooms, spinach, onion, garlic, parsley, olive oil
WHY THIS DAY		The second cycle changes every juice, soup, salad pairing and main dish for variety.		

Day 12

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
08:30	Tofu Scramble with Spinach	Breakfast	1 serving	Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil
10:30	Cucumber Mint Green Juice	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
13:00	Edamame Cabbage Crunch Salad	Salad	1 serving	edamame, cabbage, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper, shredded carrot, sesame seeds, tamari, rice vinegar, lime
16:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
19:00	Tempeh Thai Curry with Brown Rice	Main Dish	1 serving	Tempeh, brown rice, broccoli, courgette, red pepper, green beans, spinach, light coconut milk, Thai green curry paste, ginger, garlic, lime, basil
WHY THIS DAY		A cooked breakfast and tempeh curry provide a practical, reheatable food day.		



Days 11-15 - Plant Variety

Days 13-14 | Shot, breakfast, juice, salad, soup and main dish

Day 13

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Turmeric Shot	Wellness Shot	60ml	Ginger, fresh turmeric, lemon, water, black pepper
08:30	Protein Chia Pudding	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
10:30	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
13:00	Black Bean Quinoa Lime Salad	Salad	1 serving	black beans, quinoa, lime, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper
16:30	Spinach Lentil Soup	Soup	250ml	Lentils, spinach, courgette, carrot, celery, onion, garlic, cumin, vegetable stock, olive oil
19:00	Harissa Tofu and Lentil Bowl	Main Dish	1 serving	Tofu, lentils, quinoa, courgette, aubergine, red pepper, spinach, harissa, lemon, tahini, olive oil
WHY THIS DAY		Chia, beans, tofu and lentils create a fibre-rich menu with mixed textures.		

Day 14

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, filtered water
08:30	Savoury Oats with Edamame	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
10:30	Sweet Green	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
13:00	Chickpea Broccoli Almond Salad	Salad	1 serving	chickpeas, broccoli, almonds, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, extra virgin olive oil, black pepper
16:30	Tomato Red Lentil Soup	Soup	250ml	Tomato, red lentils, carrot, celery, onion, garlic, basil, paprika, vegetable stock
19:00	Tempeh Chickpea Curry with Quinoa	Main Dish	1 serving	Tempeh, chickpeas, quinoa, spinach, tomato, cauliflower, onion, garlic, ginger, light coconut milk, curry spices
WHY THIS DAY		Savoury oats, chickpeas and tempeh keep the day substantial and meal-prep friendly.		



Plant Variety to Everyday Balance

Days 15-16 | Shot, breakfast, juice, salad, soup and main dish

Day 15

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Lime Shot	Wellness Shot	60ml	Gooseberry, lime, filtered water
08:30	Soy Yogurt Berry Protein Bowl	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, pea protein, chia seeds, ground flaxseed, pumpkin seeds, cinnamon
10:30	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
13:00	Roasted Chickpea Tofu Salad	Salad	450g	Roasted chickpeas, tofu, mixed leaves, cucumber, tomato, red pepper, carrot, pumpkin seeds, lemon-herb dressing
16:30	Cauliflower White Bean Soup	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock
19:00	Quinoa Edamame Rainbow Bowl	Main Dish	1 serving	Quinoa, edamame, red cabbage, carrot, cucumber, red pepper, spinach, parsley, pumpkin seeds, lemon, olive oil
WHY THIS DAY		A lighter coconut-water juice is balanced by tofu, chickpeas and an edamame grain bowl.		

Day 16

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
08:30	High-Protein Overnight Oats	Breakfast	1 serving	Rolled oats, unsweetened soy yogurt, soy milk, pea protein, chia seeds, ground flaxseed, mixed berries, cinnamon
10:30	Celery Lime	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
13:00	Chickpea Cucumber Quinoa Salad	Salad	450g	Chickpeas, quinoa, cucumber, tomato, spinach, parsley, mint, lemon and olive-oil dressing
16:30	Mushroom Edamame Soup	Soup	250ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock
19:00	Sticky Sesame Tofu with Broccoli	Main Dish	1 serving	tofu, broccoli, sesame seeds, onion, garlic, extra virgin olive oil, black pepper, tamari, rice vinegar
WHY THIS DAY		Overnight oats, quinoa salad and a tofu main provide a straightforward workday menu.		



Days 16-20 - Everyday Balance

Days 17-18 | Shot, breakfast, juice, salad, soup and main dish

Day 17

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Ginger Shot	Wellness Shot	60ml	Gooseberry, ginger, lemon, filtered water
08:30	Edamame Avocado Toast	Breakfast	1 serving	Wholegrain bread, edamame, avocado, tomato, spinach, lemon, parsley, black pepper
10:30	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
13:00	Edamame Tofu Brown Rice Salad	Salad	450g	Edamame, tofu, brown rice, cucumber, cabbage, carrot, spring onion, sesame seeds, ginger-tamari dressing
16:30	Thai Green Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, green beans, light coconut milk, Thai green curry paste, ginger, garlic, lime, basil, vegetable stock
19:00	Tofu Mushroom Vegetable Stir-Fry	Main Dish	1 serving	tofu, mushrooms, onion, garlic, extra virgin olive oil, black pepper, broccoli, carrot, bell pepper, courgette, parsley, coriander
WHY THIS DAY		Avocado toast, edamame salad and a vegetable stir-fry combine fresh and cooked foods.		

Day 18

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Ginger Cucumber Shot	Wellness Shot	60ml	Cucumber, ginger, lemon, filtered water
08:30	Tofu Breakfast Wrap	Breakfast	1 serving	Wholegrain wrap, tofu, spinach, tomato, red pepper, onion, avocado, nutritional yeast, turmeric, cumin, olive oil
10:30	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
13:00	Lentil Beetroot Quinoa Salad	Salad	450g	Lentils, quinoa, roasted beetroot, cucumber, spinach, parsley, pumpkin seeds, lemon-tahini dressing
16:30	Carrot Red Lentil Soup	Soup	250ml	Carrot, red lentils, cauliflower, celery, onion, ginger, turmeric, vegetable stock
19:00	Lentil Bolognese Whole-Wheat Pasta	Main Dish	1 serving	brown lentils, whole-wheat pasta, onion, garlic, extra virgin olive oil, black pepper, broccoli, carrot, bell pepper, courgette, parsley, coriander
WHY THIS DAY		A wrap breakfast and lentil pasta make this one of the most familiar comfort-food days.		



Days 16-20 - Everyday Balance

Days 19-20 | Shot, breakfast, juice, salad, soup and main dish

Day 19

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Turmeric Orange Shot	Wellness Shot	60ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
08:30	Chickpea Vegetable Pancake	Breakfast	1 serving	Chickpea flour, filtered water, carrot, courgette, red pepper, spinach, spring onion, cumin, coriander, olive oil
10:30	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
13:00	Chickpea, Edamame and Quinoa Salad	Salad	1 serving	Chickpeas, edamame, quinoa, cucumber, tomato, red pepper, spinach, parsley, tahini, lemon, olive oil
16:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock
19:00	Keralan-Style Cauliflower Tofu Curry	Main Dish	1 serving	tofu, cauliflower, onion, garlic, extra virgin olive oil, black pepper, coconut milk, curry powder, turmeric, cumin, coriander, ginger
WHY THIS DAY		A tropical juice is paired with legumes, tofu and vegetables for a balanced day.		

Day 20

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
06:30	Gooseberry Mint Shot	Wellness Shot	60ml	Gooseberry, mint, lime, filtered water
08:30	Soy Yogurt with Berries and Flax	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
10:30	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
13:00	Tofu Chickpea Mediterranean Salad	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
16:30	Roasted Tomato & Red Pepper Soup	Soup	250ml	Tomato, red pepper, red lentils, onion, cucumber, garlic, olive oil, apple cider vinegar, basil, black pepper
19:00	Black Bean Quinoa Enchilada Bowl	Main Dish	1 serving	black beans, quinoa, onion, garlic, extra virgin olive oil, black pepper, bell pepper, sweetcorn, tomato, cumin, smoked paprika, lime
WHY THIS DAY		A colourful final menu demonstrates how the convenience routine can continue after the plan.		



Your 20-Day Convenience Guide

Preparation, daily use, storage and transition guidance

Before Day 1	During the programme
Confirm the plan suits your health history, medicines, allergies, energy needs and activity level. Reduce very heavy takeaway meals and excessive alcohol before starting.	Follow the listed order where practical. A timing change of 30-60 minutes is acceptable. Eat slowly and use thirst, activity and UAE heat exposure to guide additional water.
Storage and serving	After Day 20
Keep chilled products refrigerated. Reheat soups and hot meals according to the supplied kitchen instructions, and consume dressed salads within the validated shelf-life window.	Continue a regular pattern of breakfast, vegetables, plant protein, whole grains and measured healthy fats. Use the plan as a model for convenient everyday eating rather than returning immediately to frequent takeaway meals.

ALLERGENS	Contains or may contain soy, almond/tree nuts, sesame, gluten/wheat, celery, coconut and mustard. Check each day's ingredient list and the final production label.
PROFESSIONAL REVIEW	Obtain clinician or registered-dietitian approval during pregnancy or breastfeeding, with diabetes treatment, GLP-1 medicines, kidney or liver disease, eating-disorder history, recent surgery or another condition affected by dietary restriction.
STOP RULES	Stop and seek appropriate help for fainting, confusion, severe weakness, persistent vomiting or diarrhoea, allergic symptoms or abnormal glucose symptoms.
NUTRITION NOTICE	Final calories and nutrition depend on approved kitchen portions, tested yields and supplier brands. No calorie or weight-loss promise is made in this client guide.