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5-Day Liver & Metabolic Reboot

2-day cold-pressed juice phase + 3-day whole-food phase

Day 1 - Cold-Pressed Juice Foundation

A vegetable-forward opening day with Morning Glow first in the schedule.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**Morning Glow**	Cold-Pressed Juice	500 ml	Apple, spinach, lemon, ginger
10:00 AM	**Cucumber Hydration**	Cold-Pressed Juice	500 ml	Cucumber, celery, coconut water, lime, mint
12:00 PM	**Green Cleanse**	Cold-Pressed Juice	500 ml	Celery, spinach, kale, lemon, parsley
2:00 PM	**Blissy Green**	Cold-Pressed Juice	500 ml	Celery, beetroot, carrot, spinach, lemon, ginger
4:00 PM	**Crisp Lemon Refresh**	Cold-Pressed Juice	500 ml	Coconut water, lemon, mint, aloe vera gel
6:00 PM	**Lean Green**	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger

Day 2 - Cold-Pressed Juice Foundation

A second distinct juice set built around greens, roots, citrus and hydration.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**Deep Greens**	Cold-Pressed Juice	500 ml	Celery, kale, spinach, parsley, lemon, ginger
10:00 AM	**Watermelon Hydration**	Cold-Pressed Juice	500 ml	Watermelon, cucumber, lime, mint
12:00 PM	**Spinach Mint Green**	Cold-Pressed Juice	500 ml	Spinach, celery, green apple, mint, lime
2:00 PM	**Beet Boost**	Cold-Pressed Juice	500 ml	Beetroot, green apple, carrot, lemon, ginger
4:00 PM	**Tropical Thunder**	Cold-Pressed Juice	500 ml	Pineapple, lime, coconut water
6:00 PM	**Celery Lime**	Cold-Pressed Juice	500 ml	Celery, lime, lemon, ginger

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Whole-Food Reintroduction

Structured breakfasts, hydration, lunches, snacks and dinners

Day 3 - Whole-Food Reintroduction

Plant protein, fibre and whole-food meals return in a structured sequence.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**Protein Chia Pudding**	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
10:30 AM	**Cucumber Mint**	Cold-Pressed Juice	500 ml	Cucumber, mint, green apple, lemon
1:00 PM	**Lentil Beetroot Quinoa Salad**	Lunch Salad	450 g	Lentils, quinoa, roasted beetroot, cucumber, spinach, parsley, pumpkin seeds, lemon-tahini dressing
4:00 PM	**Green Protein Smoothie**	Snack Smoothie	500 ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla
7:00 PM	**Mushroom Edamame Soup**	Dinner Soup	250 ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock

Day 4 - Whole-Food Reintroduction

A balanced day built around tofu, tempeh, vegetables and controlled healthy fats.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**Tofu Scramble with Spinach**	Breakfast	1 serving	Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil
10:30 AM	**Tropical Hydration**	Cold-Pressed Juice	500 ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
1:00 PM	**Tempeh Quinoa Bowl**	Lunch Main	1 serving	Tempeh, quinoa, broccoli, courgette, carrot, red pepper, spinach, tahini, lemon, olive oil
4:00 PM	**Unsweetened Vanilla Almond Mylk**	Snack	250 ml	Almond, filtered water, vanilla, cinnamon, sea salt
7:00 PM	**Broccoli Pea Soup**	Dinner Soup	250 ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock

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Day 5 - Whole-Food Balance

A final day of satisfying plant protein, vegetables and gentle meal structure.

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
8:00 AM	**Savoury Oats with Edamame**	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
10:30 AM	**Cucumber Mint Green Juice**	Cold-Pressed Juice	500 ml	Cucumber, celery, spinach, kale, mint, lime
1:00 PM	**Black Bean Quinoa Lime Salad**	Lunch Salad	1 serving	Black beans, quinoa, lime, spinach, rocket, lettuce, cucumber, cherry tomatoes, red onion, parsley, lemon juice, olive oil, black pepper
4:00 PM	**Soy Yogurt with Berries and Flax**	Snack	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
7:00 PM	**Thai Tofu Curry with Cauliflower Rice**	Dinner Main	1 serving	Tofu, cauliflower rice, broccoli, courgette, red pepper, green beans, light coconut milk, Thai green curry paste, ginger, garlic, lime, basil

Programme Summary

PROGRAMME LENGTH	5 days
DAYS 1-2	6 x 500 ml cold-pressed juices daily
DAYS 3-5	Breakfast, mid-morning hydration, lunch, snack and dinner
FOOD STYLE	Plant-based meals with legumes, soy foods, vegetables, whole grains and measured healthy fats
CLIENT NOTE	Follow the numbered order and serving times shown. Keep chilled products refrigerated.

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Your 5-Day Programme Guide

Preparation, daily use and transition guidance

Before the programme

The day before, choose balanced meals and reduce alcohol, fried foods and very heavy meals. Maintain normal hydration and organise the bottles in numbered order.

During Days 1-2

Keep every bottle refrigerated and drink in the order shown. A 30-60 minute timing change is acceptable. Drink additional water according to thirst and UAE heat exposure. Choose light activity and avoid alcohol or strenuous training.

During Days 3-5

Follow the meal sequence and portions supplied. Continue normal hydration, avoid sweetened drinks and alcohol, and choose gentle movement. Do not add unplanned fasting to the programme.

After the programme

Continue with balanced whole-food meals built around vegetables, plant protein, whole grains and measured healthy fats. Reintroduce richer restaurant foods gradually rather than in one heavy meal.

Important

This is a commercial wellness programme, not a treatment for fatty liver disease, MASLD, inflammation or any medical condition. Seek professional advice before starting if you have diagnosed liver or kidney disease, diabetes or glucose-lowering medication, are pregnant or breastfeeding, or have a history of eating disorders. Stop and seek help for fainting, confusion, severe weakness, persistent vomiting or diarrhoea, or allergic symptoms.