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Winter Signature Collection

5-Day Soup & Broth Reset

A premium warming plant-based programme for the cooler season

5-Day Programme

TIME	TYPE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8:00 AM	Almond Mylk	Vanilla Almond Mylk	Unsweetened Vanilla Almond Mylk	Vanilla Almond Mylk	Unsweetened Vanilla Almond Mylk	Vanilla Almond Mylk
9:00 AM	Soup	Golden Butternut Soup	Carrot Ginger Soup	Creamy Cauliflower Soup	Courgette & Spinach Soup	Deep Green Soup
11:00 AM	Wellness Shot	Golden Ginger Shot	Lemon Turmeric Shot	Gooseberry Ginger Shot	Ginger Turmeric Shot	Gooseberry Mint Shot
2:00 PM	Soup	Broccoli Edamame Soup	Miso Tofu and Edamame Soup	Thai Green Tofu Soup	Broccoli Tofu Soup	Mushroom Edamame Soup
4:00 PM	Wellness Shot	Gooseberry Lime Shot	Mint Lime Shot	Turmeric Orange Shot	Ginger Lemon Shot	Ginger Cucumber Shot
7:00 PM	Soup	Tomato White Bean Soup	Mushroom Barley Soup	Red Lentil Vegetable Soup	Pumpkin Chickpea Soup	Carrot Red Lentil Soup
8:00 PM	Broth	Ginger Miso Broth	Mushroom Herb Broth	Green Vegetable Broth	Garden Vegetable Broth	Green Miso Broth

Programme Summary

DAILY STRUCTURE	1 almond mylk + 3 soups + 2 wellness shots + 1 vegetable broth
DAILY VOLUME	1.37 litres
5-DAY SUPPLY	5 almond mylks + 15 soups + 10 wellness shots + 5 broths
TOTAL PRODUCTS	35
MENU VARIETY	15 different soups, 10 different shots and all 5 approved broths.
ALLERGENS	Contains almond, soy, barley/gluten, celery and coconut.

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Day 1: Warm Foundation

Almond mylk, warming soups, wellness shots and vegetable broth

TIME	NO.	PRODUCT	TYPE	VOLUME	INGREDIENTS
8:00 AM	**01**	**Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon, sea salt
9:00 AM	**02**	**Golden Butternut Soup**	Soup	250 ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
11:00 AM	**03**	**Golden Ginger Shot**	Wellness Shot	60 ml	Lemon, ginger, fresh turmeric, black pepper
2:00 PM	**04**	**Broccoli Edamame Soup**	Soup	250 ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil
4:00 PM	**05**	**Gooseberry Lime Shot**	Wellness Shot	60 ml	Gooseberry, lime, filtered water
7:00 PM	**06**	**Tomato White Bean Soup**	Soup	250 ml	Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil
8:00 PM	**07**	**Ginger Miso Broth**	Broth	250 ml	White miso, shiitake mushroom, courgette, celery, onion, ginger, garlic, lime, parsley

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Day 2: Winter Nourishment

Almond mylk, warming soups, wellness shots and vegetable broth

TIME	NO.	PRODUCT	TYPE	VOLUME	INGREDIENTS
8:00 AM	**01**	**Unsweetened Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, vanilla, cinnamon, sea salt
9:00 AM	**02**	**Carrot Ginger Soup**	Soup	250 ml	Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk
11:00 AM	**03**	**Lemon Turmeric Shot**	Wellness Shot	60 ml	Lemon, fresh turmeric, ginger
2:00 PM	**04**	**Miso Tofu and Edamame Soup**	Soup	250 ml	Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock
4:00 PM	**05**	**Mint Lime Shot**	Wellness Shot	60 ml	Lime, mint, cucumber, filtered water
7:00 PM	**06**	**Mushroom Barley Soup**	Soup	250 ml	Mushrooms, pearl barley, white beans, carrot, celery, onion, garlic, thyme, vegetable stock
8:00 PM	**07**	**Mushroom Herb Broth**	Broth	250 ml	Shiitake mushroom, brown mushroom, celery, leek, onion, thyme, parsley

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Day 3: Gentle Restore

Almond mylk, warming soups, wellness shots and vegetable broth

TIME	NO.	PRODUCT	TYPE	VOLUME	INGREDIENTS
8:00 AM	**01**	**Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon, sea salt
9:00 AM	**02**	**Creamy Cauliflower Soup**	Soup	250 ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
11:00 AM	**03**	**Gooseberry Ginger Shot**	Wellness Shot	60 ml	Gooseberry, ginger, lemon, filtered water
2:00 PM	**04**	**Thai Green Tofu Soup**	Soup	250 ml	Tofu, broccoli, courgette, spinach, green beans, light coconut milk, Thai green curry paste, ginger, garlic, lime, basil, vegetable stock
4:00 PM	**05**	**Turmeric Orange Shot**	Wellness Shot	60 ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
7:00 PM	**06**	**Red Lentil Vegetable Soup**	Soup	250 ml	Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil
8:00 PM	**07**	**Green Vegetable Broth**	Broth	250 ml	Celery, courgette, cabbage, leek, fennel, spinach, parsley, green lentils

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Day 4: Deep Winter Nourishment

Almond mylk, warming soups, wellness shots and vegetable broth

TIME	NO.	PRODUCT	TYPE	VOLUME	INGREDIENTS
8:00 AM	**01**	**Unsweetened Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, vanilla, cinnamon, sea salt
9:00 AM	**02**	**Courgette & Spinach Soup**	Soup	250 ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
11:00 AM	**03**	**Ginger Turmeric Shot**	Wellness Shot	60 ml	Ginger, fresh turmeric, lemon, water, black pepper
2:00 PM	**04**	**Broccoli Tofu Soup**	Soup	250 ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
4:00 PM	**05**	**Ginger Lemon Shot**	Wellness Shot	60 ml	Lemon, ginger, filtered water
7:00 PM	**06**	**Pumpkin Chickpea Soup**	Soup	250 ml	Pumpkin, chickpeas, carrot, onion, garlic, ginger, cumin, turmeric, vegetable stock
8:00 PM	**07**	**Garden Vegetable Broth**	Broth	250 ml	Celery, courgette, carrot, cabbage, leek, fennel, mushroom, parsley, green lentils

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Day 5: Balanced Finish

Almond mylk, warming soups, wellness shots and vegetable broth

TIME	NO.	PRODUCT	TYPE	VOLUME	INGREDIENTS
8:00 AM	**01**	**Vanilla Almond Mylk**	Almond Mylk	250 ml	Almond, filtered water, date, vanilla, cinnamon, sea salt
9:00 AM	**02**	**Deep Green Soup**	Soup	250 ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil
11:00 AM	**03**	**Gooseberry Mint Shot**	Wellness Shot	60 ml	Gooseberry, mint, lime, filtered water
2:00 PM	**04**	**Mushroom Edamame Soup**	Soup	250 ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock
4:00 PM	**05**	**Ginger Cucumber Shot**	Wellness Shot	60 ml	Cucumber, ginger, lemon, filtered water
7:00 PM	**06**	**Carrot Red Lentil Soup**	Soup	250 ml	Carrot, red lentils, cauliflower, celery, onion, ginger, turmeric, vegetable stock
8:00 PM	**07**	**Green Miso Broth**	Broth	250 ml	White miso, courgette, celery, spinach, mushroom, ginger, lime

Winter Reset Guide

Before the reset	During the reset	After the reset
The day before Day 1, choose simple plant-based meals and reduce alcohol, fried foods and very heavy meals.	Follow the listed order. Keep almond mylk and shots chilled. Reheat soups and broths according to the label and consume promptly. Drink water according to thirst and activity.	After Day 5, return gradually to balanced meals with cooked vegetables, whole grains, tofu or legumes. Avoid beginning with a very heavy or fried meal.

Keep all supplied products refrigerated. This is a short structured wellness programme, not a medical treatment. Stop and seek appropriate help if you experience fainting, persistent vomiting or diarrhoea, confusion, severe weakness or an allergic reaction.