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Men's 20-Day Weight-Loss Reset

Five-phase plant-based programme | Men-specific approved Sprout menu

Programme overview

DAYS	PHASE	DAILY STRUCTURE
1-2	Cellular Hydration Reset	6 x 500 ml cold-pressed juices
3-4	Food Reintroduction I	3 juices + 3 protein-supporting soups
5-6	Food Reintroduction II	1 shot + 2 juices + 1 salad + 1 soup
7-12	Metabolic Ignition	2 juices + breakfast + protein main + soup
13-14	Mid-Programme Reset	6 x 500 ml cold-pressed juices
15-19	Lean Shift	Shot + breakfast + juice + main + salad + soup
20	Digestive Reset & Balance	Juice + 2 broths + cooked main + soup + almond mylk

WHAT IS SUPPLIED	52 cold-pressed juices, 7 wellness shots, 20 soups, 11 breakfasts or smoothies, 7 salads, 12 mains, 2 broths and 1 almond mylk.
PORTION STANDARD	Cold-pressed juice 500 ml | Shot 60 ml | Soup and broth 250 ml | Smoothie 500 ml | Almond mylk 250 ml.
PROGRAMME TYPE	Hybrid plant-based weight-management reset. Individual results vary and are not guaranteed.

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Phase 1 - Cellular Hydration Reset

Days 1-2 | Six cold-pressed juices daily

Day 1

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
09:00	**Deep Greens**	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
11:00	**Cucumber Mint**	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
13:00	**Citrus Glow**	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
15:00	**Green Balance**	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
17:00	**Ruby Root**	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
19:00	**Tropical Hydration**	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint

Day 2

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
09:00	**Lean Green**	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
11:00	**Crisp Lemon Refresh**	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
13:00	**Detox Green**	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
15:00	**Carrot Orange Ginger**	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric
17:00	**Pineapple Mint**	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
19:00	**Watermelon Hydration**	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint

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Phase 2 - Progressive Food Reintroduction

Days 3-4 | Liquids alternating with protein-supporting soups

Day 3

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Green Cleanse**	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
10:30	**Golden Butternut Soup**	Soup	250ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
13:00	**Root Reset**	Cold-Pressed Juice	500ml	Carrot, beetroot, apple, lemon, ginger
15:30	**Courgette & Spinach Soup**	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
17:30	**Tropical Thunder**	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
19:30	**Broccoli Tofu Soup**	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock

Day 4

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Spinach Mint Green**	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
10:30	**Carrot Ginger Soup**	Soup	250ml	Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk
13:00	**Beet Boost**	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
15:30	**Creamy Cauliflower Soup**	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
17:30	**Cucumber Hydration**	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
19:30	**Mushroom Barley Soup**	Soup	250ml	Mushrooms, pearl barley, white beans, carrot, celery, onion, garlic, thyme, vegetable stock

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Phase 2 - Progressive Food Reintroduction

Days 5-6 | Shot, juices, salad and soup

Day 5

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Lemon Turmeric Shot**	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
09:00	**Morning Glow**	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
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	**Carrot Beet Lemon Juice**	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
19:30	**Deep Green Soup**	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil

Day 6

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Ginger Turmeric Shot**	Wellness Shot	60ml	Ginger, fresh turmeric, lemon, water, black pepper
09:00	**Sweet Green**	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
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	**Carrot Kick**	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
19:30	**Roasted Tomato & Red Pepper Soup**	Soup	250ml	Tomato, red pepper, red lentils, onion, cucumber, garlic, olive oil, apple cider vinegar, basil, black pepper

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Phase 2 - Metabolic Ignition

Days 7-12 | Structured protein-focused food days

Day 7

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Celery Lime**	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
09:30	**Soy Yogurt with Berries and Flax**	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
13:30	**Black Bean Brown Rice Bowl**	Main Dish	1 serving	Black beans, brown rice, sweet corn, tomato, red pepper, spinach, avocado, coriander, lime, cumin
16:30	**Blissy Green**	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, lemon, ginger
19:30	**Red Lentil Vegetable Soup**	Soup	250ml	Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil

Day 8

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Cucumber Mint Green Juice**	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
09:30	**Tofu Breakfast Wrap**	Breakfast	1 serving	Wholegrain wrap, tofu, spinach, tomato, red pepper, onion, avocado, nutritional yeast, turmeric, cumin, olive oil
13:30	**Spiced Tofu Millet Bowl**	Main Dish	1 serving	Tofu, millet, cauliflower, spinach, carrot, red pepper, pumpkin seeds, lemon, herbs, olive oil
16:30	**Root Reset**	Cold-Pressed Juice	500ml	Carrot, beetroot, apple, lemon, ginger
19:30	**Broccoli Edamame Soup**	Soup	250ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil

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Phase 2 - Metabolic Ignition

Days 7-12 | Structured protein-focused food days

Day 9

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Deep Greens**	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
09:30	**Edamame Avocado Toast**	Breakfast	1 serving	Wholegrain bread, edamame, avocado, tomato, spinach, lemon, parsley, black pepper
13:30	**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
16:30	**Pineapple Mint**	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
19:30	**Spinach Lentil Soup**	Soup	250ml	Lentils, spinach, courgette, carrot, celery, onion, garlic, cumin, vegetable stock, olive oil

Day 10

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Green Balance**	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
09:30	**Chickpea Vegetable Pancake**	Breakfast	1 serving	Chickpea flour, filtered water, carrot, courgette, red pepper, spinach, spring onion, cumin, coriander, olive oil
13:30	**Kidney Bean Quinoa Bowl**	Main Dish	1 serving	Kidney beans, quinoa, courgette, carrot, red pepper, spinach, tomato, coriander, lime
16:30	**Carrot Orange Ginger**	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric
19:30	**Tomato White Bean Soup**	Soup	250ml	Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil

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Phase 2 - Metabolic Ignition

Days 7-12 | Structured protein-focused food days

Day 11

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Lean Green**	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
09:30	**Savoury Oats with Edamame**	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
13:30	**Tempeh Burrito Bowl**	Main Dish	1 serving	Tempeh, brown rice, black beans, sweet corn, red pepper, tomato salsa, cabbage, avocado, coriander, lime
16:30	**Beet Boost**	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
19:30	**Pumpkin Chickpea Soup**	Soup	250ml	Pumpkin, chickpeas, carrot, onion, garlic, ginger, cumin, turmeric, vegetable stock

Day 12

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Morning Glow**	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
09:30	**Protein Chia Pudding**	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
13:30	**Chickpea Spinach Curry with Millet**	Main Dish	1 serving	Chickpeas, millet, spinach, tomato, onion, garlic, ginger, light coconut milk, cumin, coriander, turmeric, olive oil
16:30	**Tropical Hydration**	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
19:30	**Miso Tofu and Edamame Soup**	Soup	250ml	Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock

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Phase 3 - Mid-Programme Reset

Days 13-14 | Six cold-pressed juices daily

Day 13

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
09:00	**Green Cleanse**	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
11:00	**Cucumber Hydration**	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
13:00	**Ruby Root**	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
15:00	**Crisp Lemon Refresh**	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
17:00	**Blissy Green**	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, lemon, ginger
19:00	**Watermelon Hydration**	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint

Day 14

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
09:00	**Spinach Mint Green**	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
11:00	**Cucumber Mint**	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
13:00	**Detox Green**	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
15:00	**Carrot Beet Lemon Juice**	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
17:00	**Sweet Green**	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
19:00	**Tropical Thunder**	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water

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Phase 4 - Lean Shift

Days 15-19 | Breakfast, main, salad and protein-supporting soup

Day 15

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Gooseberry Mint Shot**	Wellness Shot	60ml	Gooseberry, mint, lime, filtered water
09:00	**High-Protein Overnight Oats**	Breakfast	1 serving	Rolled oats, unsweetened soy yogurt, soy milk, pea protein, chia seeds, ground flaxseed, mixed berries, cinnamon
11:30	**Celery Lime**	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
14:00	**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
17:00	**Chickpea Cucumber Quinoa Salad**	Salad	450g	Chickpeas, quinoa, cucumber, tomato, spinach, parsley, mint, lemon and olive-oil dressing
19:30	**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

Day 16

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Ginger Lemon Shot**	Wellness Shot	60ml	Lemon, ginger, filtered water
09:00	**Tofu Scramble with Spinach**	Breakfast	1 serving	Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil
11:30	**Citrus Glow**	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
14:00	**Tempeh Quinoa Pilaf**	Main Dish	1 serving	Tempeh, quinoa, green peas, carrot, courgette, mushrooms, spinach, onion, garlic, parsley, olive oil
17:00	**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
19:30	**Cauliflower White Bean Soup**	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock

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Phase 4 - Lean Shift

Day 17 | Breakfast, main, salad and protein-supporting soup

Day 17

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Gooseberry Lime Shot**	Wellness Shot	60ml	Gooseberry, lime, filtered water
09:00	**Green Protein Smoothie**	Protein Smoothie	500ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla
11:30	**Carrot Kick**	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
14:00	**Tempeh Chickpea Curry with Quinoa**	Main Dish	1 serving	Tempeh, chickpeas, quinoa, spinach, tomato, cauliflower, onion, garlic, ginger, light coconut milk, curry spices
17:00	**Roasted Chickpea Tofu Salad**	Salad	450g	Roasted chickpeas, tofu, mixed leaves, cucumber, tomato, red pepper, carrot, pumpkin seeds, lemon-herb dressing
19:30	**Mushroom Edamame Soup**	Soup	250ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock

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Phase 4 - Lean Shift

Day 18 | Breakfast, main, salad and protein-supporting soup

Day 18

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Golden Ginger Shot**	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
09:00	**Soy Yogurt Berry Protein Bowl**	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, pea protein, chia seeds, ground flaxseed, pumpkin seeds, cinnamon
11:30	**Cucumber Mint Green Juice**	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
14:00	**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
17:00	**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
19:30	**Tomato Red Lentil Soup**	Soup	250ml	Tomato, red lentils, carrot, celery, onion, garlic, basil, paprika, vegetable stock

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Days 19-20

Final Lean Shift & Digestive Balance | Protein-focused food day followed by a gentle close

Day 19

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	**Mint Lime Shot**	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
09:00	**Chocolate Banana Protein Smoothie**	Protein Smoothie	500ml	Almond mylk, banana, pea-rice protein, coconut cream, almond, cocoa, vanilla and cinnamon
11:30	**Deep Greens**	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
14:00	**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
17:00	**Tofu Chickpea Mediterranean Salad**	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
19:30	**Broccoli Pea Soup**	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock

Day 20

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	**Cucumber Hydration**	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
10:30	**Ginger Miso Broth**	Broth	250ml	White miso, shiitake mushroom, courgette, celery, onion, ginger, garlic, lime, parsley
13:00	**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
15:30	**Carrot Red Lentil Soup**	Soup	250ml	Carrot, red lentils, cauliflower, celery, onion, ginger, turmeric, vegetable stock
18:00	**Mushroom Herb Broth**	Broth	250ml	Shiitake mushroom, brown mushroom, celery, leek, onion, thyme, parsley
20:00	**Vanilla Almond Mylk**	Almond Mylk	250ml	Almond, filtered water, date, vanilla, cinnamon and sea salt

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Your 20-Day Reset Guide

Preparation, training, daily use and transition guidance

Before Day 1	During the programme
Choose balanced plant-based meals the day before starting. Reduce alcohol, very heavy foods and excessive caffeine. Confirm that the programme is appropriate for your health history, medicines, allergies, energy needs and activity level.	Keep all products refrigerated and follow the listed order where practical. A timing change of 30-60 minutes is acceptable. Drink additional water according to thirst, activity and UAE heat exposure rather than forcing a fixed volume.
Training and recovery	**After Day 20**
Use walking and mobility on juice-only days. Schedule resistance training on structured food days, allowing adequate recovery. Reduce intensity if energy, strength or concentration falls.	Continue regular meals based on vegetables, tofu, tempeh, legumes, whole grains, fruit and measured healthy fats. Avoid treating the final day as permission for an unrestricted meal or rapid return to very heavy foods.

ALLERGENS	Contains or may contain soy, almond/tree nuts, sesame, gluten/wheat, celery and coconut. Individual product ingredients are shown in the schedule.
PROFESSIONAL REVIEW	Obtain clinician or registered-dietitian approval before starting with an eating-disorder history, diabetes treatment, GLP-1 medicines, kidney or liver disease, recent surgery or another condition affected by substantial dietary restriction.
STOP RULES	Stop the programme and seek appropriate help for fainting, confusion, severe weakness, persistent vomiting or diarrhoea, allergic symptoms or abnormal glucose symptoms.
WEIGHT-LOSS NOTICE	Weight change depends on individual energy needs, adherence, activity, sleep, health status and medicines. No fixed result is guaranteed.