



Men's 30-Day Weight-Loss Reset

Six-phase plant-based programme | Approved Sprout menu

Programme overview

DAYS	PHASE	DAILY STRUCTURE
1-3	Cellular Detoxification	6 x 500 ml cold-pressed juices
4-6	Metabolic Ignition I	3 juices alternating with 3 protein-supporting soups
7-12	Metabolic Ignition II	Shot + breakfast + robust lunch + juice + dinner
13-14	Homeostatic Reset	6 x 500 ml cold-pressed juices
15-23	Lean Anabolic Shifting	Liquid transition followed by progressive plant-protein food days
24-26	Shred Phase	Highest-protein structured food days
27-30	Digestive and Balance Reset	2 liquid days followed by 2 structured reintroduction days

WHAT IS SUPPLIED	78 cold-pressed juices, 16 wellness shots, 31 soups, 13 breakfasts, 3 protein smoothies, 4 robust salads and 17 main dishes.
PORTION STANDARD	Cold-pressed juice 500 ml Shot 60 ml Soup 250 ml Smoothie 500 ml Robust salad 450 g where specified.
PROGRAMME TYPE	Hybrid plant-based weight-management reset. Weight change varies and no fixed result is guaranteed.



Phase 1 - Cellular Detoxification

Days 1-3 | Hydration-focused liquid opening

Day 1

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
10:00	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
12:00	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
14:00	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
16:00	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
18:00	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
WHY THIS DAY		Vegetable, citrus and root profiles open the programme with controlled variety and substantial fluid intake.		

Day 2

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
10:00	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
12:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
14:00	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
16:00	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
18:00	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
WHY THIS DAY		A different colour and flavour sequence reduces menu fatigue during the opening liquid phase.		



Phase 1 - Cellular Detoxification

Day 3 | Final hydration-focused liquid day

Day 3

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
10:00	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
12:00	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
14:00	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
16:00	Blissy Green	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, lemon, ginger
18:00	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
WHY THIS DAY		Completes the opening liquid interval before plant-protein soups are introduced.		



Phase 2 - Metabolic Ignition

Days 4-6 | Juices alternating with protein-supporting soups

Day 4

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
10:30	Deep Green Soup	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil
13:00	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
15:30	Golden Butternut Soup	Soup	250ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
17:30	Carrot Orange Ginger	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric
19:30	Broccoli Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
WHY THIS DAY		Tofu and lentils begin rebuilding protein intake while soups remain easy to portion.		

Day 5

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Sweet Green	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
10:30	Red Lentil Vegetable Soup	Soup	250ml	Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil
13:00	Celery Lime	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
15:30	Broccoli Edamame Soup	Soup	250ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil
17:30	Carrot Beet Lemon Juice	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
19:30	Mushroom Barley Soup	Soup	250ml	Mushrooms, pearl barley, white beans, carrot, celery, onion, garlic, thyme, vegetable stock
WHY THIS DAY		Lentils, edamame, beans and barley improve fullness and amino-acid variety.		



Phase 2 - Metabolic Ignition

Day 6 | Final juice-and-soup transition day

Day 6

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Cucumber Mint Green Juice	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
10:30	Courgette & Spinach Soup	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
13:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
15:30	Miso Tofu and Edamame Soup	Soup	250ml	Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock
17:30	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
19:30	Tomato White Bean Soup	Soup	250ml	Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil
WHY THIS DAY		Soy, beans and vegetables prepare the customer for structured solid meals.		



Phase 2 - Metabolic Ignition

Days 7-12 | Structured plant-protein food days

Day 7

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
09:00	Savoury Oats with Edamame	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
13:00	Tempeh Quinoa Bowl	Main Dish	1 serving	Tempeh, quinoa, broccoli, courgette, carrot, red pepper, spinach, tahini, lemon, olive oil
16:30	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
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
WHY THIS DAY		Tempeh, tofu and edamame distribute plant protein across the day.		

Day 8

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
09:00	Tofu Scramble with Spinach	Breakfast	1 serving	Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil
13:00	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	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
19:30	Cauliflower White Bean Soup	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock
WHY THIS DAY		High-volume vegetables and beans support fullness without relying on a small side salad.		



Phase 2 - Metabolic Ignition

Days 7-12 | Structured plant-protein food days

Day 9

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Turmeric Shot	Wellness Shot	60ml	Ginger, fresh turmeric, lemon, water, black pepper
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
13:00	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
16:30	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
19:30	Mushroom Edamame Soup	Soup	250ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock
WHY THIS DAY		Controlled grains support training while soy foods strengthen the protein profile.		

Day 10

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, filtered water
09:00	Edamame Avocado Toast	Breakfast	1 serving	Wholegrain bread, edamame, avocado, tomato, spinach, lemon, parsley, black pepper
13:00	Spiced Tofu Millet Bowl	Main Dish	1 serving	Tofu, millet, cauliflower, spinach, carrot, red pepper, pumpkin seeds, lemon, herbs, olive oil
16:30	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
19:30	Pumpkin Chickpea Soup	Soup	250ml	Pumpkin, chickpeas, carrot, onion, garlic, ginger, cumin, turmeric, vegetable stock
WHY THIS DAY		Millet, chickpeas and tofu create a substantial, slower-digesting food day.		



Phase 2 - Metabolic Ignition

Days 7-12 | Structured plant-protein food days

Day 11

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Lime Shot	Wellness Shot	60ml	Gooseberry, lime, filtered water
09:00	Chickpea Vegetable Pancake	Breakfast	1 serving	Chickpea flour, filtered water, carrot, courgette, red pepper, spinach, spring onion, cumin, coriander, olive oil
13:00	Kidney Bean Quinoa Bowl	Main Dish	1 serving	Kidney beans, quinoa, courgette, carrot, red pepper, spinach, tomato, coriander, lime
16:30	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
19:30	Tomato Red Lentil Soup	Soup	250ml	Tomato, red lentils, carrot, celery, onion, garlic, basil, paprika, vegetable stock

WHY THIS DAY

Legumes and quinoa supply physical volume, fibre and complementary amino acids.

Day 12

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
09:00	Protein Oats with Berries	Breakfast	1 serving	Rolled oats, unsweetened soy milk, mixed berries, pea protein, chia seeds, cinnamon
13:00	Tempeh Burrito Bowl	Main Dish	1 serving	Tempeh, brown rice, black beans, sweet corn, red pepper, tomato salsa, cabbage, avocado, coriander, lime
16:30	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
19:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock

WHY THIS DAY

A higher-fibre day supports satiety before the short liquid interval.



Phase 3 - Homeostatic Reset

Days 13-14 | Short hydration-focused liquid interval

Day 13

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
10:00	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
12:00	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
14:00	Carrot Orange Ginger	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric
16:00	Blissy Green	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, lemon, ginger
18:00	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
WHY THIS DAY		A structured liquid day reduces menu complexity; it is not a metabolic shortcut.		

Day 14

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
10:00	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
12:00	Sweet Green	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
14:00	Carrot Beet Lemon Juice	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
16:00	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
18:00	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
WHY THIS DAY		Maintains flavour variety before protein-containing foods return.		



Phase 4 - Lean Anabolic Shifting

Days 15-16 | Juices alternating with protein-supporting soups

Day 15

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	Cucumber Mint Green Juice	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
15:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
17:30	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
19:30	Spinach Lentil Soup	Soup	250ml	Lentils, spinach, courgette, carrot, celery, onion, garlic, cumin, vegetable stock, olive oil
WHY THIS DAY		Beans and lentils restart protein and fibre after the liquid interval.		

Day 16

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
10:30	Roasted Tomato & Red Pepper Soup	Soup	250ml	Tomato, red pepper, red lentils, onion, cucumber, garlic, olive oil, apple cider vinegar, basil, black pepper
13:00	Celery Lime	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
15:30	Broccoli Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
17:30	Carrot Beet Lemon Juice	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
19:30	Miso Tofu and Edamame Soup	Soup	250ml	Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock
WHY THIS DAY		Tofu and edamame improve the density and variety of essential amino acids.		



Phase 4 - Lean Anabolic Shifting

Day 17 | Dense plant amino-acid transition

Day 17

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Ginger Shot	Wellness Shot	60ml	Gooseberry, ginger, lemon, filtered water
09:00	Green Protein Smoothie	Protein Smoothie	500ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla
13:00	Sticky Sesame Tofu with Broccoli	Main Dish	1 serving	tofu, broccoli, sesame seeds, onion, garlic, extra virgin olive oil, black pepper, tamari, rice vinegar
16:30	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
WHY THIS DAY		Multiple soy and legume sources distribute protein across the day.		



Phase 4 - Lean Anabolic Shifting

Days 18-19 | Three juices, soup and substantial 450 g salad

Day 18

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
11:00	Red Lentil Vegetable Soup	Soup	250ml	Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil
14:00	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
17:00	Tofu Chickpea Mediterranean Salad	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
20:00	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
WHY THIS DAY		A 450 g tofu-chickpea salad provides substance and high vegetable volume.		

Day 19

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
11:00	Broccoli Edamame Soup	Soup	250ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil
14:00	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
17:00	Edamame Tofu Brown Rice Salad	Salad	450g	Edamame, tofu, brown rice, cucumber, cabbage, carrot, spring onion, sesame seeds, ginger-tamari dressing
20:00	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
WHY THIS DAY		Edamame, tofu and brown rice form a substantial transition meal.		



Phase 4 - Lean Anabolic Shifting

Days 20-23 | Progressive solid plant-protein build-up

Day 20

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
09:00	Protein Chia Pudding	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
13:00	Tempeh Quinoa Pilaf	Main Dish	1 serving	Tempeh, quinoa, green peas, carrot, courgette, mushrooms, spinach, onion, garlic, parsley, olive oil
16:30	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
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

WHY THIS DAY

Tempeh and tofu provide concentrated plant protein with measured whole grains.

Day 21

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
09:00	Tofu Breakfast Wrap	Breakfast	1 serving	Wholegrain wrap, tofu, spinach, tomato, red pepper, onion, avocado, nutritional yeast, turmeric, cumin, olive oil
13:00	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
16:30	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
19:30	Cauliflower White Bean Soup	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock

WHY THIS DAY

Tofu and edamame support a stronger protein distribution across the day.



Phase 4 - Lean Anabolic Shifting

Days 20-23 | Progressive solid plant-protein build-up

Day 22

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Mint Shot	Wellness Shot	60ml	Gooseberry, mint, lime, filtered water
09:00	Soy Yogurt Berry Protein Bowl	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, pea protein, chia seeds, ground flaxseed, pumpkin seeds, cinnamon
13:00	Tempeh Chickpea Curry with Quinoa	Main Dish	1 serving	Tempeh, chickpeas, quinoa, spinach, tomato, cauliflower, onion, garlic, ginger, light coconut milk, curry spices
16:30	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
19:30	Tomato White Bean Soup	Soup	250ml	Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil

WHY THIS DAY

Tempeh, chickpeas and white beans combine protein with substantial fibre.

Day 23

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Cucumber Shot	Wellness Shot	60ml	Cucumber, ginger, lemon, 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
13:00	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
16:30	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
19:30	Deep Green Soup	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil

WHY THIS DAY

Moderate carbohydrate portions support training without removing whole-food volume.

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Phase 5 - Shred Phase

Days 24-26 | Highest-protein structured food days

Day 24

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, filtered water
09:00	Green Protein Smoothie	Protein Smoothie	500ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla
13:00	Harissa Tofu and Lentil Bowl	Main Dish	1 serving	Tofu, lentils, quinoa, courgette, aubergine, red pepper, spinach, harissa, lemon, tahini, olive oil
16:30	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
19:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock
WHY THIS DAY		Tofu, lentils, peas and protein powder concentrate protein within the energy target.		

Day 25

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Turmeric Orange Shot	Wellness Shot	60ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
09:00	Savoury Oats with Edamame	Breakfast	1 serving	Rolled oats, unsweetened soy milk, edamame, spinach, mushrooms, tomato, nutritional yeast, black pepper
13:00	Chickpea Cucumber Quinoa Salad	Salad	450g	Chickpeas, quinoa, cucumber, tomato, spinach, parsley, mint, lemon and olive-oil dressing
16:30	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
19:30	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		Cauliflower rice and a robust legume salad maximise physical food volume.		

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Phase 5 - Shred Phase

Day 26 | Final high-protein structured day

Day 26

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
09:00	Chocolate Banana Protein Smoothie	Protein Smoothie	500ml	Almond mylk, banana, pea-rice protein, coconut cream, almond, cocoa, vanilla and cinnamon
13:00	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
16:30	Blissy Green	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, lemon, ginger
19:30	Miso Tofu Quinoa Bowl	Main Dish	1 serving	Tofu, quinoa, edamame, broccoli, carrot, cabbage, cucumber, white miso, ginger, lime, sesame seeds
WHY THIS DAY		Two substantial tofu-based meals create the programme's strongest protein day.		



Phase 6 - Digestive and Balance Reset

Days 27-28 | Final hydration-focused liquid interval

Day 27

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
10:00	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
12:00	Sweet Green	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
14:00	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
16:00	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
18:00	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint

WHY THIS DAY

A brief liquid day creates structure but does not provide muscle-protective protein.

Day 28

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, parsley, lemon, ginger
10:00	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
12:00	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
14:00	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
16:00	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
18:00	Carrot Orange Ginger	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric

WHY THIS DAY

Completes the liquid interval before structured solid protein returns.



Phase 6 - Digestive and Balance Reset

Days 29-30 | Structured solid-food reintroduction

Day 29

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Lime Shot	Wellness Shot	60ml	Gooseberry, lime, 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
12:30	Tomato Red Lentil Soup	Soup	250ml	Tomato, red lentils, carrot, celery, onion, garlic, basil, paprika, vegetable stock
16:00	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
19:30	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

Cooked tofu, lentils and vegetables restore solid texture and protein gradually.

Day 30

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
09:00	Protein Oats with Berries	Breakfast	1 serving	Rolled oats, unsweetened soy milk, mixed berries, pea protein, chia seeds, cinnamon
12:30	Broccoli Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
16:00	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
19:30	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 balanced final day transitions the customer toward sustainable whole-food eating.

sprout

Your 30-Day Reset Guide

Preparation, training, daily use and transition guidance

Before Day 1	During the programme
Choose balanced plant-based meals before starting. Reduce alcohol, very heavy foods and excessive caffeine. Confirm that the programme suits your health history, medicines, allergies, energy needs and activity level.	Keep products refrigerated and follow the listed order where practical. A 30-60 minute timing change is acceptable. Use thirst, activity and UAE heat exposure to guide additional water rather than forcing a fixed amount.
Training and muscle retention	After Day 30
Use walking and mobility on six-juice days. Place resistance training on the higher-protein food days and reduce intensity if strength, energy or concentration falls. Liquid days are not high-protein or muscle-protective.	Continue substantial meals based on vegetables, tofu, tempeh, legumes, whole grains, fruit and measured healthy fats. Do not treat the final day as permission for an unrestricted meal or a sudden 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 with each day.
PROFESSIONAL REVIEW	This programme may be too restrictive for larger or highly active men. Obtain clinician or registered-dietitian approval with diabetes treatment, GLP-1 medicines, kidney or liver disease, eating-disorder history, recent surgery or another condition affected by substantial restriction.
STOP RULES	Stop and seek appropriate help for fainting, confusion, severe weakness, persistent vomiting or diarrhoea, allergic symptoms or abnormal glucose symptoms.
CLAIM NOTICE	Phase names are commercial programme labels. The plan does not claim to remove toxins, treat inflammation, stabilise BMR or guarantee fat loss.