



# Women's 20-Day Weight-Loss Reset

Five-phase plant-based programme | Approved Sprout product rotation

## Programme overview

| DAYS  | PHASE                         | DAILY STRUCTURE                                     |
|-------|-------------------------------|-----------------------------------------------------|
| 1-2   | Hydration Kickoff             | 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 Routine             | 2 juices + breakfast + lunch + soup                 |
| 13-14 | Mid-Programme Hydration Reset | 6 x 500 ml cold-pressed juices                      |
| 15-19 | Protein & Fibre Lean-Out      | Shot + breakfast + juice + lunch + soup             |
| 20    | Gentle Transition             | Juice + 2 broths + cooked main + soup + almond mylk |

|                  |                                                                                                                                 |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|
| PRODUCT ROTATION | All 25 approved juices are used before the cycle restarts. No product repeats within one day or on consecutive days.            |
| WHAT IS SUPPLIED | 52 cold-pressed juices, 7 wellness shots, 20 soups, 11 breakfasts or smoothies, 14 salads or 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.                                     |



## Phase 1 - Hydration Kickoff

Days 1-2 | Six cold-pressed juices daily

### Day 1

| TIME  | PRODUCT             | TYPE               | SIZE  | INGREDIENTS                                             |
|-------|---------------------|--------------------|-------|---------------------------------------------------------|
| 09:00 | Lean Green          | Cold-Pressed Juice | 500ml | Cucumber, celery, spinach, kale, parsley, lemon, ginger |
| 11:00 | Cucumber Hydration  | Cold-Pressed Juice | 500ml | Cucumber, celery, coconut water, lime, mint             |
| 13:00 | Green Cleanse       | Cold-Pressed Juice | 500ml | Celery, spinach, kale, lemon, parsley                   |
| 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 | Sweet Green         | Cold-Pressed Juice | 500ml | Green apple, celery, spinach, kale, lemon, parsley      |

### Day 2

| TIME  | PRODUCT                   | TYPE               | SIZE  | INGREDIENTS                                   |
|-------|---------------------------|--------------------|-------|-----------------------------------------------|
| 09:00 | Deep Greens               | Cold-Pressed Juice | 500ml | Celery, kale, spinach, parsley, lemon, ginger |
| 11:00 | Celery Lime               | Cold-Pressed Juice | 500ml | Celery, lime, lemon, ginger                   |
| 13:00 | Spinach Mint Green        | Cold-Pressed Juice | 500ml | Spinach, celery, green apple, mint, lime      |
| 15:00 | Watermelon Hydration      | Cold-Pressed Juice | 500ml | Watermelon, cucumber, lime, mint              |
| 17:00 | Root Reset                | Cold-Pressed Juice | 500ml | Carrot, beetroot, apple, lemon, ginger        |
| 19:00 | Cucumber Mint Green Juice | Cold-Pressed Juice | 500ml | Cucumber, celery, spinach, kale, mint, lime   |



## Phase 2 - Progressive Food Reintroduction

Days 3-12 | Liquids to structured plant-based meals

### Day 3

| TIME  | PRODUCT                     | TYPE               | SIZE  | INGREDIENTS                                                                                       |
|-------|-----------------------------|--------------------|-------|---------------------------------------------------------------------------------------------------|
| 08:00 | Green Balance               | Cold-Pressed Juice | 500ml | Cucumber, green apple, celery, spinach, kale, parsley, lemon                                      |
| 10:30 | Broccoli Edamame Soup       | Soup               | 250ml | Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil |
| 13:00 | Citrus Glow                 | Cold-Pressed Juice | 500ml | Orange, grapefruit, lemon, fresh turmeric                                                         |
| 15:30 | Cauliflower White Bean Soup | Soup               | 250ml | Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock               |
| 17:30 | Beet Boost                  | Cold-Pressed Juice | 500ml | Beetroot, green apple, carrot, lemon, ginger                                                      |
| 19:30 | Tomato Red Lentil Soup      | Soup               | 250ml | Tomato, red lentils, carrot, celery, onion, garlic, basil, paprika, vegetable stock               |

### Day 4

| TIME  | PRODUCT                    | TYPE               | SIZE  | INGREDIENTS                                                                                             |
|-------|----------------------------|--------------------|-------|---------------------------------------------------------------------------------------------------------|
| 08:00 | Morning Glow               | Cold-Pressed Juice | 500ml | Apple, spinach, lemon, ginger                                                                           |
| 10:30 | Miso Tofu and Edamame Soup | Soup               | 250ml | Tofu, edamame, mushrooms, courgette, spinach, spring onion, white miso, ginger, garlic, vegetable stock |
| 13:00 | Tropical Hydration         | Cold-Pressed Juice | 500ml | Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint                                          |
| 15:30 | Spinach Lentil Soup        | Soup               | 250ml | Lentils, spinach, courgette, carrot, celery, onion, garlic, cumin, vegetable stock, olive oil           |
| 17:30 | Ruby Root                  | Cold-Pressed Juice | 500ml | Beetroot, lemon, ginger, green apple                                                                    |
| 19:30 | Pumpkin Chickpea Soup      | Soup               | 250ml | Pumpkin, chickpeas, carrot, onion, garlic, ginger, cumin, turmeric, vegetable stock                     |



## Phase 2 - Progressive Food Reintroduction

Days 3-12 | Liquids to structured plant-based meals

### Day 5

| TIME  | PRODUCT                     | TYPE               | SIZE  | INGREDIENTS                                                                                                     |
|-------|-----------------------------|--------------------|-------|-----------------------------------------------------------------------------------------------------------------|
| 07:30 | Ginger Lemon Shot           | Wellness Shot      | 60ml  | Lemon, ginger, filtered water                                                                                   |
| 09:00 | Detox Green                 | Cold-Pressed Juice | 500ml | Spinach, apple, celery, lemon, mint                                                                             |
| 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 | Carrot Kick                 | Cold-Pressed Juice | 500ml | Carrot, orange, lemon, ginger                                                                                   |
| 19:30 | Broccoli Tofu Soup          | Soup               | 250ml | Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock                             |

### Day 6

| TIME  | PRODUCT                      | TYPE               | SIZE  | INGREDIENTS                                                                                         |
|-------|------------------------------|--------------------|-------|-----------------------------------------------------------------------------------------------------|
| 07:30 | Gooseberry Lime Shot         | Wellness Shot      | 60ml  | Gooseberry, lime, filtered water                                                                    |
| 09:00 | Cucumber Mint                | Cold-Pressed Juice | 500ml | Cucumber, mint, green apple, lemon                                                                  |
| 13:00 | Lentil Beetroot Quinoa Salad | Salad              | 450g  | Lentils, quinoa, roasted beetroot, cucumber, spinach, parsley, pumpkin seeds, lemon-tahini dressing |
| 16:30 | Carrot Orange Ginger         | Cold-Pressed Juice | 500ml | Carrot, orange, lemon, ginger, fresh turmeric                                                       |
| 19:30 | Mushroom Edamame Soup        | Soup               | 250ml | Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock               |



## Phase 2 - Progressive Food Reintroduction

Days 3-12 | Liquids to structured plant-based meals

### Day 7

| TIME  | PRODUCT                    | TYPE               | SIZE      | INGREDIENTS                                                                                                |
|-------|----------------------------|--------------------|-----------|------------------------------------------------------------------------------------------------------------|
| 08:00 | Tropical Thunder           | Cold-Pressed Juice | 500ml     | Pineapple, lime, coconut water                                                                             |
| 09:30 | Tofu Scramble with Spinach | Breakfast          | 1 serving | Firm tofu, spinach, tomato, red pepper, onion, nutritional yeast, turmeric, cumin, black pepper, olive oil |
| 13:30 | Tempeh Quinoa Bowl         | Main Dish          | 1 serving | Tempeh, quinoa, broccoli, courgette, carrot, red pepper, spinach, tahini, lemon, olive oil                 |
| 16:30 | Carrot Beet Lemon Juice    | Cold-Pressed Juice | 500ml     | Carrot, beetroot, grapefruit, lemon, ginger                                                                |
| 19:30 | Broccoli Pea Soup          | Soup               | 250ml     | Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock              |

### Day 8

| TIME  | PRODUCT                           | TYPE               | SIZE      | INGREDIENTS                                                                                                                               |
|-------|-----------------------------------|--------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 08:00 | Pineapple Mint                    | Cold-Pressed Juice | 500ml     | Pineapple, green apple, lemon, mint                                                                                                       |
| 09:30 | Protein Oats with Berries         | Breakfast          | 1 serving | Rolled oats, unsweetened soy milk, mixed berries, pea protein, chia seeds, cinnamon                                                       |
| 13:30 | Tofu Chickpea Mediterranean Salad | Salad              | 450g      | Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing                                     |
| 16:30 | Lean Green                        | Cold-Pressed Juice | 500ml     | Cucumber, celery, spinach, kale, 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 |



## Phase 2 - Progressive Food Reintroduction

Days 3-12 | Liquids to structured plant-based meals

### Day 9

| TIME  | PRODUCT                | TYPE               | SIZE      | INGREDIENTS                                                                                        |
|-------|------------------------|--------------------|-----------|----------------------------------------------------------------------------------------------------|
| 08:00 | Cucumber Hydration     | Cold-Pressed Juice | 500ml     | Cucumber, celery, coconut water, lime, mint                                                        |
| 09:30 | Protein Chia Pudding   | Breakfast          | 1 serving | Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon        |
| 13:30 | Miso Tofu Quinoa Bowl  | Main Dish          | 1 serving | Tofu, quinoa, edamame, broccoli, carrot, cabbage, cucumber, white miso, ginger, lime, sesame seeds |
| 16:30 | Ruby Root              | Cold-Pressed Juice | 500ml     | Beetroot, lemon, ginger, green apple                                                               |
| 19:30 | Tomato White Bean Soup | Soup               | 250ml     | Tomato, white beans, carrot, celery, onion, garlic, basil, vegetable stock, olive oil              |

### Day 10

| TIME  | PRODUCT                      | TYPE               | SIZE      | INGREDIENTS                                                                                             |
|-------|------------------------------|--------------------|-----------|---------------------------------------------------------------------------------------------------------|
| 08:00 | Deep Greens                  | Cold-Pressed Juice | 500ml     | Celery, kale, spinach, 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 | 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 | Courgette & Spinach Soup     | Soup               | 250ml     | Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic                                 |



## Phase 2 - Progressive Food Reintroduction

Days 3-12 | Liquids to structured plant-based meals

### Day 11

| TIME  | PRODUCT                       | TYPE               | SIZE      | INGREDIENTS                                                                                              |
|-------|-------------------------------|--------------------|-----------|----------------------------------------------------------------------------------------------------------|
| 08:00 | Morning Glow                  | Cold-Pressed Juice | 500ml     | Apple, spinach, lemon, ginger                                                                            |
| 09:30 | Soy Yogurt Berry Protein Bowl | Breakfast          | 1 serving | Unsweetened soy yogurt, mixed berries, pea protein, chia seeds, ground flaxseed, pumpkin seeds, cinnamon |
| 13:30 | Edamame Tofu Brown Rice Salad | Salad              | 450g      | Edamame, tofu, brown rice, cucumber, cabbage, carrot, spring onion, sesame seeds, ginger-tamari dressing |
| 16:30 | Beet Boost                    | Cold-Pressed Juice | 500ml     | Beetroot, green apple, carrot, lemon, ginger                                                             |
| 19:30 | Deep Green Soup               | Soup               | 250ml     | Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil                         |

### Day 12

| TIME  | PRODUCT                           | TYPE               | SIZE      | INGREDIENTS                                                                                                                                        |
|-------|-----------------------------------|--------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:00 | Green Cleanse                     | Cold-Pressed Juice | 500ml     | Celery, spinach, kale, lemon, parsley                                                                                                              |
| 09:30 | High-Protein Overnight Oats       | Breakfast          | 1 serving | Rolled oats, unsweetened soy yogurt, soy milk, pea protein, chia seeds, ground flaxseed, mixed berries, cinnamon                                   |
| 13:30 | 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 | Tropical Hydration                | Cold-Pressed Juice | 500ml     | Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint                                                                                     |
| 19:30 | Carrot Red Lentil Soup            | Soup               | 250ml     | Carrot, red lentils, cauliflower, celery, onion, ginger, turmeric, vegetable stock                                                                 |



## Phase 3 - Mid-Programme Hydration Reset

Days 13-14 | Six cold-pressed juices daily

### Day 13

| TIME  | PRODUCT              | TYPE               | SIZE  | INGREDIENTS                                      |
|-------|----------------------|--------------------|-------|--------------------------------------------------|
| 09:00 | Celery Lime          | Cold-Pressed Juice | 500ml | Celery, lime, lemon, ginger                      |
| 11:00 | Cucumber Mint        | Cold-Pressed Juice | 500ml | Cucumber, mint, green apple, lemon               |
| 13:00 | Spinach Mint Green   | Cold-Pressed Juice | 500ml | Spinach, celery, green apple, mint, lime         |
| 15:00 | Carrot Orange Ginger | Cold-Pressed Juice | 500ml | Carrot, orange, lemon, ginger, fresh turmeric    |
| 17:00 | Blissy Green         | Cold-Pressed Juice | 500ml | Celery, beetroot, carrot, spinach, lemon, ginger |
| 19:00 | Pineapple Mint       | Cold-Pressed Juice | 500ml | Pineapple, green apple, lemon, mint              |

### Day 14

| TIME  | PRODUCT                   | TYPE               | SIZE  | INGREDIENTS                                        |
|-------|---------------------------|--------------------|-------|----------------------------------------------------|
| 09:00 | Cucumber Mint Green Juice | Cold-Pressed Juice | 500ml | Cucumber, celery, spinach, kale, mint, lime        |
| 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 | Root Reset                | Cold-Pressed Juice | 500ml | Carrot, beetroot, apple, lemon, ginger             |
| 17:00 | Sweet Green               | Cold-Pressed Juice | 500ml | Green apple, celery, spinach, kale, lemon, parsley |
| 19:00 | Watermelon Hydration      | Cold-Pressed Juice | 500ml | Watermelon, cucumber, lime, mint                   |



## Phase 4 - Protein & Fibre Lean-Out

Days 15-19 | Protein-focused food days

### Day 15

| TIME  | PRODUCT                               | TYPE               | SIZE      | INGREDIENTS                                                                                                                                   |
|-------|---------------------------------------|--------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30 | Golden Ginger Shot                    | Wellness Shot      | 60ml      | Lemon, ginger, fresh turmeric, black pepper                                                                                                   |
| 09:00 | Green Protein Smoothie                | Protein Smoothie   | 500ml     | Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla                                                              |
| 11:30 | Green Balance                         | Cold-Pressed Juice | 500ml     | Cucumber, green apple, celery, spinach, kale, parsley, lemon                                                                                  |
| 14:00 | 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 |
| 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                                 |

### Day 16

| TIME  | PRODUCT                      | TYPE               | SIZE      | INGREDIENTS                                                                                                                                                                                             |
|-------|------------------------------|--------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30 | Mint Lime Shot               | Wellness Shot      | 60ml      | Lime, mint, cucumber, filtered water                                                                                                                                                                    |
| 09:00 | Edamame Avocado Toast        | Breakfast          | 1 serving | Wholegrain bread, edamame, avocado, tomato, spinach, lemon, parsley, black pepper                                                                                                                       |
| 11:30 | Tropical Thunder             | Cold-Pressed Juice | 500ml     | Pineapple, lime, coconut water                                                                                                                                                                          |
| 14:00 | 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 |
| 19:30 | Golden Butternut Soup        | Soup               | 250ml     | Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper                                                                                                   |



## Phase 4 - Protein & Fibre Lean-Out

Days 15-19 | Protein-focused food days

### Day 17

| TIME  | PRODUCT                   | TYPE               | SIZE      | INGREDIENTS                                                                                                                                                                                          |
|-------|---------------------------|--------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30 | Gooseberry Ginger Shot    | Wellness Shot      | 60ml      | Gooseberry, ginger, lemon, filtered water                                                                                                                                                            |
| 09:00 | Tofu Breakfast Wrap       | Breakfast          | 1 serving | Wholegrain wrap, tofu, spinach, tomato, red pepper, onion, avocado, nutritional yeast, turmeric, cumin, olive oil                                                                                    |
| 11:30 | Carrot Kick               | Cold-Pressed Juice | 500ml     | Carrot, orange, lemon, ginger                                                                                                                                                                        |
| 14:00 | 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 | Carrot Ginger Soup        | Soup               | 250ml     | Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk                                                                                                                |

### Day 18

| TIME  | PRODUCT                              | TYPE               | SIZE      | INGREDIENTS                                                                                                                            |
|-------|--------------------------------------|--------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------|
| 07:30 | Ginger Cucumber Shot                 | Wellness Shot      | 60ml      | Cucumber, ginger, lemon, 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                      |
| 11:30 | Carrot Beet Lemon Juice              | Cold-Pressed Juice | 500ml     | Carrot, beetroot, grapefruit, lemon, ginger                                                                                            |
| 14:00 | 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 |
| 19:30 | Creamy Cauliflower Soup              | Soup               | 250ml     | Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg                                                    |

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## Days 19-20

Final Lean-Out & Gentle Transition | Protein-focused food day followed by a gentle close

### Day 19

| TIME  | PRODUCT                                  | TYPE               | SIZE      | INGREDIENTS                                                                                                   |
|-------|------------------------------------------|--------------------|-----------|---------------------------------------------------------------------------------------------------------------|
| 07:30 | <b>Turmeric Orange Shot</b>              | Wellness Shot      | 60ml      | Orange, fresh turmeric, ginger, lemon, filtered water, black pepper                                           |
| 09:00 | <b>Chocolate Banana Protein Smoothie</b> | Protein Smoothie   | 500ml     | Almond mylk, banana, pea-rice protein, coconut cream, almond, cocoa, vanilla and cinnamon                     |
| 11:30 | <b>Lean Green</b>                        | Cold-Pressed Juice | 500ml     | Cucumber, celery, spinach, kale, parsley, lemon, ginger                                                       |
| 14:00 | <b>Quinoa Edamame Rainbow Bowl</b>       | Main Dish          | 1 serving | Quinoa, edamame, red cabbage, carrot, cucumber, red pepper, spinach, parsley, pumpkin seeds, lemon, olive oil |
| 19:30 | <b>Red Lentil Vegetable Soup</b>         | Soup               | 250ml     | Red lentils, carrot, courgette, tomato, spinach, celery, onion, garlic, cumin, vegetable stock, olive oil     |

### Day 20

| TIME  | PRODUCT                                 | TYPE               | SIZE      | INGREDIENTS                                                                                             |
|-------|-----------------------------------------|--------------------|-----------|---------------------------------------------------------------------------------------------------------|
| 08:00 | <b>Cucumber Hydration</b>               | Cold-Pressed Juice | 500ml     | Cucumber, celery, coconut water, lime, mint                                                             |
| 10:30 | <b>Garden Vegetable Broth</b>           | Broth              | 250ml     | Celery, courgette, carrot, cabbage, leek, fennel, mushroom, parsley, green lentils                      |
| 13:00 | <b>Sticky Sesame Tofu with Broccoli</b> | Main Dish          | 1 serving | tofu, broccoli, sesame seeds, onion, garlic, extra virgin olive oil, black pepper, tamari, rice vinegar |
| 15:30 | <b>Mushroom Barley Soup</b>             | Soup               | 250ml     | Mushrooms, pearl barley, white beans, carrot, celery, onion, garlic, thyme, vegetable stock             |
| 18:00 | <b>Green Vegetable Broth</b>            | Broth              | 250ml     | Celery, courgette, cabbage, leek, fennel, spinach, parsley, green lentils                               |
| 20:00 | <b>Unsweetened Vanilla Almond Mylk</b>  | Almond Mylk        | 250ml     | Almond, filtered water, vanilla, cinnamon, sea salt                                                     |

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## Your 20-Day Reset Guide

Preparation, 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 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, mobility and recovery activity on juice-only days. Schedule resistance training on structured food days, allowing adequate recovery. Reduce training 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.                 |

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