



Women'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 light soups
7-12	Metabolic Ignition II	Shot + breakfast + plant-protein salad + juice + soup
13-14	Metabolism Reset	6 x 500 ml cold-pressed juices
15-23	Lean Tone	Liquid transition followed by lighter plant-protein food days
24-26	Sculpt Phase	Smoothie or oats + salad + juice + light dinner
27-30	Digestive Gut Balance	2 liquid days followed by 2 structured food days

WHAT IS SUPPLIED	79 cold-pressed juices, 16 wellness shots, 30 soups, 2 broths, 13 breakfasts, 3 protein smoothies, 11 salads and 8 main dishes.
PORTION STANDARD	Cold-pressed juice 500 ml Shot 60 ml Soup and broth 250 ml Smoothie 500 ml 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	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
10:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
12:00	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
14:00	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
16:00	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
18:00	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
WHY THIS DAY		Hydrating, citrus, green and root profiles open the programme without one dominant flavour.		

Day 2

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
10:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
12:00	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
14:00	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
16:00	Sweet Green	Cold-Pressed Juice	500ml	Green apple, celery, spinach, kale, lemon, parsley
18:00	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
WHY THIS DAY		Refreshing and vegetable-forward juices create a balanced second liquid day.		



Phase 1 - Cellular Detoxification

Day 3 | Final hydration-focused liquid day

Day 3

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
10:00	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
12:00	Carrot Orange Ginger	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger, fresh turmeric
14:00	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
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 warm soups are introduced.		



Phase 2 - Metabolic Ignition

Days 4-6 | Juices alternating with light vegetable soups

Day 4

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
10:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
13:00	Cucumber Mint Green Juice	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
15:30	Courgette & Spinach Soup	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
17:30	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
19:30	Deep Green Soup	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil
WHY THIS DAY		Smooth vegetable soups gently reintroduce texture, fibre and plant protein.		

Day 5

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
10:30	Golden Butternut Soup	Soup	250ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
13:00	Celery Lime	Cold-Pressed Juice	500ml	Celery, lime, lemon, ginger
15:30	Carrot Ginger Soup	Soup	250ml	Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk
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
WHY THIS DAY		Root vegetables and measured lentils create warmth and improved satiety.		



Phase 2 - Metabolic Ignition

Day 6 | Final juice-and-soup transition day

Day 6

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
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	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
15:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock
17:30	Carrot Beet Lemon Juice	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
19:30	Cauliflower White Bean Soup	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock
WHY THIS DAY		Peas and white beans increase nourishment without a dense grain bowl.		



Phase 2 - Metabolic Ignition

Days 7-12 | Breakfast, colourful salad, juice and soup

Day 7

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	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
16:30	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
19:30	Broccoli Edamame Soup	Soup	250ml	Edamame, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock, olive oil
WHY THIS DAY		Chia, tofu and edamame distribute plant protein across a lighter food day.		

Day 8

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
09:00	Soy Yogurt with Berries and Flax	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
13:00	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
16:30	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
19:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
WHY THIS DAY		Berries, flax, cabbage and edamame provide colour, texture and satisfying fibre.		



Phase 2 - Metabolic Ignition

Days 7-12 | Breakfast, colourful salad, juice and soup

Day 9

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, 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	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
16:30	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
19:30	Courgette & Spinach Soup	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic

WHY THIS DAY

A protein-focused breakfast and crunchy salad support fullness without a heavy main.

Day 10

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Mint Shot	Wellness Shot	60ml	Gooseberry, mint, lime, 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	Tofu Chickpea Mediterranean Salad	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
16:30	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
19:30	Deep Green Soup	Soup	250ml	Broccoli, spinach, kale, cauliflower, green peas, leek, onion, garlic, olive oil

WHY THIS DAY

Tofu and chickpeas provide protein while vegetables keep the plate fresh and colourful.



Phase 2 - Metabolic Ignition

Days 7-12 | Breakfast, colourful salad, juice and soup

Day 11

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, 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	Lentil Beetroot Quinoa Salad	Salad	450g	Lentils, quinoa, roasted beetroot, cucumber, spinach, parsley, pumpkin seeds, lemon-tahini dressing
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

WHY THIS DAY

Beetroot, lentils and quinoa supply slower-digesting carbohydrate and fibre.

Day 12

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Turmeric Orange Shot	Wellness Shot	60ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
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	Roasted Chickpea Tofu Salad	Salad	450g	Roasted chickpeas, tofu, mixed leaves, cucumber, tomato, red pepper, carrot, pumpkin seeds, lemon-herb dressing
16:30	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
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

WHY THIS DAY

A savoury tofu breakfast and roasted salad finish the phase with stronger protein support.



Phase 3 - Metabolism 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	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	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
18:00	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
WHY THIS DAY		A brief liquid day returns the programme to a simple green, root and hydration sequence.		

Day 14

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, 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	Carrot Beet Lemon Juice	Cold-Pressed Juice	500ml	Carrot, beetroot, grapefruit, lemon, ginger
16:00	Green Balance	Cold-Pressed Juice	500ml	Cucumber, green apple, celery, spinach, kale, parsley, lemon
18:00	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
WHY THIS DAY		Completes the liquid interval with a different colour and flavour profile.		



Phase 4 - Lean Tone

Days 15-16 | Juices alternating with light 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	Golden Butternut Soup	Soup	250ml	Butternut squash, cauliflower, red lentils, onion, coconut milk, fresh turmeric, garlic, black pepper
13:00	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
15:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock
17:30	Ruby Root	Cold-Pressed Juice	500ml	Beetroot, lemon, ginger, green apple
19:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg

WHY THIS DAY

Warm vegetable soups restore texture and measured plant protein after the liquid interval.

Day 16

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Cucumber Mint Green Juice	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, mint, lime
10:30	Carrot Ginger Soup	Soup	250ml	Carrot, cauliflower, red lentils, celery, onion, ginger, fresh turmeric, coconut milk
13:00	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
15:30	Courgette & Spinach Soup	Soup	250ml	Courgette, spinach, white beans, broccoli, leek, onion, parsley, garlic
17:30	Blissy Green	Cold-Pressed Juice	500ml	Celery, beetroot, carrot, spinach, 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

White beans and vegetables improve fullness while maintaining a lighter menu style.



Phase 4 - Lean Tone

Day 17 | Lean soy-protein transition

Day 17

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Turmeric Shot	Wellness Shot	60ml	Ginger, fresh turmeric, lemon, water, black pepper
09:00	Green Protein Smoothie	Protein Smoothie	500ml	Unsweetened almond mylk, spinach, pea protein, chia, flaxseed, cinnamon, vanilla
13:00	Quinoa Edamame Rainbow Bowl	Main Dish	1 serving	Quinoa, edamame, red cabbage, carrot, cucumber, red pepper, spinach, parsley, pumpkin seeds, lemon, olive oil
16:30	Green Cleanse	Cold-Pressed Juice	500ml	Celery, spinach, kale, lemon, parsley
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		Edamame, tofu and a protein smoothie create the phase's strongest amino-acid distribution.		

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Phase 4 - Lean Tone

Days 18-19 | Three juices, soup and high-volume plant salad

Day 18

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Morning Glow	Cold-Pressed Juice	500ml	Apple, spinach, lemon, ginger
11:00	Broccoli Tofu Soup	Soup	250ml	Tofu, broccoli, courgette, spinach, celery, onion, garlic, parsley, vegetable stock
14:00	Cucumber Hydration	Cold-Pressed Juice	500ml	Cucumber, celery, coconut water, lime, mint
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
20:00	Beet Boost	Cold-Pressed Juice	500ml	Beetroot, green apple, carrot, lemon, ginger
WHY THIS DAY		Tofu, broccoli and cabbage provide a crunchy, vegetable-forward transition day.		

Day 19

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Lean Green	Cold-Pressed Juice	500ml	Cucumber, celery, spinach, kale, parsley, lemon, ginger
11:00	Mushroom Edamame Soup	Soup	250ml	Edamame, mushrooms, spinach, courgette, celery, onion, garlic, thyme, vegetable stock
14:00	Pineapple Mint	Cold-Pressed Juice	500ml	Pineapple, green apple, lemon, mint
17:00	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
20:00	Carrot Kick	Cold-Pressed Juice	500ml	Carrot, orange, lemon, ginger
WHY THIS DAY		Edamame supports protein intake while cabbage provides substantial food volume.		



Phase 4 - Lean Tone

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

Day 20

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Lime Shot	Wellness Shot	60ml	Gooseberry, lime, filtered water
09:00	Protein Chia Pudding	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
13:00	Quinoa Edamame Rainbow Bowl	Main Dish	1 serving	Quinoa, edamame, red cabbage, carrot, cucumber, red pepper, spinach, parsley, pumpkin seeds, lemon, olive oil
16:30	Crisp Lemon Refresh	Cold-Pressed Juice	500ml	Coconut water, lemon, mint, aloe vera gel
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

Chia, quinoa, edamame and tofu provide balanced protein without a heavy plate.

Day 21

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Golden Ginger Shot	Wellness Shot	60ml	Lemon, ginger, fresh turmeric, black pepper
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	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
16:30	Watermelon Hydration	Cold-Pressed Juice	500ml	Watermelon, cucumber, lime, mint
19:30	Broccoli Pea Soup	Soup	250ml	Broccoli, green peas, white beans, courgette, celery, onion, garlic, parsley, vegetable stock

WHY THIS DAY

Cauliflower rice keeps lunch lighter while tofu and peas support protein intake.

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Phase 4 - Lean Tone

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

Day 22

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Lemon Turmeric Shot	Wellness Shot	60ml	Lemon, fresh turmeric, ginger
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	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	Detox Green	Cold-Pressed Juice	500ml	Spinach, apple, celery, lemon, mint
19:30	Cauliflower White Bean Soup	Soup	250ml	Cauliflower, white beans, courgette, celery, leek, garlic, parsley, vegetable stock

WHY THIS DAY

A vegetable-forward curry and white-bean soup provide warmth, protein and 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	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
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

WHY THIS DAY

Tofu, mushrooms and edamame create a clean, savoury plant-protein day.

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Phase 5 - Sculpt Phase

Days 24-26 | Smoothie or oats, salad, juice and light dinner

Day 24

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	Chickpea, Edamame and Quinoa Salad	Salad	1 serving	Chickpeas, edamame, quinoa, cucumber, tomato, red pepper, spinach, parsley, tahini, lemon, olive oil
16:30	Spinach Mint Green	Cold-Pressed Juice	500ml	Spinach, celery, green apple, mint, lime
19:30	Garden Vegetable Broth	Broth	250ml	Celery, courgette, carrot, cabbage, leek, fennel, mushroom, parsley, green lentils

WHY THIS DAY

Smoothie, edamame and chickpeas concentrate protein while broth keeps dinner light.

Day 25

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Ginger Lemon Shot	Wellness Shot	60ml	Lemon, ginger, 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	Edamame Tofu Brown Rice Salad	Salad	450g	Edamame, tofu, brown rice, cucumber, cabbage, carrot, spring onion, sesame seeds, ginger-tamari dressing
16:30	Citrus Glow	Cold-Pressed Juice	500ml	Orange, grapefruit, lemon, fresh turmeric
19:30	Green Miso Broth	Broth	250ml	White miso, courgette, celery, spinach, mushroom, ginger, lime

WHY THIS DAY

Berries and oats pair with tofu and edamame for a lighter structured food day.

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Phase 5 - Sculpt Phase

Day 26 | Final structured food day

Day 26

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Gooseberry Mint Shot	Wellness Shot	60ml	Gooseberry, mint, lime, filtered water
09:00	Chocolate Banana Protein Smoothie	Protein Smoothie	500ml	Almond mylk, banana, pea-rice protein, coconut cream, almond, cocoa, vanilla and cinnamon
13:00	Tofu Chickpea Mediterranean Salad	Salad	450g	Tofu, chickpeas, cucumber, tomato, red pepper, olives, spinach, parsley, lemon and olive-oil dressing
16:30	Cucumber Mint	Cold-Pressed Juice	500ml	Cucumber, mint, green apple, lemon
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		A smoothie, tofu salad and vegetable stir-fry provide the phase's strongest solid structure.		



Phase 6 - Digestive Gut Balance

Days 27-28 | Final hydration-focused liquid interval

Day 27

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	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 short, clearly structured liquid day begins the programme's closing sequence.		

Day 28

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
08:00	Deep Greens	Cold-Pressed Juice	500ml	Celery, kale, spinach, 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	Tropical Thunder	Cold-Pressed Juice	500ml	Pineapple, lime, coconut water
WHY THIS DAY		Completes the liquid interval using a different green, citrus and root selection.		



Phase 6 - Digestive Gut Balance

Days 29-30 | Structured solid-food reintroduction

Day 29

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Mint Lime Shot	Wellness Shot	60ml	Lime, mint, cucumber, filtered water
09:00	Protein Chia Pudding	Breakfast	1 serving	Chia seeds, unsweetened soy yogurt, soy milk, pea protein, mixed berries, vanilla, cinnamon
12:30	Carrot Red Lentil Soup	Soup	250ml	Carrot, red lentils, cauliflower, celery, onion, ginger, turmeric, 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

Chia, lentils and tofu gradually restore solid texture, protein and fibre.

Day 30

TIME	PRODUCT	TYPE	SIZE	INGREDIENTS
07:30	Turmeric Orange Shot	Wellness Shot	60ml	Orange, fresh turmeric, ginger, lemon, filtered water, black pepper
09:00	Soy Yogurt with Berries and Flax	Breakfast	1 serving	Unsweetened soy yogurt, mixed berries, ground flaxseed, chia seeds, pea protein, cinnamon
12:30	Creamy Cauliflower Soup	Soup	250ml	Cauliflower, courgette, white beans, onion, unsweetened almond mylk, garlic, nutmeg
16:00	Tropical Hydration	Cold-Pressed Juice	500ml	Cucumber, coconut water, pineapple, lemon, aloe vera gel, mint
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

A lighter final day transitions the customer toward sustainable plant-based meals.



Your 30-Day Reset Guide

Preparation, movement, 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 lean-mass support	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-toning days.	Continue regular meals based on vegetables, tofu, edamame, legumes, whole grains, fruit and measured healthy fats. Avoid treating 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 highly active customers. Obtain clinician or registered-dietitian approval during pregnancy or breastfeeding, or 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, balance hormones, stabilise BMR, target fat from one area or guarantee weight loss.