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# 5-Day Deep Liver Reset

5-day lower-sugar green wellness program

## 5-Day Program

| DAY | 7:30 AM WELLNESS SHOT | 8:00 AM COLD-PRESSED JUICE | 11:00 AM COLD-PRESSED JUICE | 1:00 PM COLD-PRESSED JUICE | 3:00 PM COLD-PRESSED JUICE | 5:00 PM PLANT-PROTEIN SMOOTHIE | 7:00 PM ALMOND MYLK |
|---|---|---|---|---|---|---|---|
| **Day 1** | Morning Ginger Turmeric Shot | Pure Green | Cucumber Hydration | Ginger Greens | Root Green | Green Protein | Unsweetened Vanilla Almond Mylk |
| **Day 2** | Morning Ginger Turmeric Shot | Pure Green | Cucumber Hydration | Ginger Greens | Root Green | Green Protein | Unsweetened Vanilla Almond Mylk |
| **Day 3** | Morning Ginger Turmeric Shot | Pure Green | Cucumber Hydration | Ginger Greens | Root Green | Green Protein | Unsweetened Vanilla Almond Mylk |
| **Day 4** | Morning Ginger Turmeric Shot | Pure Green | Cucumber Hydration | Ginger Greens | Root Green | Green Protein | Unsweetened Vanilla Almond Mylk |
| **Day 5** | Morning Ginger Turmeric Shot | Pure Green | Cucumber Hydration | Ginger Greens | Root Green | Green Protein | Unsweetened Vanilla Almond Mylk |

| | |
|---|---|
| **DAILY STRUCTURE** | 1 wellness shot + 4 cold-pressed juices + 1 plant-protein smoothie + 1 almond mylk |
| **PORTIONS** | 60 ml wellness shot; all other products 500 ml |
| **5-DAY TOTAL** | 5 wellness shots + 20 cold-pressed juices + 5 smoothies + 5 almond mylks |
| **ALLERGENS** | Contains almond. The final pea-protein supplier specification must be confirmed. |

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# Product Guide

Cold-pressed juices, smoothie, wellness shot and almond mylk

| NO. | PRODUCT | TYPE | PORTION | INGREDIENTS |
|---|---|---|---|---|
| 01 | **Morning Ginger Turmeric Shot** | Wellness Shot | 60 ml | Ginger, fresh turmeric, lemon, filtered water, black pepper |
| 02 | **Pure Green** | Cold-Pressed Juice | 500 ml | Cucumber, celery, spinach, kale, parsley, lemon, ginger |
| 03 | **Cucumber Hydration** | Cold-Pressed Juice | 500 ml | Cucumber, celery, coconut water, lime, mint |
| 04 | **Ginger Greens** | Cold-Pressed Juice | 500 ml | Cucumber, celery, spinach, kale, parsley, lemon, ginger |
| 05 | **Root Green** | Cold-Pressed Juice | 500 ml | Cucumber, celery, beetroot, carrot, spinach, lemon, ginger |
| 06 | **Green Protein** | Plant-Protein Smoothie | 500 ml | Unsweetened almond mylk, spinach, pea protein, chia seeds, flaxseed, cinnamon, vanilla |
| 07 | **Unsweetened Vanilla Almond Mylk** | Almond Mylk | 500 ml | Almond, filtered water, vanilla, cinnamon, sea salt |

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# Your 5-Day Reset Guide

Preparation, daily routine and transition

## Before the plan

The day before Day 1, choose balanced plant-based meals and reduce alcohol, very heavy foods and excessive caffeine. Keep the evening meal simple and prepare space in the refrigerator for the supplied products.

## During the plan

Follow the numbered order and serve all products chilled. A 30-60 minute timing change is acceptable. Drink water according to thirst and UAE heat exposure. Keep activity light to moderate and avoid alcohol during the five days.

## After the plan

After Day 5, return gradually to balanced plant-based meals. Begin with moderate portions of cooked vegetables, whole grains, tofu or legumes, then continue with a varied routine.