

	Day 1	Day 2	Day 3	Day 4
8am Rise & shine	DIGESTIVE WATER with lemon, curcuma, ginger, black pepper and maple syrup	DIGESTIVE WATER with lemon, curcuma, ginger, black pepper and maple syrup	DIGESTIVE WATER with lemon, curcuma, ginger, black pepper and maple syrup	DIGESTIVE WATER with lemon, curcuma, ginger, black pepper and maple syrup
12pm Strengthen	HEART BOOST with beet, apple, and ginger	GLOW JUICE with sweet potato, carrot, orange, and cinnamon	LIVER CLEANSE JUICE with greens, lemon & parsley	IRON JUICE with spinach, grapefruit & strawberries
5pm Feast	AÇAÍ SMOOTHIE with acai, forest fruits, mint, coconutwater & flaxseeds	GREEN SUPERFOOD SMOOTHIE with cucumber, spinach, pineapple, spirulina & hempseeds	AÇAÍ SMOOTHIE with forest fruits, mint, coconutwater & flaxseeds	GREEN SUPERFOOD SMOOTHIE with cucumber, spinach, pineapple, spirulina & hempseeds
8pm Nourish	GOLDEN MYLK with cold pressed cashew mylk, curcuma, ginger and kardemom	COCAO MYLK with cold pressed cashew mylk, raw cocoa and vanilla	GOLDEN MYLK with cold pressed cashew mylk, curcuma, ginger and kardemom	COCAO MYLK with cold pressed cashew mylk, raw cocoa and vanilla
All day Hydrate	HERBAL TEA with fresh peppermint & cinnamon sticks	HERBAL TEA with fresh thyme & ginger slices	HERBAL TEA with fresh peppermint & cinnamon sticks	HERBAL TEA with fresh thyme & ginger slices