



5 Day Cleanse Menu

Breakfast



Green Smoothie

Spinach, Cucumber, Mango, Bananas, Avocado, Chia Seeds, Oats, Almond Milk/Plain Yogurt

Cinnamon Oats

Oats, Milk, Honey, Dash of Cinnamon
Can be mixed with nuts or fruits

Pink Smoothie

Banana, Mangoes, Tree Tomato, Chia Seeds, Oats, Almond Milk/Plain Yogurt

Juices from Lemon



Rise & Shine

Oranges, Carrot & Ginger

Daily Detox

Spinach, Celery, Pineapple Lemon & Ginger

Glow

Carrots, Capsicum, Celery, Apple, Lemon & Turmeric

Sweet Green

Pineapple, Cucumber Spinach, Apple & Mint

Lemon Juice Shot



Sweet Revenge

Ginger, Lemon & Strawberry

Wellness Shot

Turmeric, Pineapple, Ginger & ACV

Metabolic Bomb

Apple, Ginger, Lemon, Celery & Cayenne

Salads



Corn Salad

Coloured Capsicum, Cucumber, White Onion, Tomato, Lettuce, Avocado Canned Corn, Lemon Juice & Salt to Season

Chicken Salad

Coloured Capsicum, White Onion, Tomato, Apple, Chicken Strips & Avocado