

SAKARA

Level II: Detox
Menu + Ingredients

Sakara Level II: Detox Menu

DAY 1

BREAKFAST: Sweet Potato + Broccoli Hash

LUNCH: Cauliflower Sushi Bowl

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 2

BREAKFAST: Cinnamon-Chia Detox Parfait

LUNCH: Cleansing Kelp Noodles W/ Lemon Herb Dressing

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 3

BREAKFAST: Cauliflower Congee W/ Ginger Broth

LUNCH: Rainbow Kitchari W/ Chia Tortillas

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 4

BREAKFAST: Signature Green Smoothie

LUNCH: Alkalizing Carrot Ginger Soup

SNACKS: Coconut Kefir + Signature Green Smoothie

DINNER: Purifying Parsnip Soup

DAY 5

BREAKFAST: Savory Plant Protein Hash

LUNCH: Healing Chopped Salad

SNACK: Coconut Kefir

DINNER: Detoxifying Pasta Salad

Sakara Level II: Detox Ingredients

ALL OF OUR MEALS ARE



Organic



Plant-based



Dairy-free



Gluten-free



Non-GMO



Refined-Sugar Free

SWEET POTATO + BROCCOLI HASH

DAY 1, BREAKFAST

KALE PARM: Hemp Seeds, Kale Chip, Nutritional Yeast, Sunflower Seeds, Himalayan Sea Salt.

HASH: Sweet Potatoes, Broccoli, Purple Sweet Potatoes, Extra Virgin Olive Oil, Kidney Beans (kidney beans, water, sea salt, kombu seaweed), Nutritional Yeast, Himalayan Sea Salt, Garlic Powder, Onion Powder.

SAUCE: Filtered Water, Nutritional Yeast, Extra Virgin Olive Oil, Lemon Juice, Himalayan Sea Salt, Onion Powder, Garlic Powder.

CAULIFLOWER SUSHI BOWL

DAY 1, LUNCH

BOWL: Seasonal Greens, Cauliflower, Pumpkin Seed Tofu (pumpkin seeds, filtered water), Gigante Beans, English Cucumbers, Carrots, Red Radish, Avocado, Hemp Seeds, Lemon, Filtered Water, Apple Cider Vinegar, Avocado Oil, Yuzu, Ginger Juice (ginger, citric acid), Extra Virgin Olive Oil, Seaweed Flakes (dulse, laver, sea lettuce), Cold Pressed High Oleic Sunflower Oil, Himalayan Sea Salt, Toasted Sesame Oil, Shiso, Garlic.

SAUCE: Cauliflower, Filtered Water, Toasted Sesame Oil, Lemon Juice, Hemp Seeds, Coconut Amino Acids, Himalayan Sea Salt, Red Cabbage Powder.

SEED MIX: White Sesame Seeds, Poppy Seeds, Black Sesame Seeds, Nori Flakes, Ground Ginger, Turmeric, Himalayan Sea Salt.

COCONUT KEFIR

DAY 1-5, SNACK

KEFIR: Coconut Water, Coconut Meat, Filtered Water, Cacao Juice, Probiotic Powder.

MEDICINAL BROTH

DAYS 1-3, DINNER

MEDICINAL BROTH: Filtered Water, Yellow Onion, Ginger, Garlic, Turmeric Root, Dried Shiitake Mushroom, Rosemary, Himalayan Sea Salt, Apple Cider Vinegar, Reishi Mushroom Powder, Star Anise, Fennel Seeds, Nettle Leaf Powder.

CINNAMON-CHIA DETOX PARFAIT

DAY 2, BREAKFAST

SWEET POTATO PURÉE: Sweet Potatoes, Hemp Milk (filtered water, hemp seeds, sea salt), Sunflower Butter (sunflower seeds, sunflower oil), Lucuma, Vanilla Extract (water, ethyl alcohol, Macaque vanilla beans), Himalayan Sea Salt, Cinnamon.

GRANOLA: Pumpkin Seeds, Sunflower Butter (sunflower seeds, sunflower oil), Hemp Seeds, Shredded Coconut, Sunflower Seeds, Chia Seeds, Vanilla Extract (water, ethyl alcohol, Macaque vanilla beans), Cinnamon, Himalayan Sea Salt.

YOGURT: Coconut Yogurt (coconuts, spring water, cassava root, vegan probiotic cultures), Chia Seeds, Vanilla Extract (water, ethyl alcohol, Macaque vanilla beans).

CLEANSING KELP NOODLES W/ LEMON HERB DRESSING

DAY 2, LUNCH

DRESSING: Extra Virgin Olive Oil, Baby Arugula, Lemon Juice, Hemp Seeds, Nutritional Yeast, Filtered Water, Himalayan Sea Salt, Black Ground Pepper, Turmeric.

BOWL: Kelp Noodles, Baby Arugula, Carrots, Yellow Squash, Artichoke Hearts, Chickpeas, Lemon Juice, Watermelon Radish, Baking Soda, Beet Juice, Extra Virgin Olive Oil, Red Wine Vinegar, Himalayan Sea Salt, Mint, Cumin, Dried Oregano.

SEED MIX: Pumpkin Seeds, Hemp Seeds, Extra Virgin Olive Oil, Sumac, Himalayan Sea Salt.

CAULIFLOWER CONGEE W/ GINGER BROTH

DAY 3, BREAKFAST

GINGER BROTH: Filtered Water, Celery, Ginger, Garlic, Chickpea Miso (rice koji, chickpeas, sea salt, water, koji spores), Scallion, Himalayan Sea Salt.

CONGEE: Purple Sweet Potatoes, Filtered Water, Cauliflower, Dried Shiitake Mushroom, Extra Virgin Olive Oil, Scallion, Nutritional Yeast, Tapioca Flour, Dehydrated Garlic Chips, Garlic, Black Sesame Seeds, Apple Cider Vinegar, Himalayan Sea Salt, Coconut Amino Acids (coconut tree sap, sea salt), Garlic Powder.

RAINBOW KITCHARI W/ CHIA TORTILLAS

DAY 3, LUNCH

KITCHARI: Seasonal Greens, Coconut Milk (filtered water, coconut, sea salt), Purple Cabbage, Carrots, Yellow Split Peas, Red Beets, Yellow Onion, Extra Virgin Olive Oil, Garlic, Lemon Juice, Chickpea Miso (rice koji, chickpeas, sea salt, water, koji spores), Himalayan Sea Salt, Lime Juice, Cumin, Micro Cilantro, Caraway Seed, Turmeric, Black Ground Pepper.

CHIA TORTILLA: Yellow Onion, Flaxmeal, Chia Seeds, Extra Virgin Olive Oil, Sunflower Seeds, Himalayan Sea Salt, Garlic Powder.

SIGNATURE GREEN SMOOTHIE

DAY 4, BREAKFAST, SNACK

SMOOTHIE: Coconut Water, English Cucumbers, Spinach, Lime Juice, Basil, Baby Watercress, Mint, Apple Cider Vinegar, Lucuma, Celery Seed, Blue Spirulina.

ALKALIZING CARROT GINGER SOUP

DAY 4, LUNCH

SOUP: Carrots, Filtered Water, Celery, Yellow Onion, Garlic, Extra Virgin Olive Oil, Ginger, Himalayan Sea Salt, Apple Cider Vinegar, Black Pepper, Turmeric Root.

PURIFYING PARSNIP SOUP

DAY 4, DINNER

SOUP: Filtered Water, Cannellini Beans (white kidney beans, water, sea salt, kombu seaweed), Cauliflower, Parsnips, Celery, Yellow Onion, Extra Virgin Olive Oil, Chickpea Miso (rice koji, chickpeas, sea salt, water, koji spores), Coconut Amino Acids (coconut tree sap, sea salt), Apple Cider Vinegar, Himalayan Sea Salt, Garlic, Turmeric, Black Ground Pepper, Coriander, Cumin.

PLANT PROTEIN HASH

DAY 5, BREAKFAST

GRITS: Ground Lupin Bean, Chickpea Miso (rice koji, chickpeas, sea salt, water, koji spores), Coconut Amino Acids (coconut tree sap, sea salt), Extra Virgin Olive Oil, Nutritional Yeast, Turmeric, Black Ground Pepper. LEMON: Lemon.

SAVORY PLANT PROTEIN HASH: Carrots, Cremini Mushrooms, Shiitake Mushrooms, Scallion, Toasted Sesame Oil, Rice Vinegar (water, rice), Lemon Juice, Extra Virgin Olive Oil, Himalayan Sea Salt, Black Sesame Seeds, White Sesame Seeds.

SPINACH MIX: Spinach, White Sesame Seeds, Himalayan Sea Salt.

HEALING CHOPPED SALAD

DAY 5, LUNCH

SALAD: Seasonal Greens, Chickpeas, Cauliflower, Carrots, English Cucumbers, Purple Cabbage, Fennel, Mixed Olives (olives, water, red wine vinegar, sea salt, sunflower oil, spices, citric acid), Extra Virgin Olive Oil, Lemon Juice, Parsley, Himalayan Sea Salt.

DRESSING: Extra Virgin Olive Oil, White Wine Vinegar, Lemon Juice, Dijon Mustard (mustard seed, distilled vinegar, salt, turmeric, spices), Shallots, Garlic, Himalayan Sea Salt, Black Ground Pepper, Dried Oregano, Dried Basil.

SEED MIX: Hemp Seeds, Sunflower Seeds.

DETOXIFYING PASTA SALAD

DAY 5, DINNER

PASTA SALAD: Green Lentil Rotini Pasta (green lentil flour), Butternut Squash, Seasonal Greens, Broccoli, Watermelon Radish, Green Peas, Extra Virgin Olive Oil, Red Onion, Scallion, Himalayan Sea Salt.

DRESSING: Coconut Yogurt (coconuts, spring water, cassava root, vegan probiotic cultures), Cannellini Beans (white kidney beans, water, sea salt, kombu seaweed), Dijon Mustard (mustard seed, distilled vinegar, salt, turmeric, spices), Lemon Juice, Dill, Himalayan Sea Salt, Garlic.

CRUNCH: Pumpkin Seeds, Sunflower Seeds, Hemp Seeds, Extra Virgin Olive Oil, Coconut Chips, Coconut Nectar, Himalayan Sea Salt, Lemon Juice, Rosemary.