

S A K A R A

Level II: Detox
Menu + Ingredients

Sakara Level II: Detox Menu

DAY 1

BREAKFAST: Sweet Potato + Broccoli Hash

LUNCH: Cauliflower Rice 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: Greens Detox Blend

LUNCH: Alkalizing Carrot Ginger Soup

SNACKS: Coconut Kefir + Beet Detox Smoothie

DINNER: Cooling Avocado Gazpacho

DAY 5

BREAKFAST: Sunshine Squash Protein Frittata

LUNCH: Cauliflower + White Bean Burger

SNACK: Coconut Kefir

DINNER: Detox Macro Bowl

Sakara Level II: Detox Ingredients

ALL OF OUR MEALS ARE



Organic



Plant-based



Dairy-free



Gluten-free



Non-GMO



No Refined Sugar

SWEET POTATO + BROCCOLI HASH

Day 1, Breakfast

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

MAIN: Sweet Potatoes, Broccoli, Purple Sweet Potatoes, Extra Virgin Olive Oil, Kidney Beans, 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 RICE SUSHI BOWL

Day 1, Lunch

SALAD: Asian Lettuce Mix, Cauliflower, Green Chickpeas, English Cucumbers, Carrots, Red Radish, Avocado, Enoki Mushroom, Hemp Seeds, Lemon, Filtered Water, Apple Cider Vinegar, Avocado Oil, Yuzu, Ginger Juice, Dulse, Extra Virgin Olive Oil, Toasted Sesame Oil, Himalayan Sea Salt, Shiso, Garlic.

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

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

COCONUT KEFIR

Day 1-5, Snack

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

MEDICINAL BROTH

Days 1-4, Dinner

Filtered Water, Astragalus Root, Dandelion Root, Marshmallow Root, Chickpea Miso, Garlic, Ginger, Kombu, Milk Thistle, Nettle Root, Shiitake Mushroom, MCT Oil, Rhubarb Turkey Root, Sheep Sorrel, Turmeric, Apple Cider Vinegar, White Oak Bark, Star Anise, Himalayan Sea Salt.

CINNAMON-CHIA DETOX PARFAIT

Day 2, Breakfast

PARFAIT: Hemp Milk, Carrots, Edible Flower, Tiny Carrot, Sunflower Butter, Shredded Coconut, Lucuma, Coconut Flour, Flax Meal, Chia Seeds, Black Sesame Seeds, Flaxseed, Vanilla Extract, Cinnamon, Himalayan Sea Salt.

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. Main: Kelp Noodles, Baby Arugula, Carrots, Yellow Squash, Organic 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, Scallion, Himalayan Sea Salt.

MAIN: 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, Garlic Powder.

RAINBOW KITCHARI W/ CHIA TORTILLAS

Day 3, Lunch

KITCHARI: Coconut Milk, Kale, Carrots, Purple Cabbage, Yellow Lentil, Red Beets, White Onion, Cumin, Extra Virgin Olive Oil, Garlic, Himalayan Sea Salt, Olive Oil, Chickpea Miso, Lemon Juice, Lime Juice, Black Pepper, Caraway Seed, Turmeric, Cilantro.

CHIA TORTILLA: Chia Tortilla(Onion, Sprouted Sunflower Seed, Chia Seed, Olive Oil, Himalayan Sea Salt).

GREENS DETOX BLEND

Day 4, Breakfast

Coconut Water, English Cucumbers, Spinach, Lime Juice, Baby Watercress, Pea Tendrils, Basil, Apple Cider Vinegar, Mint, Lucuma, Celery Seed, E3 Live.

ALKALIZING CARROT GINGER SOUP

Day 4, Lunch

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

BEET DETOX SMOOTHIE

Day 4, Snack

Cauliflower, Beet Juice, Coconut Milk, Filtered Water, Carrots, Ginger Juice, Lime Juice, Flaxmeal, Lucuma, Schisandra Berry, Turmeric, Himalayan Sea Salt.

COOLING AVOCADO GAZPACHO

Day 4, Dinner

English Cucumbers, Avocado, Filtered Water, Scallion, Lemon Juice, Lime Juice, Cilantro, Parsley, Apple Cider Vinegar, Himalayan Sea Salt, Mint, Cumin.

SUNSHINE SQUASH PROTEIN FRITTATA

Day 5, Breakfast

FRITTATA: Spinach, Butternut Squash, Spaghetti Squash, Parsnips, Zucchini, Chickpeas, Flax Meal, Garbanzo Flour, Himalayan Sea Salt, Olive Oil, Garlic, Scallion.

SAUCE: Filtered Water, Sunflower Seeds, Lemon Juice, Beet Powder, Himalayan Sea Salt, Ashitaba.

CAULIFLOWER + WHITE BEAN BURGER

Day 5, Lunch

BURGER: Baby Kale, Cannellini Beans, Purple Sweet Potatoes, Asparagus, Avocado, Cauliflower, Edible Flower, Green Peas, Sunflower Seeds, Yellow Onion, Olive Oil, Nutritional Yeast, Filtered Water, Himalayan Sea Salt, Flax Meal, Hemp Seeds, Extra Virgin Olive Oil, Parsley, Black Sesame Seeds, Mint, White Sesame Seeds, Garlic Powder, Black Ground Pepper.

DRESSING: Tahini, Beet Juice, Lime Juice, Extra Virgin Olive Oil, Filtered Water, Ginger, Horseradish, Garlic, Himalayan Sea Salt.

DETOX MACRO BOWL

Day 5, Dinner

SALAD: Anasazi Bean, Mixed Lettuce, Org Carrots, Purple Cabbage, Cauliflower, Parsnips, Hijiki Seaweed, Scallion, Extra Virgin Olive Oil, Black Sesame Seeds, Himalayan Sea Salt.

DRESSING: Avocado, Avocado Oil, English Cucumbers, Lime Juice, Nutritional Yeast, Shiso, Toasted Sesame Oil, Filtered Water, Himalayan Sea Salt.