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: Greens Detox Smoothie
LUNCH: Alkalizing Carrot Ginger Soup
SNACKS: Coconut Kefir + Greens Detox Smoothie
DINNER: Purifying Parsnip Soup

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

CAULIFLOWER SUSHI BOWL
Day 1, Lunch

COCONUT KEFIR
Day 1-5, Snack

MEDICINAL BROTH
Days 1-3, Dinner
CINNAMON-CHIA DETOX PARFAIT  
Day 2, Breakfast  

CLEANSING KELP NOODLES W/ LEMON HERB DRESSING  
Day 2, Lunch  

CAULIFLOWER CONGEE W/ GINGER BROTH  
Day 3, Breakfast  
GINGER BROTH: Filtered Water, Celery, Ginger, Garlic, Chickpea Miso, Scallion, Himalayan Sea Salt.  

RAINBOW KITCHARI W/ CHIA TORTILLAS  
Day 3, Lunch  
CHIA TORTILLA: Chia Tortilla(Onion, Sprouted Sunflower Seed, Chia Seed, Olive Oil, Himalayan Sea Salt).

GREENS DETOX SMOOTHIE  
Day 4, Breakfast, Snack  
Coconut Water, English Cucumbers, Spinach, Lime Juice, Basil, Baby Watercress, Mint, Apple Cider Vinegar, Lucuma, Celery Seed, Blue Spirulina, Spirulina.
ALKALIZING CARROT GINGER SOUP  
Day 4, Lunch  

PURIFYING PARSNIP SOUP  
Day 4, Dinner  

SUNSHINE SQUASH PROTEIN FRITTATA  
Day 5, Breakfast  

CAULIFLOWER + WHITE BEAN BURGER  
Day 5, Lunch  

DETOX MACRO BOWL  
Day 5, Dinner  