

S A K A R A

Level II: Detox
Menu + Ingredients

Sakara Level II: Detox Menu

DAY 1

BREAKFAST: Root Veggie Detox

LUNCH: Purifying Cabbage Dumplings w/ Healing Galangal Broth

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 2

BREAKFAST: Cinnamon Chia Detox Parfait

LUNCH: Zucchini + Jicama Noodles w/ Superfood Falafels

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 3

BREAKFAST: Magic Mushroom Detox

LUNCH: Rainbow Kitchari w/ Chia Tortillas

SNACK: Coconut Kefir

DINNER: Medicinal Broth

DAY 4

BREAKFAST: Morning Greens Detox Blend

LUNCH: Alkalizing Carrot Ginger Soup

SNACKS: Coconut Kefir + Aftnoon Greens Detox Blend

DINNER: Medicinal Broth

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

ROOT VEGGIE DETOX

Day 1, Breakfast

HASH: Purple Sweet Potatoes, Broccolini, Baby Turnips, Carrots, Celery Root, Rutabaga, Flax Meal, Extra Virgin Olive Oil, Black Beans, Scallion, Tapioca Flour, Himalayan Sea Salt, Black Pepper, Cumin, Onion Powder, Olive Oil.

DRESSING: Cannellini Beans, Olive Oil, Filtered Water, Apple Cider Vinegar, Lemon Juice, Pink Peppercorn, Himalayan Sea Salt.

PURIFYING CABBAGE DUMPLINGS W/ HEALING GALANGAL BROTH

Day 1, Lunch

BROTH: Filtered Water, Yellow Onion, Carrots, Cilantro, Galangal, Ginger, Lemongrass, Garlic, Black Pepper, Star Anise, Makrut Leaf.

DUMPLINGS: Napa Cabbage, Spinach, Broccoli Florets, Carrots, Sunflower Seeds, Baby Turnips, Shallots, Chives, Ginger, Olive Oil, Himalayan Sea Salt, Flax Meal, Hemp Seeds, Black Garlic, Coconut Oil, Black Pepper.

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.

ZUCCHINI + JICAMA NOODLES W/ SUPERFOOD FALAFELS

Day 2, Lunch

SALAD: Baby Arugula, Zucchini, Black Beans, Fennel, Garbanzo Beans, Jicama, Nasturtium Flower, Scallion, Capers, Ground Flaxseed, Watermelon Radish, White Onion, Sunflower Seeds, Himalayan Sea Salt, Extra Virgin Olive Oil, Hemp Seeds, Tahini, Cumin, Garlic, Black Ground Pepper.

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

MAGIC MUSHROOM DETOX

Day 3, Breakfast

MAIN: Filtered Water, Taro, Baby Bok Choy, Spinach, Gailon, Maitake Mushroom, Extra Virgin Olive Oil, Black Sesame Seeds, Scallion, Himalayan Sea Salt, Shallots, Garlic, Makrut Leaf.

SAUCE: Purple Cauliflower, Filtered Water, Toasted Sesame Oil, Purple Cabbage, Hemp Seeds, Lime Juice, Himalayan Sea Salt.

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, Snack

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.

SUNSHINE SQUASH PROTEIN FRITTATA

Day 5, Breakfast

FRITTATA: Spinach, Butternut Squash, Spaghetti Squash, Parsnips, Zucchini, Chickpeas, Flax Meal, Garbanzo Flour, Pine Nuts, 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: Mixed Lettuce, Anasazi Bean, Kabocha Squash, Watermelon Radish, Cauliflower, Parsnips, Hijiki Seaweed, Extra Virgin Olive Oil, Scallion, Himalayan Sea Salt, Black Sesame Seeds.

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

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