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Level II: Detox  
Menu + Ingredients

# Sakara Level II: Detox Menu

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## 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

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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, Chickpea Miso, Ginger, Dried Shiitake Mushroom, Garlic, Turmeric Root, MCT Oil, Apple Cider Vinegar, Himalayan Sea Salt, Stinging Nettle, Blessed Thistle, Cinnamon, Dandelion Root, Marshmallow Root, Milk Thistle Powder, Sheep Sorrel, White Oak Bark, Yacon Root, Astragalus Root, Ground Cloves, Kombu, Slippery Elm, Thyme, Turkey Rhubarb Root.

## **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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