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 + Aftenoon 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


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.


COCONUT KEFIR

Day 1-5, Snack


MEDICINAL BROTH

Days 1-4, Dinner

**CINNAMON-CHIA DETOX PARFAIT**  
**Day 2, Breakfast**  

**ZUCCHINI + JICAMA NOODLES W/ SUPERFOOD FALAFELS**  
**Day 2, Lunch**  

**MAGIC MUSHROOM DETOX**  
**Day 3, Breakfast**  

**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 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  

SUNSHINE SQUASH PROTEIN FRITTATA  
Day 5, Breakfast  

CAULIFLOWER + WHITE BEAN BURGER  
Day 5, Lunch  

DETOX MACRO BOWL  
Day 5, Dinner  