

F A B
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F O U R
W E E K S

MONDAY

BREAKFAST: Green Smoothie
MID-MORNING: Greenhouse 1 | Ginger Shot
LUNCH: Balance Soup | Protein Bread
MID-AFTERNOON: Cacao & Matcha Bar
DINNER: Nourish Soup | Protein Bread

TUESDAY

BREAKFAST: Berry Smoothie
MID-MORNING: Greenhouse 1 | Turmeric Shot
LUNCH: Glow Soup | Protein Bread
MID-AFTERNOON: Raspberry & Cashew Bar
DINNER: Refuel Soup | Protein Bread

WEDNESDAY

BREAKFAST: Creamy Smoothie
MID-MORNING: Greenhouse 1 | Ginger Shot
LUNCH: Balance Soup | Protein Bread
MID-AFTERNOON: Pineapple & Goji Bar
DINNER: Nourish Soup | Protein Bread

THURSDAY

BREAKFAST: Green Smoothie
MID-MORNING: Greenhouse 1 | Turmeric Shot
LUNCH: Glow Soup | Protein Bread
MID-AFTERNOON: Cacao & Matcha Bar
DINNER: Refuel Soup | Protein Bread

FRIDAY

BREAKFAST: Berry Smoothie
MID-MORNING: Greenhouse 1 | Ginger Shot
LUNCH: Balance Soup | Protein Bread
MID-AFTERNOON: Raspberry & Cashew Bar
DINNER: Nourish Soup

THE WEEKEND

Whilst the weekends are yours to enjoy, we recommend that you continue to eat 1500 calories a day. It is also important to remain mindful of what you're eating: listen to your body, stop when you're full, consider where your food comes from and eat nutritionally.

Avoid eating processed foods and additives which can make you feel sluggish, gassy and bloated. Instead, embrace whole grains, vegetables, fruits and lean protein to continue feeling fabulous over the weekend! We promise it will all be worth it.

1500kcal