**PRESCRIPTION: LOVE & LIGHT**

| Good morning [upon rising] | Gotham City: alkaline water, activated charcoal, lemon, peppermint essential oil  
*allow at least 1\2 hour before your next elixir |
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<td>When next hungry 9am – 10am</td>
<td><em>Greene Spice</em>: celery, cucumber, lemon, aloe vera, mint, ginger, turmeric, matcha green tea</td>
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<td>11am – 12pm</td>
<td>The Bronx: carrot, beetroot, lemon, ginger, flaxseed oil, burdock root herbal extract, rosemary essential oil</td>
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<td>1pm – 2pm</td>
<td>Central Park Smoothie: cold pressed juice base: celery, cucumber, spinach, lemon, parsley + banana, avocado, chia, kale leaf powder, collard greens powder, sprouted bio-fermented pea fibre, broccoli sprout powder, natural sea mineral complex [from wild harvested seaweed]</td>
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| 3pm – 4pm | The Hamptons: watermelon, orange, pink grapefruit, passionfruit  
*[FF OPTION: Greene Spice: celery, cucumber, lemon, aloe vera, mint, ginger, turmeric, matcha green tea]* |
| 5pm – 6pm | Super Greene Soup: filtered water, zucchini, celery, avocado, spinach, lemon, spring onion, parsley, dill, garlic, Himalayan salt, black pepper  
*[FF Option: Spicy Carrot + Ginger Soup: filtered water, carrot, avocado, ginger, tahini, rice malt syrup, turmeric, cayenne pepper, echinacea, himalayan salt]* |
| 6pm – 7pm | Greene Street Classic: cos lettuce, celery, cucumber, kale, lemon, apple, ginger, mint, parsley, dandelion herbal extract  
*[FF OPTION: Greene Street Classic *Apple Free]* |
| 7pm – 9pm | Chicken bone broth  
*[Vegan option: Sea Vegetable + Mushroom broth]*  
*[FF Option: Choc Maca Protein: filtered water, activated almonds, vegan protein powder, cacao, maca, maple syrup]* |

**Other fluids**

Drink as much [filtered] water and [organic] herbal tea as you like.  
Try to drink 300 – 500ml of water between each elixir and drink herbal tea as you like.

**Can I incorporate other food [solids] into my program?**

This program is designed to suit your life; your style. We don’t believe that a cleanse should be approached as a temporary period of starvation. The real magic happens when you start listening intuitively to what your body needs, stop punishing yourself and release the view that success can only be achieved through suffering. [This is the perfect time to start practising!]

If you feel like you need solids – first ask: “will this serve me by enhancing my experience?” If yes, enjoy!

Some guidance with food options if you need [always choose organic if possible]:

- a fresh salad of raw vegetables drizzled with flaxseed oil and lemon juice as a dressing
- roast potato topped with a salad of raw vegetables [great as lunch or dinner options if you need]
- vegetable soup / broth
- all raw and steamed vegetables and fresh fruits [pear is a good low GI option and pineapple and papaya are great for digestion]
- a small handful of activated nuts or seeds
- \(\frac{1}{2}\) avocado – mashed [add lemon and sea salt for extra minerals]
- 1 young coconut [you can eat the flesh too]
- Medium banana [mash it if you like and add cinnamon which will help balance blood sugars]

**Stay away from:**

refined white sugar and salt / meat / eggs / dairy / animal fats / refined white flour products [bread, pasta] / grains / all refined foods [ie, if it comes in a packet] / caffeinated drinks / alcohol / soft drinks