

SOO spa lean & clean

Souper Juice

Day 1

DETOX

Carrot, Apple, Pineapple & Ginger Juice

Thai Veg Soup

Day 2

ENERGISE

Strawberry & Banana Smoothie

Carrot & Coriander Soup

Day 3

METABOLIZE

Spinach, Kiwi, Mango & Kale Juice

Spicy Chick Pea & Coconut Broth

Day 4

POWER

Strawberry, Peach, Pineapple & Mango Smoothie

5 Bean Mexican Soup

Day 5

BOOST

Blueberry, Strawberry, Banana & Raspberry Smoothie

French Onion Soup

Day 6

DEFENCE

Pineapple, Spinach, Kale & Ginger Juice.

Minestrone Soup

Day 7

NOURISH

Strawberry & Banana Smoothie

NEW Tomato & Basil Soup
Lentil Mix