



3 DAY SOUP CLEANSE



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MENU

BREAKFAST

MOROCCAN LENTIL SOUP - 216kcal.

Rich in starch to improve your digestion for the day ahead.



BRUNCH

TOMATO & BASIL SOUP - 120kcal.

Packed full of vitamins & nutrients for that late morning pickup.



LUNCH

CAULIFLOWER AND TURMERIC SOUP - 233kcal.

Curcumin in turmeric has been linked to improve brain function.



DINNER

THAI COCONUT SOUP - 528kcal.

High in calories and healthy fats to keep you full until the morning and help with those hunger pangs.