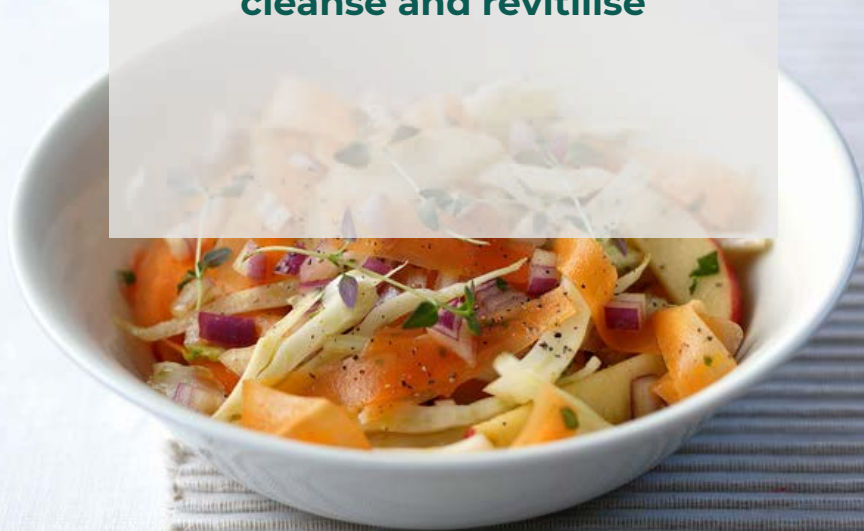


DETOX WEEKEND

**Follow our 3 or 5 day plan to
cleanse and revitalise**



DETOX WEEKEND

Welcome to our weekend detox programme. This 3 or 5 day plan is perfect for anyone wishing to kick start a healthier, more energised body. Designed to be undertaken over the weekend we have also provided an option to extend the programme for a further 2 days if wished.

Over the weekend we will also be providing webinars and a cookery demonstration to explain the science of biotransformation or detoxification and how we can optimise our nutrition to support healthy detox.

This online detox programme is not designed to be a long term diet but simply a weekend of eating cleansing nourishing soups, salads and smoothies to reset the body. There are no magic bullets for a healthier body but eating nourishing simple food is a great start.

Everyone's busy; and sometimes this means we lose focus on our own health and wellbeing. Setting aside a weekend and following a structured simple meal plan is an ideal way to rebalance and get back on track.

The recipes are vegan and gluten free. It also includes the addition of protein powder in the smoothies. You can use whatever type of protein powder you wish - vegan or whey. We recommend you have both vanilla and chocolate flavours

Throughout the weekend we encourage you to drink plenty of water and herbal teas. Green tea, Redbush are also ideal anti-oxidant rich warming options. You can also use dandelion or chicory coffee. We do recommend you avoid regular tea and coffee.

Aim for at least 2 litres water daily. If you are particularly active then you may need to increase this to 3-4 litres. This can include herbal teas and homemade juices too.

We have included a couple of suggestions for juices which can be useful as a snack but as many people do not have juicers these are optional. You can snack on vegetables sticks if hungry e.g celery, cucumber but this is optional. The calories for each day are around 1100kcal - if you wish to go lower like the Fasting Mimicking diet you can swap the evening for a smoothie instead.

We also recommend you practice time restricted eating. Aim for at least 12-14 hours without any food overnight. Ideally finish your evening meal by 7pm - this allows the body time to digest before bedtime. You can still drink include herbal teas, coconut water, dandelion coffee, water etc in the evening.

If possible choose organic produce. Peel off the skin or remove the outer layer of leaves of some produce (e.g., lettuce, cabbage). Remove surface pesticide residues, waxes, fungicides, and fertilizers by soaking the food a solution of water with sea salt, apple cider vinegar, bicarbonate of soda etc.

Importance of Exercise and Sleep

Ideally during the weekend keep active. Aim for at least 30 minutes of exercise daily but if you are usually very active and have a routine there is no reason why you cannot undertake your usual exercise programme. Make sleep a priority - aim for 7-8 hours each night.

Skin brushing and Epsom salt bathing

Ideal to help with detox. Dry skin brushing in the morning before a shower can help improve lymph flow while an Epsom Salt bath at night can support healthy sleep and replenish magnesium.

Cold Showers

There are many benefits of having a cold shower in the morning. Even if you only manage a couple of minutes! Start off with a warm shower then gradually reduce the temperature. This is not suggest rapid immersion into cold water. You need to build up exposure gradually. It can boost circulation, help with fat burning, reduces inflammation, improve sleep.

Please note that this plan is not designed for anyone who is pregnant or breast feeding

The Plan

Thursday: Preparation Day

Make sure you have all the ingredients you need for the weekend.

Prepare the soups and keep in the fridge (they can also be frozen). There are 3 different recipes but if you prefer you can have one for the whole weekend.

Have a selection of vegetables in the fridge for snacking if needed (e.g cucumber slices, cherry tomatoes, celery sticks, carrot sticks)

The coleslaw can be prepared today ready for tomorrow if wished.

You can also make up the Green Goddess dressing which will keep in the fridge for 5 days.

Remember to join us for our live webinars each day at 2pm

Friday

First thing: warm lemon water (juice of ½ lemon in hot water)

Breakfast: Matcha Green Tea Smoothie

Lunch: Creamy Butternut Squash Soup, side salad

Snack: Green Lemon Cleanser Juice / Miso Soup / Bone Broth / Vegetable sticks

Dinner: Apple, Carrot, Fennel Coleslaw plus a bowl of mixed salad greens

Evening or Afternoon Smoothie: Mint Chocolate Chip Protein Shake

Saturday

First thing: warm lemon water (juice of ½ lemon in hot water)

Breakfast: Protein Pina Colada

Lunch: Leftover Apple, Carrot, Fennel Coleslaw plus a bowl of mixed salad greens

Snack: Anti-inflammatory Juice / Miso Soup / Bone Broth / Vegetable sticks

Dinner: Broccoli Tahini Soup, Side salad

Evening or Afternoon Smoothie: Strawberry Ginger Blend

Sunday

First thing: warm lemon water (juice of ½ lemon in hot water)

Breakfast: Mocha Almond Smoothie

Lunch: Creamy Butternut Squash Soup, side salad

Snack: Anti-inflammatory Juice / Miso Soup / Bone Broth / Vegetable sticks

Dinner: Vegan Mexican Taco Bowl

Evening or Afternoon Smoothie: Protein Pina Colada

Monday

First thing: warm lemon water (juice of ½ lemon in hot water)

Breakfast: Mint Chocolate Chip Protein Shake

Lunch: Vegan Mexican Taco Bowl

Snack: Green Cleanser Juice / Miso Soup / Bone Broth / Vegetable sticks

Dinner: Broccoli Tahini Soup, side salad

Evening or Afternoon Smoothie: Pineapple and Coriander Smoothie

Tuesday

First thing: warm lemon water (juice of ½ lemon in hot water)

Breakfast: Mocha Almond Smoothie.

Lunch: Brown Rice, Turmeric and Veggie Soup

Snack: Anti-inflammatory Juice / Miso Soup / Bone Broth / Vegetable sticks

Dinner: Detox Salad with Green Goddess Dressing

Evening or Afternoon Smoothie: Strawberry Ginger Blend

RECIPES

Optional Juices: These can be used as a snack through the day. Alternatively drink miso soup, bone broth or herbal teas.

Lemon Green Cleanser

Serves 2

- 1 lemon, peeled
- 1 small romaine lettuce (or bag of spinach)
- Small handful of fresh parsley
- 2 apples
- 3 stalks celery
- 1 cucumber

Juice all the ingredients together then stir before serving. Store in the fridge for 1 day.

Anti-inflammatory Golden Blend

Serves 2

- 5 carrots
- 2 lemons, peeled
- ½ cucumber
- 2 celery stalks
- 1 apple
- 1/4 fresh pineapple / 250g
- 1cm piece fresh ginger

Simply juice the ingredients then stir well before serving.

Smoothies

Matcha Green Smoothie

Serves 1

- 1tsp matcha green tea powder
- Handful of kale or spinach leaves
- 1tsp vanilla extract, optional
- 250ml almond milk or coconut milk
- 1 scoop 30g vanilla protein powder
- 1 small banana (for a creamier texture try cutting up and freezing before using)


Place all the ingredients in a blender and process. Best drunk immediately.

Nutritionals per serving Calories 219kcal, Fat 2.9g, Carbohydrates 23.6g of which sugars 18.1g, protein 22.8g

Mint Chocolate Chip Protein Shake

Serves 1

- 1 scoop vanilla or chocolate protein powder
- 250ml almond milk or coconut milk
- 3-4 fresh mint leaves
- Handful of baby spinach
- 1 tbsp cocoa powder to taste
- 1tbsp raw cacao nibs or dairy free chocolate chips
- A little stevia or xylitol to sweeten if needed
- Ice cubes – optional

A tall glass filled with a light-colored, frothy smoothie. A black straw is inserted into the drink. The glass is placed on a light-colored wooden surface.

Place all the ingredients in a blender and process. Best drunk immediately.

Nutritionals per serving Calories 180kcal, Fat 5.6g, Carbohydrates 8.3g of which sugars 2.8g, Protein 22.9g

Strawberry Ginger Blend

Serves 1

150g frozen or fresh strawberries (or other berries)

½ banana

3-4 inch piece of fresh ginger root grated

½ juice of 1 lemon

1 scoop vanilla protein powder (30g)

300ml almond milk

Simply place all the ingredients in a blender and process until smooth

Nutrition per serving: 212kcal, Fat 2g, Carbohydrates 20.6g, Protein 24.6g

Pineapple and Coriander Smoothie

If you don't like coriander you can replace this for spirulina or chlorella powder (1tsp)

Serves 1


Handful of coriander leaves (or use ½ tsp chlorella and spirulina powder)


Handful of spinach leaves

200ml light coconut milk or almond milk

100g frozen or fresh pineapple chunks

½ banana

A wooden spoon filled with a bright yellow-orange powder, likely spirulina or chlorella powder. The spoon is resting on a wooden surface.



1tsp ground flaxseed
Scoop protein powder (30g)
Pinch of turmeric
Pinch of black pepper

Blend until smooth and creamy.

Nutrition per serving: 379kcal, Fat 18.7g, Carbohydrates 25.4g, Protein 25.5g

Mocha Almond Smoothie

Serves 1

1 scoop chocolate protein powder
1tbsp raw cacao powder or cocoa powder
Pinch of ground cinnamon
2tsp / 10g almond nut butter
Pinch of xylitol or stevia to taste
100ml warm or cold dandelion coffee or green tea
150ml almond milk

Place all the ingredients in a blender and process until smooth and creamy. Best drunk immediately.

Nutritionals per serving Calories 206kcal, Fat 9.3g, Carbohydrates 4.6g of which sugars 0.9g, Protein 25.1g

Protein Pina Colada

Serves 1

60g frozen or fresh mango

60g frozen or fresh pineapple

150ml coconut water

100ml coconut milk

1 scoop vanilla protein powder

Pinch of stevia or xylitol to sweeten

6 leaves fresh mint

Place all the ingredients in a blender and process until smooth and creamy. Best drunk immediately.

Nutritionals per serving Calories 235kcal, Fat 3.4g, Carbohydrates 28g of which sugars 26.3g, protein 20.8g

Soups

Brown Rice, Turmeric and Veggie Soup

Makes 2 servings

1tbsp olive oil
½ onion, finely chopped
½ tsp grated fresh ginger
½ tsp cumin seeds
2 garlic cloves, crushed
1 tsp ground turmeric
100g brown rice
30g red split lentils
750ml vegetable or chicken stock
Salt and black pepper to taste
2 handfuls of baby spinach
1 courgette, diced
150g frozen peas
Handful of chopped coriander leaves

- Heat the oil in a large pan. Sauté the onion, ginger, cumin and garlic and cook for a couple of minutes stirring well.
- Add the turmeric, rice and lentils and stir to coat in the oil.
- Pour over the vegetable stock and season with salt and pepper. Bring the mixture to the boil then cover and reduce the heat to a very low simmer. Cook for 20 minutes until the rice is soft. Add the spinach, courgette and peas and cook for 5 minutes.
- Spoon into bowls and scatter over with coriander leaves.

Nutrition per serving Calories 358kcal, Fat 7.5g, Carbohydrates 55.3g of which sugars 6.6g, Protein 13.5g

Creamy Butternut Squash Soup

Using a bag of frozen or prepared butternut squash helps save time and effort. This can be frozen

Makes 4 servings

100g cashew nuts, soaked in boiling water for 1 hour then drain

1 bag of frozen or prepared fresh butternut squash (400g)

1tbsp olive oil

1 onion, roughly chopped

2 cloves garlic, chopped

1tsp dried thyme

600ml vegetable stock

Sea salt and black pepper

Handful of pumpkin seeds toasted to top

- Preheat the oven to 200C, Gas mark 6. Place the butternut squash in a baking tray and drizzle over a little olive oil. Toss to coat. Bake in the oven for 15 minutes until it turns golden.
- In a large casserole or pan heat the olive oil and sauté the onion, garlic and thyme. Cook over a low heat for 5 minutes until softened, Add the cooked squash, cashew nuts and vegetable stock. Simmer for 10 minutes.
- Place in a blender and process until smooth. Return to the pan and reheat. Season with salt and pepper.
- Top the soup with a few pumpkin seeds

Nutrition per serving 219kcal, Fat 14.6g, Carbohydrates 13.4g, Protein 6.7g

Broccoli and Tahini Soup

Makes 2 servings

1 tbsp Olive oil
1 small onion, chopped
2 cloves of garlic crushed
1 tsp of freshly grated ginger
pinch of chilli flakes
300g broccoli, broken into florets
1 x 400g can of full fat coconut milk
200ml vegetable stock

to top

1tbsp tahini
2tbsp Greek yogurt or coconut yogurt
1tbsp lemon juice
1tbsp water
1tbsp chopped coriander leaves

- Heat the oil in a large pan and sauté the onion, garlic and ginger for -3-4 minutes until the onion begins to soften.
- Add the chilli flakes, broccoli, coconut and vegetable stock. Bring to a simmer and cook gently for 10 minutes until the broccoli is just soft. Season to taste.
- Meanwhile mix together the tahini, yogurt, lemon juice with enough water to form a thick sauce.
- Ladle the soup into bowls and swirl in the tahini cream. Scatter over coriander leaves to serve

Nutritionals per serving Calories 359kcal, Fat 29.3g, Carbohydrates 12.3g
Protein 12.3g

Salads

Apple, Carrot, Fennel Coleslaw

A light lemon dressing coats this wonderfully refreshing salad. Fennel and apple are a great weight-loss combination: Fennel contains essential oils such as anethole which are mildly diuretic while apples are a powerful cleansing and detoxing food. Serve with a bowl of mixed salad leaves. Instead of fennel you could use ¼ white cabbage

Makes 2 servings

Storage: Will keep in the fridge for 2 days

1 fennel bulb (or ¼ white cabbage)

2 apples

2 carrots

1 small red onion, finely chopped

2tsp fresh thyme, chopped

Dressing

Juice and zest of 1 lemon

2tsp maple syrup

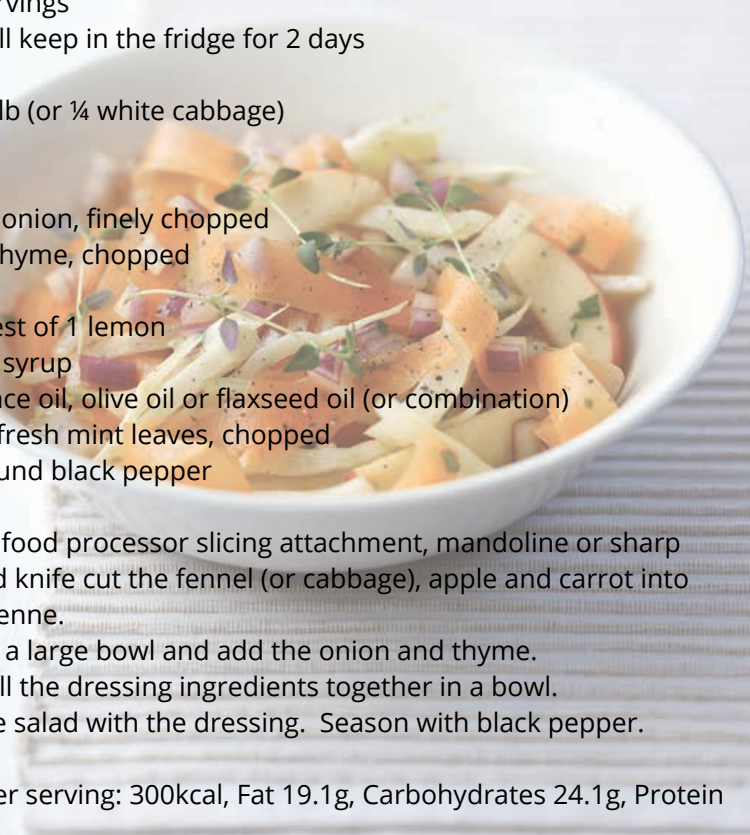
4tbsp balance oil, olive oil or flaxseed oil (or combination)

Handful of fresh mint leaves, chopped

Freshly ground black pepper

- Using a food processor slicing attachment, mandoline or sharp serrated knife cut the fennel (or cabbage), apple and carrot into thin julienne.
- Place in a large bowl and add the onion and thyme.
- Whisk all the dressing ingredients together in a bowl.
- Toss the salad with the dressing. Season with black pepper.

Nutrition per serving: 300kcal, Fat 19.1g, Carbohydrates 24.1g, Protein 2.6g



Vegan Mexican Taco Bowl

A simple to assemble vegan dish using walnuts to create a 'taco style meat' The addition of avocado and coconut yogurt provides plenty of healthy fats, protein and zinc as well as probiotics to support gut health.

Makes 4 servings

Vegan taco meat

120g walnuts, soaked for 1 hour then drained
8 sundried tomatoes, drained and chopped
1tsp onion powder
½ tsp garlic salt
1tsp smoked paprika
1 tsp cumin powder

Salad

1 Cos or Romaine lettuce shredded
Handful of rocket or watercress
½ ripe avocado cut into dice
2 celery stalks, thinly sliced
2 Handfuls of cooked sweetcorn
1 red pepper chopped

Broccoli / Cauliflower Rice

1 small head of broccoli or cauliflower 400g
1tbsp olive oil
salt and pepper to taste

- In a food processor pulse all the ingredients for the taco meat until combined and the walnuts are finely chopped. Leave the walnuts slightly chunky for the texture.
- Make up the broccoli rice. Place the broccoli florets in a food processor and process to form fine rice. Heat the oil in a large frying pan and sauté the broccoli rice for a couple of minutes to soften slightly. Season to taste.
- Divide the lettuce leaves between four bowls. Scatter over the vegetables and divide the broccoli rice and taco meat between the bowls. Drizzle with the supercharged dressing.

Nutrition per serving (without dressing) 374kcal, Fat 31.3g, Carbohydrates 7.3g, Protein 11.6g

Green Goddess Dressing

This will keep in the fridge for 1 week.

1 garlic clove crushed
200g coconut yogurt
1 tbsp apple cider vinegar
Juice of ½ lemon
2tbsp omega blend oil / flaxseed oil / olive oil
large handful packed fresh basil leaves
large handful fresh parsley
handful of fresh tarragon
handful of fresh chives
½ tsp sea salt
1 tsp maple syrup / xylitol to sweeten if needed

- Make up the dressing by simply placing all the ingredients in a blender and processing until smooth.

Nutrition per 1tbsp 27kcal, Fat 2.5g, Carbohydrates 0.9g, Protein 0.2g

Detox Salad

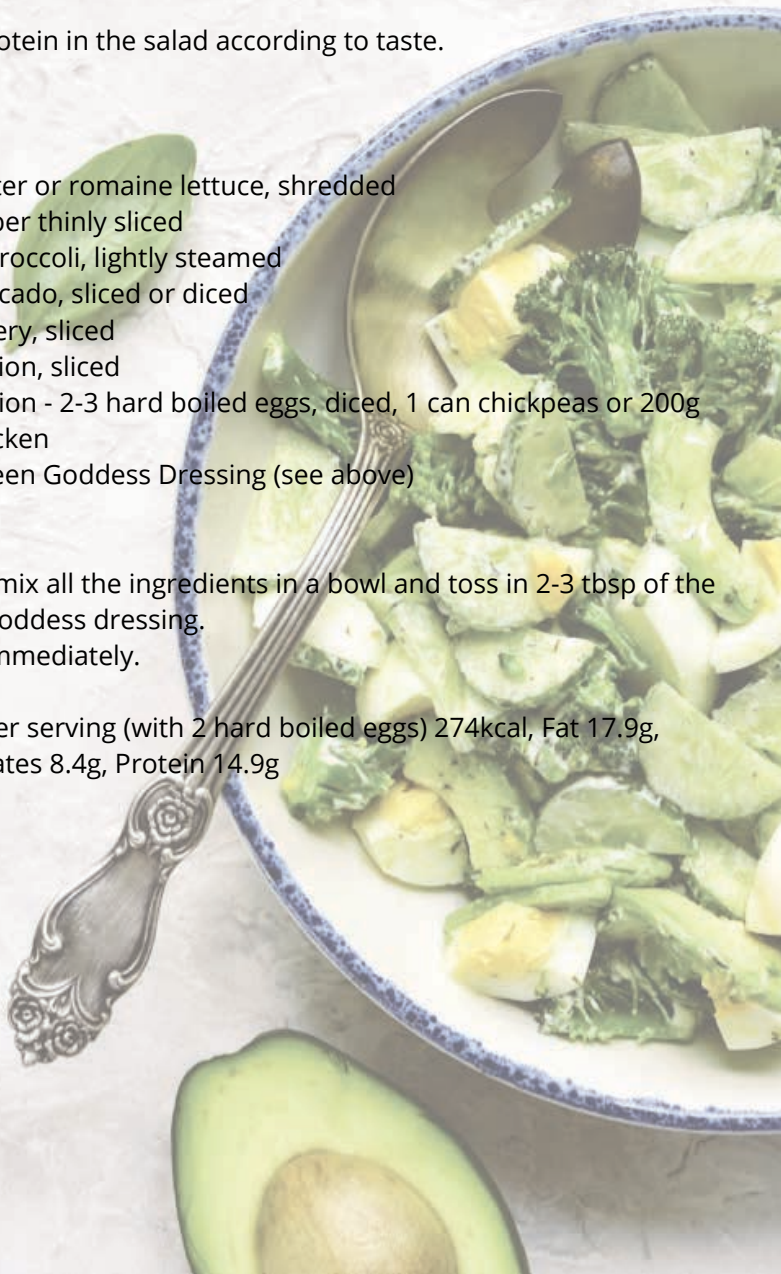
Vary the protein in the salad according to taste.

Serves 2

1 head butter or romaine lettuce, shredded
1/2 cucumber thinly sliced
1 head of broccoli, lightly steamed
1 small avocado, sliced or diced
2 stalks celery, sliced
1 spring onion, sliced
Protein option - 2-3 hard boiled eggs, diced, 1 can chickpeas or 200g cooked chicken
2-3tbsp Green Goddess Dressing (see above)

- Simply mix all the ingredients in a bowl and toss in 2-3 tbsp of the green goddess dressing.
- Serve immediately.

Nutrition per serving (with 2 hard boiled eggs) 274kcal, Fat 17.9g, Carbohydrates 8.4g, Protein 14.9g



Shopping List

Below is what you will need if you are following the whole five days. Please note as we make use of leftovers if you are cooking the same food for other family members you may need to increase recipes. This does not include ingredients for the juices or vegetable sticks which are optional

Vegetables

Fresh chives
Fresh Coriander large pack
1 courgette
2 cucumbers
1 fennel bulb
Bag of spinach
Fresh tarragon
2 carrots
3 romaine (or other) lettuce
Bunch spring onions
2 heads of celery
6 cherry tomatoes
400g butternut squash chunks (fresh or frozen)
!50g frozen peas
Garlic bulb
Fresh root ginger
2 heads broccoli
Fresh mint
Fresh parsley
Fresh sprig thyme
3 white onions
1 red onion
Fresh basil leaves
1 red pepper
2 avocados
Bag of rocket or mixed greens

Fruits

300g strawberries (fresh or frozen)
3 bananas
5 lemons
2 apples
120g frozen (or fresh) mango
160g frozen (or fresh) pineapple

Baking

15g chocolate chips
Vanilla extract
Matcha green tea powder
Chocolate protein powder
Vanilla protein powder
Cocoa powder
Dandelion coffee
Ground flaxseed
100g cashew nuts
100g walnuts
Maple syrup / Stevia / Xylitol

Chilled and Dairy Alternatives

300ml coconut water

1650ml almond milk or other milk alternative

500ml coconut milk

225g coconut yogurt

2-3 eggs or other protein of choice (detox salad)

Store Cupboard

Jar sun dried tomatoes

1 can coconut milk

Miso soup (optional)

Olive oil

Flaxseed oil or omega blend oil

Apple cider vinegar

Almond nut butter

Tahini

2 vegetable stock cubes

Garlic salt

Cumin seeds

Onion powder

Smoked paprika

Dried thyme

Chilli flakes

Ground turmeric

Ground cinnamon

Cumin powder

Can sweetcorn

Sea salt and pepper

100g brown rice

30g red split lentils