

THE EASY TO FOLLOW 4 WEEK DETOX PLAN

Get your energy back, lose weight quickly and healthily, clear your food intolerances, improve your digestion and get rid of pain and bloating



WHY DETOX?

TOXINS

A toxin is any substance that creates irritation and / or harmful effects in the body, undermining our health or stressing our biochemical or organ functions.

In the 21st century, more than at any other time in history, we are bombarded with toxins. In addition to environmental pollution, there are many toxins in food sources: pesticides, plasticizers, additives both in food and products, hormones in intensive farmed meats, etc. Within our bodies, we have to 'deal' with these substances for which we weren't designed.

Stone Age man didn't unwrap the plastic from his woolly mammoth steak before he popped it in the microwave! The true long term impact of all this on human physiology is yet to be revealed. However, along with a number of illnesses, obesity rates are rising year on year.

WHO NEEDS TO DETOX?

If you have fatigue, bloating, excess weight, feel low, skin conditions, PMT, bad breath, etc.

DETOX & WEIGHTLOSS

When the liver is overloaded, as it commonly is with the modern diet, it cannot successfully eliminate everything we are subjected to both internally and externally. Anything that cannot be eliminated and excreted is locked up safely in the fat stores. Think toxic dump!



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BENEFITS OF DETOXING

MORE ENERGY
CLEARER MIND
MORE ALERT
LESS BLOATING
CLEAR NOSE
FEWER HEADACHES
NO DARK CIRCLES UNDER EYES
IMPROVED SKIN
FEWER INFECTIONS
REDUCED PMT
FEWER MENOPAUSAL SYMPTOMS
FEWER ACHES AND PAINS
BETTER DIGESTION

WHAT'S YOUR DETOX POTENTIAL?

Before embarking on any type of detox regime, it is a good idea to check your detox potential. Complete the following questionnaire to discover whether you could benefit from following a gentle detox.

Eating the right foods is one side of the coin, detoxification is the other and whether a substance is bad for you depends as much on your ability to detoxify as on its inherent toxic properties.

Do you often have a bitter taste in your mouth or a furry tongue?

Do you suffer from acne or other skin conditions?

Do you have a strong reaction to alcohol?

Do you suffer from bloating?

Do you suffer from nausea or vomiting?

Do you sometimes have itchy ears, earache, infections, drainage from the ears or ringing?

Do you sometimes have watery or itchy eyes or swollen red sticky eyelids?

Do you sometimes have joint or muscle aches and pains?

Do you often have dark circles under your eyes?

Do you often sweat a lot or have a strong body odour?

Do you often suffer from headaches or migraines?

Do you suffer from excessive mucus, a stuffy nose or sinus problems?

Do the effects of coffee stay in your system for a long time?

IF YOU ANSWERED 'YES' TO:

5 or more questions: There's definitely scope for real improvement by following a gentle detox.

3 - 5 questions: You are beginning to show signs of your body needing some detoxification support.

0 - 3 questions: Even those who experience few (if any) signs of impaired detoxification will benefit from giving their body a health boost once in a while!

IMPORTANT:

If you scored more than 8, please take advice from your GP before detoxing (even a gentle detox).

WHAT'S YOUR HEALTH SCORE?

Use this questionnaire to rate your current health, with 1 being you strongly disagree with the statement and 5 being you strongly agree.

HEALTH SCORE

Tired most of the time

1 2 3 4 5

Overweight

1 2 3 4 5

Prone to hormonal symptoms

1 2 3 4 5

Suffering from poor memory or concentration

1 2 3 4 5

Low or depressed

1 2 3 4 5

Very dry skin in need of daily moisturisers

1 2 3 4 5

Difficulty sleeping

1 2 3 4 5

Often feeling anxious or stressed

1 2 3 4 5

Prone to indigestion or bloating after food

1 2 3 4 5

Often constipated (you don't go every day)

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

1 - D I S A G R E E
5 - A G R E E

WHAT'S YOUR
HEALTH SCORE?

Target 14 or less

WHAT'S YOUR ENERGY & BLOOD SUGAR SCORE?

Use this questionnaire to rate your current energy levels, with 1 being you strongly disagree with the statement and 5 being you strongly agree.

ENERGY SCORE

I still feel tired 20 minutes after getting up

1 2 3 4 5

I need tea, coffee, a cigarette, or something sweet to get me going in the morning

1 2 3 4 5

I often crave chocolate, sweet foods, bread, cereal or pasta

1 2 3 4 5

I often have energy slumps during the day or after meals

1 2 3 4 5

I often crave something sweet or coffee after meals

1 2 3 4 5

I often have moods swings or difficulty concentrating

1 2 3 4 5

I get dizzy or irritable if I go 4 to 6 hours without food

1 2 3 4 5

I often over-react to stress

1 2 3 4 5

I have less energy than I used to have

1 2 3 4 5

I often feel too tired to exercise

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

1 - D I S A G R E E
5 - A G R E E

WHAT'S YOUR
HEALTH SCORE?

Target 14 or less

THIS IS ONLY A GENTLE DETOX

This is a gentle detox, not a severe fasting detox (which is not recommended). It is gentle, allowing slower release of toxins, it supports the liver and is based on a healthy balanced diet - removing anti-nutrients and replacing them with optimum nutrition.

We all need to detox from time to time to re-balance health, improve energy and shift those pounds that creep on (especially round the belly). This is a gentle detox programme, allowing the slow release of toxins from our bodies and is a healthy eating plan that is simple to follow, replacing anti-nutrients with optimum nutrition. It is common to achieve fast weight loss and a return to high energy and vitality. Clients who follow a programme like this for 4 weeks, really notice the weight starting to come off, and they experience levels of energy and vitality they haven't felt in years.

However, not everyone feels better right away. Once the body starts to liberate and eliminate toxic material, if the liver isn't up to the job, unpleasant symptoms can result initially, for example: withdrawal symptoms, white coated tongue, bad breath, constipation, diarrhoea, fatigue, aches, nausea, and headaches. If by any chance symptoms do not improve, you must consult your doctor to check out any health concerns.

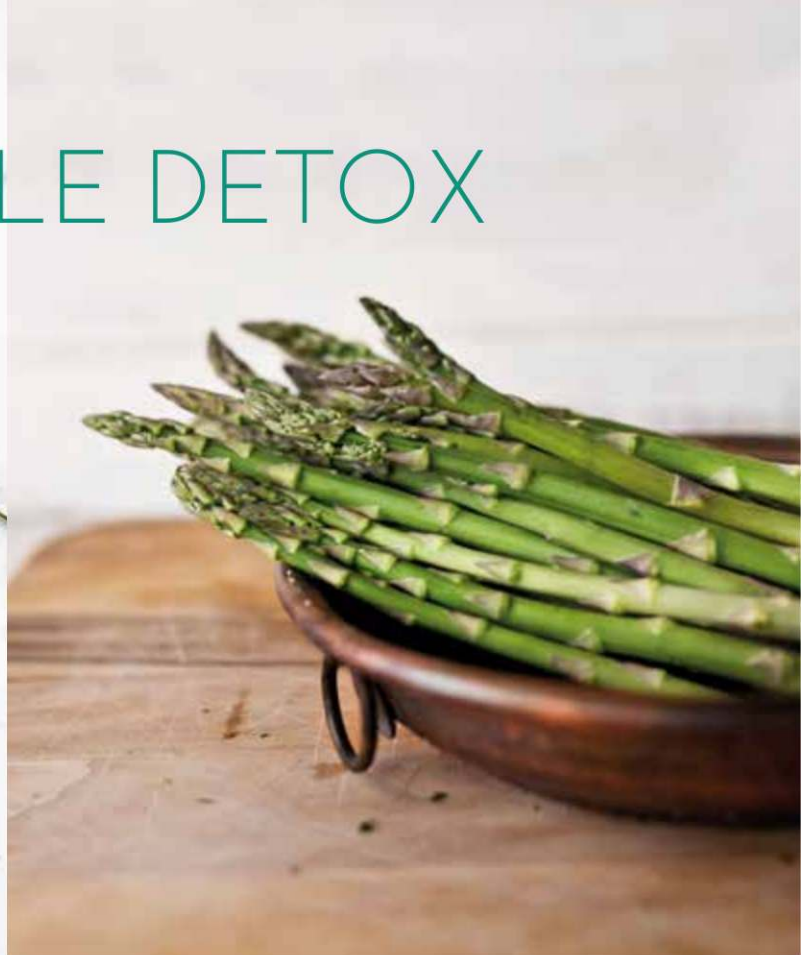
DO NOT
DETOX
IF YOU'RE

Pregnant
Breast feeding
On medication
Receiving medical treatment

If you have any medical conditions or specific concerns, or scored more than 8 on your Detox Potential questionnaire, please consult your doctor and nutrition practitioner before starting for individual advice. You may feel slightly worse before you feel better as the toxins are freed from your fat stores before being eliminated.



SIMPLE GENTLE DETOX



DRINK

Drink 8 glasses of filtered or bottled water every day

Green tea is a good choice for it's antioxidants

Avoid tea and coffee or restrict to 4 cups a week

If you currently drink more than 1 cup of coffee per day, reduce slowly to avoid caffeine withdrawal headaches

Avoid alcohol or limit to a maximum of 2 units a week to reduce more gradually

FOOD

Eat regularly: Don't skip meals and allow yourself 1-2 snacks per day

Eat plenty of non-starchy veg (e.g. green veg and salad veg)

Eat 2 portions of low Glycaemic Load fruits a day (e.g. apples, pears, berries, apricots, melon)

Eat oily fish: salmon, mackerel, sardines, tuna 2-3 times per week and white fish as often as you like

Eat up to 25g nuts/seeds per day

Eat fresh ginger, cinnamon and turmeric, which are great for liver detoxification

Eat organic where possible

During the detox, limit processed meat, dairy, artificial sweeteners, high GL foods, e.g. chocolate, sugar (xylitol is okay), wheat and starchy carbs (potatoes, pasta, rice and bread)

SIMPLE GENTLE DETOX



ACTIVITY

Take at least 15 minutes extra exercise each day

Ensure it is gentle, such as walking, as you may feel tired and lethargic during the first 3 days

Sit quietly and relax for 10-15 minutes every day

Make sure you get a minimum of 7 hours sleep per night

SUPPLEMENTS

Throughout the detox:

- * Multivitamin
- * Vitamin C
- * Omega 3s

Probiotic: supports digestion

Milk Thistle: supports liver detox

Glutamine powder (1tsp last thing at night in water): helps heal the gut
- the first line of defence against toxins

Always consult your nutrition practitioner or GP if you have any major concerns about your health.

YOUR LIVER, THE MIRACLE ORGAN

Your liver is one of the most important organs in your entire body. It weighs 5lbs and uses up 12% of your total energy supply. Your body can function without a stomach or colon but not without the liver. In traditional Chinese medicine, a healthy liver represents a healthy person. Conditions such as depression, anxiety, hormone imbalances, poor digestion and headaches are alleviated by improving liver health.

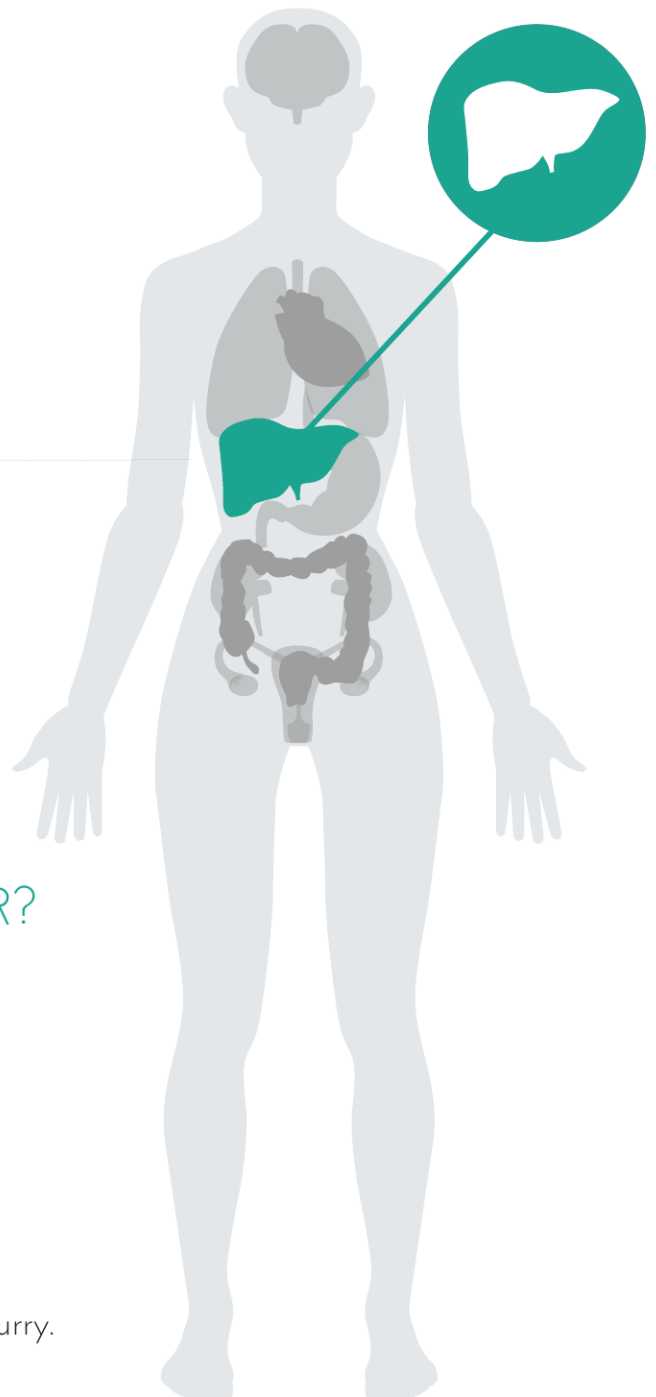
THE LIVER'S FUNCTIONS

Storage: blood and vitamins A, D, E, K, B12, iron and glycogen.

Conversion: glycogen (a highly concentrated form of carbohydrate) to glucose and vice versa, therefore is very important for blood sugar control.

Production: makes clotting factors in the blood together with many of the substances vital for proper functioning of the body.

Detoxification: neutralises toxins from the lungs, the bowel and the skin. When the liver is overburdened, it cannot filter out the poisons in the blood properly, leaving you feeling tired, sluggish, and generally unwell. You will also be more prone to colds, infections and allergies. Your metabolism becomes sluggish making it much more difficult to lose weight



WHAT OVERWORKS THE LIVER?

Alcohol, prescription drugs, recreational drugs, smoking, toxic chemicals, improper digestion, toxic bowel, hypothyroid repressed emotions.

WHERE DIET IS CONCERNED

Overeating, refined carbohydrates (sugar) processed fats, (trans fats) fast food and junk food, low fibre intake, insufficient fruit and veg intake, eating when stressed in a hurry.

TIPS FOR A HEALTHY LIVER

Cut back on those things that overwork the liver (listed previously), like sugar, alcohol, caffeine and dairy

Up your fruit and vegetable intake to 6-8 servings a day, including cauliflower, broccoli, cabbage, Brussels sprouts, kale or pak choi

Use turmeric, fresh ginger and cinnamon in your cooking

Up your water intake: at least 8 glasses a day

Eat a diet rich in fibre

Take plenty of exercise, this must be aerobic, bringing oxygen to the body

Drink green tea, which is good for the liver

Eat organic if possible

Follow a gentle detox 1-3 times a year

ANTIOXIDANTS

Top fruit: strawberries, blueberries, raspberries, oranges and grapes. Top veg: broccoli, asparagus, curly kale, spinach

5 SUPERFOODS

Super Essential Seed Mix, cruciferous vegetables (e.g. broccoli, cauliflower, kale and cabbage), sulphurous foods (e.g. onion, garlic and eggs), Super Juices.

DETOX SUPPLEMENTS

Take a good multi-vitamin and mineral supplement daily. Vitamin C, 1 cleansing supplement (i.e. milk thistle, aloe vera juice, MSM (methylsulphonylmethane), 1 probiotic.





DIGESTION HOW IS YOURS?

YOUR DIGESTION IS THE FIRST LINE OF DETOXIFICATION

A healthy digestive system is the cornerstone of general wellbeing, and the liver plays a key role. It is responsible for making bile, which helps you digest fats. When the liver is not functioning optimally, this can result in poor digestion of fats, weight gain, intolerance to fatty foods, bloating, constipation, irritable bowel syndrome (IBS), and stomach pain.

The liver also regulates the release of some nutrients into the body. If liver function is impaired, this can result in problems with the absorption of vitamins and minerals. Digestive imbalances can also lead to food allergies and intolerances.

HOW GOOD IS YOUR DIGESTION? DO YOU....

- Get a burning sensation or feeling of indigestion in your stomach?
- Use indigestion tablets?
- Often have an uncomfortable feeling of fullness in your stomach?
- Find it difficult to digest fatty foods?
- Often get diarrhoea?
- Often suffer from constipation?
- Often get a bloated stomach?
- Often feel nauseous?
- Often belch or pass wind?
- Fail to have a bowel movement at least once a day?



ARE YOU ADDICTED TO STIMULANTS?

If the thought of giving up coffee or alcohol makes you panic, then the chances are you are currently addicted to stimulants.

Caffeine, stress, cigarettes and sugar keep your blood sugar out of balance by giving you artificial boosts, closely followed by an energy slump. This sets up cravings and keeps you addicted. Your body then has to work hard to deal with these elements, which it treats as toxins that need to be eliminated if we are to detox effectively.

ARE YOU ADDICTED TO STIMULANTS?

CAFFEINE

Caffeine is dehydrating and will not help the detox process. It's also addictive - watch out for withdrawal symptoms! A small cup of instant coffee can contain 500mg (5x addictive dose) of caffeine.

Even more chemicals are used in the manufacturing of decaffeinated coffee and it contains 2 other stimulants (theophylline and theobromine). It's better, but it's not perfect. Caffeine makes you more stressed and tired and as well as causing inflammation in the body and disrupting normal sleep patterns.

ALCOHOL

The more alcohol you drink, the more antioxidants you need. It is very acidic and toxic (hence the hangover) and causes premature ageing, osteoporosis and can lead on to other disease states.

Alcohol can cause cancer (affects intestinal bacteria and has been shown to increase the risk of some cancers) as well as irritate the intestinal lining, causing 'leaky gut' and food intolerances. It also dehydrates and depletes B vitamins, magnesium, zinc and vitamin C.

For improved energy, mental clarity and improved mood: **AVOID:** coffee, tea, colas, energy drinks and alcohol. **CHOOSE:** Herb and fruit teas, Rooibos tea, water and diluted juice





DETOX TOP TIPS

ON THE GO?

The menu plans and recipes guide you through the 4 Week Detox. However, there may be times when you haven't been able to prepare and don't have those meals to hand (e.g eating out, at work, travelling etc).

BREAKFAST

Berries with natural yoghurt and seeds or unsalted nuts

2 poached eggs, grilled tomatoes and grilled mushrooms

A handful of seeds with an apple / pear / berries or watermelon

Porridge made with water, cinnamon and berries

DINNER

Steam / stir fry veg with chicken / fish or tofu

Salad (avocado / tomatoes / leaves / cucumber / peppers / onions / celery / mushrooms / sprouts / radish) with chicken / seeds / tofu / beans / chickpeas. Add lemon and olive oil dressing

Any protein with vegetables (avoid potatoes, rice and bread as an accompaniment)

Soup

SNACKS

25g seeds / nuts and a piece of fruit (melon / apple / pear / orange / berries)

Crudités (celery / cucumber / peppers) with houmous / guacamole

Handful of olives

DAILY HEALTH AUDIT

Every day, we are either making choices that add to, or detract from our health. To help you get into better habits, use this daily checklist. Simply add up your score and make each day count towards a net improvement of your health.

+2	Eat regular healthy meals	
+1	Eat protein with every meal + 1pt for each meal	
+1	Eat 2 portions of low GL fruit +1 pt for each portion	
+1	Eat 5-7 portions of fresh veg +1 pt for each portion	
+1	Eat 25g nuts / seeds per day +1 pt	
+2	Fresh (non fried) fish + 2pts for each	
+1	Drink 6 large glasses of water +1 pt for each	
+1	Get 15 minutes fresh air + 1pt for every 15 mins	
+1	Take 20 minutes exercise + 1pt for every 20 mins	
+2	Relax / time out 10 mins per day	
+2	Meditate 10 minutes per day	
+2	Practice mindfulness, eating mindfully, living in the moment	
+2	Doing something fun - laughter	
+4	Sleep - minimum of 7 hours	
Add up the + points shown for each:		

Have you contributed to your health, or detracted from it today?
What changes will you make to improve your score tomorrow?

-3	Skipping meals - 3pts for each meal skipped	
-1	High GL carbohydrate foods (white bread, high carb cereal) - 1pt for each	
-2	Sugar - 2pts for each	
-2	Dessert - 2pts for each	
-2	Caffeinated tea or coffee - 2pts for each	
-1	Sugar free carbonated drinks - 1pt for each	
-1	Processed meat - 1pt for each portion	
-2	Fried foods - 2pts for each portion	
-2	Alcohol - 2pts for each portion	
-2	Cigarettes - 2pts for each one	
-3	No exercise - 3 pts if you have taken none	
-2	Stress - 2pts for each stress 'pressure' point	
-2	Anger - 2pts for each anger 'pressure' point	
-1	Sleep - 1pt for each hour below 7 hours	
-2	Being late - 2pts each time you are late	

Add up the - points shown for each:

Total + or - score:



4 WEEK MENU PLAN

WEEK 1 MENU PLAN

DAY 1

BREAKFAST

Superfood muesli with Essential Seed Mix

SNACK

2 plums and 6 almonds

LUNCH

Super health salad

SNACK

1/2 avocado with lemon juice

DINNER

Salmon with ginger, coriander and stir fried vegetables

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 3

BREAKFAST

Cinnamon fruit porridge with essential seed mix

SNACK

1/2 avocado with lemon juice

LUNCH

Chicken with stir fried vegetables

SNACK

Detox daily smoothie

DINNER

Age defying carrot and lentil soup (make double for tomorrow)

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 2

BREAKFAST

Super fruit and seed salad with Essential Seed Mix

SNACK

Houmous and crudités (cucumber, celery, peppers)

LUNCH

Omelette with peppers, mushrooms and green salad

SNACK

Pomegranate or bowl of berries with a small handful of mixed unsalted nuts

DINNER

Primordial soup (stir in Super Greens Mix)

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 4

BREAKFAST

Berry breakfast smoothie with Essential Seed Mix

SNACK

Houmous and crudités (cucumber, celery, peppers)

LUNCH

Age defying carrot and lentil soup

SNACK

Nectarine and a small handful of cashews

DINNER

Trout en papillote with roasted vegetables

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas



WEEK 1 MENU PLAN

DAY 5

BREAKFAST

Gluten free oats or buckwheat flakes with Essential Seed Mix, almond / coconut milk & a little honey or maple syrup

SNACK

1 pear with handful of pecan nuts

LUNCH

Herby Salmon Sandwich with Super Greens Mix

SNACK

Guacamole with crudités

DINNER

Leek, cannellini and potato soup (make double for tomorrow)

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 7

BREAKFAST

Berries, oats and a little honey or maple syrup with Essential Seed Mix

SNACK

Nectarine or clementine with a handful of cashew nuts

LUNCH

Herby Salmon Sandwich with Super Greens Mix

SNACK

Olives and 1 apple

DINNER

Baked sweet potato with borlotti stew

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 6

BREAKFAST

1 slice of rye or good quality wheat free toast with mashed avocado and 1 slice of smoked salmon and a splash of lemon juice and ground black pepper

SNACK

Toasted sunflower seeds and a piece of fruit

LUNCH

Leek, cannellini and potato soup (stir in Super Greens Mix)

SNACK

Orange with handful of pumpkin seeds

DINNER

Cleansing bean and artichoke salad

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas



WEEK 1 SUCCESS PLAN

Break down your long term goals into realistic and motivational, manageable steps. What will you achieve this week? Think through any potential barriers to you succeeding in achieving your goals and come up with solutions, so you are well prepared. Set clear actions for what you need to specifically do to enable you to achieve your goals for the coming week.

YOUR 4 WEEK GOALS: What health / weight loss / vitality

YOUR 4 WEEK GOALS: What health / weight loss / vitality		
THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)

TOP TIPS

Get organised - Go shopping and get the right foods in so you are well prepared

Water - Increase your water intake and use a water filter if possible

Body Brushing - Start "body brushing" before you shower (on dry skin) - brush towards your heart to boost circulation and encourage detoxification

Hot Water - Drink hot water and lemon on waking

PREPARATION

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

WEEK 2 MENU PLAN

DAY 1

BREAKFAST

Pumpnickel or rye toast & nut butter (peanut, cashew, almond or '3 nut butter' available at most supermarkets) & 1 kiwi

SNACK

1 apple and a handful of cashew nuts

LUNCH

Raw summer soup (or chickpea, carrot and coriander soup)

SNACK

Sugarsnap peas and houmous

DINNER

Chickpea, coriander, red pepper salad, olive oil and lime juice

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 3

BREAKFAST

Porridge with almond milk (or water) grated apple, cinnamon & honey

SNACK

2 plums and half a dozen almonds

LUNCH

Broccoli and bean soup (make double for tomorrow)

SNACK

Pear and handful of walnuts

DINNER

Wholegrain rice with Super Greens pesto, roasted veg and a small salmon or trout fillet

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 2

BREAKFAST

Tomatoes, mushrooms and scrambled eggs

SNACK

Roasted pumpkin seeds

LUNCH

Salmon with puy lentils; Detox pear and blueberry crumble

SNACK

Olives, plus Berry smoothie

DINNER

Superfood salad of quinoa and roasted veg with Super Greens Mix

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 4

BREAKFAST

Coconut yoghurt (plain, almond or coconut) with lightly stewed berries and apples, topped with toasted flaked almonds

SNACK

Houmous and crudités (cucumber, celery, peppers)

LUNCH

Smoked mackerel fillet, large green salad

SNACK

1/2 avocado with a handful of mixed seeds

DINNER

Broccoli and bean soup. Stir in Super Greens Mix.

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas



WEEK 2 MENU PLAN

DAY 5

BREAKFAST

Super fruit and seed salad, plus
Super Greens Mix

SNACK

1/2 avocado with lemon juice

LUNCH

Tuna Nicoise (tuna, olives, green
beans, green salad and olive oil)

SNACK

Guacamole on an oatcake and a
satsuma

DINNER

Salad with citrus fruits (grapefruit,
orange) and pumpkin seeds

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 6

BREAKFAST

Poached egg on cooked or raw spinach,
2 oatcakes and mushrooms

SNACK

Handful of berries and 4 walnuts

LUNCH

Chickpea salad with peppers and Super
Greens Mix

SNACK

Peach and some almonds

DINNER

Steam fried veg and chicken, fish or tofu

DRINKS

Water with lemon on waking. 2 litres
of water and herbal teas

DAY 7

BREAKFAST

2 slices of smoked salmon, 2 poached or soft boiled egg, 1 large or 2 medium sliced
tomatoes plus 1 gluten free oatcake or small slice of gluten free or rye toast.

SNACK

Houmous and 2 oatcakes

LUNCH

Super Greens Mix, sun blushed tomatoes, avocado and pine nuts

SNACK

Apple and 4 walnuts

DINNER

Trout, marinated in 2 limes, finely chopped garlic, mushrooms and coriander.
Cook in the oven and serve with mixed salad, including red onions, mange tout
and coriander.

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas



WEEK 2 SUCCESS PLAN

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)

TOP TIPS

No Dairy

Support - Support your digestion: milk thistle, aloe vera, flax seeds & glutamine foods

Antioxidants - Add in antioxidant rich fruit & vegetables

Caffine - Reduce your caffeine intake

PREPARATION

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

WEEK 3 MENU PLAN

DAY 1

BREAKFAST

Porridge made with almond milk or water, with grated apple, cinnamon & toasted flaked almonds, add a small amount of honey or agave syrup to taste.

SNACK

1 celery stick filled with a nut butter of your choice

LUNCH

Avocado & watercress salad with tomatoes & cumin seeds

SNACK

Small mashed banana, plain yoghurt & 1 tsp Essential Seed Mix

DINNER

Baked salmon with herbs and vegetable kebabs (mushrooms, tomatoes, peppers on skewers) brush with oil and grill

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 3

BREAKFAST

Quinoa flakes or gluten free porridge with Essential Seed Mix, blueberries and almond milk or water if preferred

SNACK

1 pear with a handful of pecan nuts

LUNCH

Hard boiled egg, chopped & mixed with sun-dried tomato, cucumber & houmous on oatcakes

SNACK

Guacamole with crudités

DINNER

Sardines with tabasco and basil leaves with salad

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 2

BREAKFAST

Rye or good quality wheat free toast with 1/2 mashed avocado, ground black pepper, 1 slice of smoked salmon plus 4 cherry tomatoes

SNACK

Oatcake with houmous & spinach leaves

LUNCH

Spinach, avocado, mint, grated carrot, peas, olive oil, pumpkin seeds & black pepper

SNACK

Hard boiled egg & crudités

DINNER

Age defying carrot soup. Pear (warmed in the oven) with coconut yoghurt, sprinkled with pumpkin & sunflower seeds

DRINKS

2 litres of water and herbal teas. Detox smoothie or juice

DAY 4

BREAKFAST

Superfood muesli with essential seed mix

SNACK

Celery filled with nut butter (no added sugar)

LUNCH

Salad with olives, anchovies & tenderstem broccoli

SNACK

Bowl of berries with 1 spoon of coconut yoghurt

DINNER

Salmon with ginger & coriander with stir fried vegetables

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

WEEK 3 MENU PLAN

DAY 5

BREAKFAST

Super fruit & seed salad with Essential Seed Mix

SNACK

Nectarine & a handful of cashew nuts

LUNCH

Leek, cannellini & potato soup (make double for tomorrow)

SNACK

Baked apple with 1 spoon of coconut yoghurt

DINNER

Grilled trout, stir fried green beans, chilli oil & sesame seeds

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 6

BREAKFAST

Cinnamon fruit porridge with Essential Seed Mix

SNACK

Sunflower seeds with pomegranate

LUNCH

Leek, cannellini & potato soup

SNACK

2 apricots, 4 walnuts & 4 macadamia nuts

DINNER

Marinated griddled courgettes with quinoa & pesto

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 7

BREAKFAST

Berry breakfast smoothie with Essential Seed Mix

SNACK

Olives & satsuma

LUNCH

Pumpernickel sandwich: tahini, grated courgettes, avocado & tuna

SNACK

2 oatcakes with pumpkin seed butter

DINNER

Salmon cooked with lemon & black pepper with mixed vegetables.

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice



WEEK 3 SUCCESS PLAN

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)

TOP TIPS

No alcohol, wheat or caffeine

Herbal - Find some herbal / fruit teas that you enjoy

Exercise - Exercise for 15 mins daily - improves lymphatic drainage

Deep breathing - Eliminates toxins

Caffeine - 1.5 litres of water daily: have a glass on waking, before you eat and after you exercise

PREPARATION

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

WEEK 4 MENU PLAN

DAY 1

BREAKFAST

Buckwheat flakes, chopped plums,
Essential Seed Mix, & coconut yoghurt

SNACK

Houmous & crudités

LUNCH

Avocado, orange & mushroom salad
with a hard boiled egg

SNACK

Olives & daily smoothie

DINNER

Baked sweet potatoes with borlotti stew

DRINKS

2 litres of water and herbal teas.
Detox smoothie / juice

DAY 2

BREAKFAST

Superfood muesli with Essential Seed Mix

SNACK

2 plums & 6 almonds

LUNCH

Apple, carrot & beetroot salad with tuna

SNACK

1 apple chopped with a spoonful of
coconut yoghurt

DINNER

White fish with leeks, onions, green beans
& flaked almonds

DRINKS

2 litres of water and herbal teas.
Detox smoothie / juice

DAY 3

BREAKFAST

1 slice of rye toast, smoked salmon,
poached egg & ground black pepper

SNACK

Handful of sunflower seeds & chopped
apple

LUNCH

Avocado, prawns, lemon juice, paprika
with mixed salad

SNACK

Pomegranate or grapefruit

DINNER

Wholegrain rice with Super Greens
pesto, roasted veg and a small salmon
or trout fillet

DRINKS

2 litres of water and herbal teas.
Detox smoothie / juice

DAY 4

BREAKFAST

Coconut yoghurt, lemon zest & Essential
Seed Mix

SNACK

Houmous & oatcakes

LUNCH

Mixed bean, prawn, tomato salad, olive
oil, lemon & garlic dressing

SNACK

Handful of mixed nuts & 1 pear

DINNER

Cannellini bean mash, sardines & Super
Greens

DRINKS

2 litres of water and herbal teas.
Detox smoothie / juice



WEEK 4 MENU PLAN

DAY 5

BREAKFAST

Cinnamon fruit porridge with Super Greens Mix

SNACK

Guacamole with plum tomatoes

LUNCH

Quinoa salad: cooked quinoa mixed with olive oil, spring onions, mint, lemon juice & zest, parsley and avocado. Serve with greens

SNACK

Guacamole with crudité's

DINNER

1 sweet potato - roasted in the oven until soft, filled with chopped feta cheese and tomatoes which have been lightly fried in olive oil, served with dressed green salad and lightly cooked green beans & ground black pepper

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 7

BREAKFAST

Pumpernickel toast topped with a mixture of grated apple, cinnamon & crunchy sugar free peanut butter

SNACK

Half an avocado with lemon juice

LUNCH

3 oatcakes topped with flaked trout and mashed avocado and a squeeze of lemon juice & ground black pepper & sliced tomatoes

SNACK

Chop 4 walnuts, 2 apricots, 1 small apple and serve with 1 spoon of coconut yoghurt

DINNER

Large de-seeded beef tomato filled with stir fry prawns, grated ginger & seasoning. Serve with cannellini bean mash

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

DAY 6

BREAKFAST

Lightly stewed berries and apples with coconut yoghurt and toasted flaked almonds

SNACK

1 chopped apple & 8 macadamia or pecan nuts

LUNCH

Omelette with peppers, mushrooms & green salad

SNACK

2 oatcakes with avocado & tomato slices

DINNER

Salmon topped with pesto & a variety of vegetables

DRINKS

2 litres of water and herbal teas. Detox smoothie / juice



WEEK 4 SUCCESS PLAN

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)
YOUR DETOX - HEALTH, WEIGHT LOSS & VITALITY ACHIEVEMENTS SO FAR		
YOUR GOALS TO SUPPORT YOUR LIVER LONG TERM		

TOP TIPS

Relax - For 10 minutes every day

Eat - seeds 6 days out of 7

Drink - 1.5 litres of water daily: have a glass upon waking, before you eat and after exercise

Struggling? - If you feel you are struggling in the future or start to feel unwell, do another liver detox to get your health back on track.

PREPARATION

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

A top-down photograph of two glass cups filled with oatmeal. Each cup is topped with a generous amount of fresh blueberries and raspberries, garnished with a small sprig of fresh mint. The cups are placed on a light-colored wooden cutting board, which is lined with a white and grey striped cloth. To the right of the cups, a passion fruit is cut open, and a copper spoon is scooping out the yellow, seed-filled pulp. The background is a plain, light-colored surface.

4 WEEK MENU PLAN RECIPES

DETOX RECIPES

ESSENTIAL SEED MIX

READY IN 5 MINS

Fill half a glass jar with a sealing lid with flax seeds (known also as linseeds) and half with a mixture of sesame, sunflower and pumpkin seeds. Store in the fridge until used.

SUPERBOOST SESAME SALAD

SERVES 2 · PREP 10 MINS

1 x 410g can of chickpeas - rinsed and drained
2 celery sticks - finely chopped
6 pieces of marinated artichoke hearts - roughly chopped
6 spring onions - finely chopped
1 tbsp sesame seeds
1 tsp toasted sesame oil
Juice of 1/2 lemon

Mix all ingredients together and serve with salad, serve with a portion of Super Greens Mix

SUPER HEALTH SALAD

READY IN 10 MINS

Avocado / tomatoes / leaves / cucumber / peppers / onions / celery / mushrooms / sprouts / radish
/ with chicken / seeds / tofu / beans / chickpeas

DETOX RECIPES

SALMON WITH GINGER & CORIANDER

SERVES 4 • PREP 10 MINS • COOK 15 MINS

- 1 tbsp fresh coriander
- 3 tbsp tamari or soy sauce
- 3 tbsp toasted sesame oil
- Juice of 2 limes or lemons
- 4 x 100g salmon fillets - with skin on
- a little olive oil and salt for rubbing
- 1 tbsp coconut oil or mild / medium olive oil
- 2 tbsp root ginger - peeled
- 10 spring onions - topped tailed and halved

Rub the salmon all over with the olive oil and tiny amount of salt and set aside. Whiz the ginger, spring onions, coriander, tamari or soy, sesame oil, lime juice and 3 tablespoons of water together in a blender until they form a relatively smooth sauce and the ginger is finely chopped.

Taste and adjust the seasoning.

Heat the oil in a large frying pan, then pan fry the salmon for 5-7 minutes on each side or until cooked and the flesh flakes easily when pressed.

Serve immediately with the sauce.



DETOX RECIPES

SUPER FRUIT & SEED SALAD

SERVES 1 • READY IN 5 MINS

seeds of 1/2 pomegranate

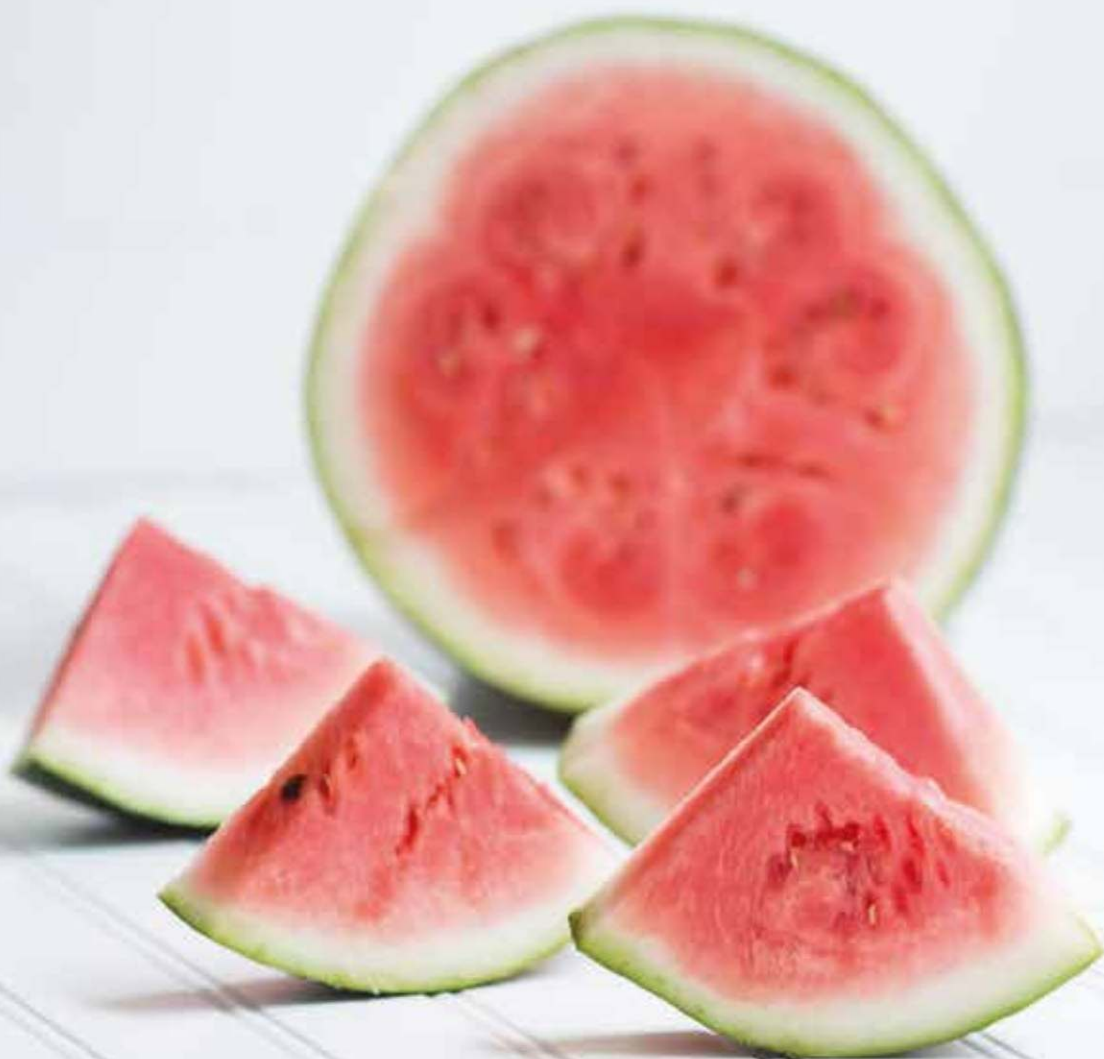
watermelon chunks (or a couple of handfuls of blueberries / strawberries)

sliced kiwi fruit

a good squeeze of fresh lemon juice

1 tsp of Essential Seed Mix

Mix the fruits in a bowl with the seed mix and add the lemon juice.





PRIMORDIAL SOUP

SERVES 2 • PREP 10 MINS • COOK 20 MINS

- 1/2 red onion - roughly chopped
- 1 garlic clove - crushed
- 1 tbsp coconut oil or medium olive oil
- 1 large carrot or 2 small medium ones - peeled and chopped
- 1 heaped tsp grated fresh root ginger
- 1/4 tsp turmeric
- 2 tsp vegetable stock powder
- 1/2 red pepper - diced
- 75 ml coconut milk

Heat the oil in a large pan and gently sauté the onion and garlic for a few minutes until they start to soften but do not turn brown, add the carrot, sweet potato, ginger, turmeric and vegetable stock powder. Just cover with boiling water and bring to the boil. Cover and simmer for about 15 minutes or until the vegetables are soft. Add the red pepper and coconut milk, then blend until smooth and thick.

SUPERFOOD MUESLI

SERVES 1 • READY IN 5 MINS

40g whole rolled porridge oats
1 tbsp ground almonds / desiccated coconut
1 tbsp Essential Seed Mix
1/2 small apple - grated
1 tbsp of any berries
1/2 tsp ground cinnamon

Place all of the ingredients in a bowl and cover with double the amount of boiling water.

Stir and leave to thicken for a couple of minutes until the oats have soaked up the water and become soft and plump.



DETOX RECIPES



CINNAMON FRUIT PORRIDGE

SERVES 1 · PREP 5 MINS · COOK 10 MINS

40g whole porridge oats
1/2 - 1 tsp ground cinnamon
1 tbsp essential seed mix
(plus any fruit, chopped or grated, or whole if berries)

Place the oats in a pan and cover with water. Bring to the boil, then gently simmer, stirring until the porridge thickens and the oats soften.

Stir the cinnamon, seed mix and fruit into the porridge or just scatter on top.

SMOOTHIES & JUICES

Make your own smoothies and juices to avoid high sugar options and high sugar fruit.

ALL READY IN UNDER 5 MINS

DETOX JUICES

INVIGORATOR

1 pink grapefruit, handful of mixed berries (under 5 GL)

SKIN NOURISHER

1 large apple, 1 carrot (10 - 15 GL)

STOMACH SETTLER

1 carrot, 1 pear, 2 thick slices of fresh pineapple, half a lemon,
1/4 tsp fresh root ginger (15 - 20 GL)

C SHARP

1 celery stick, 1 large apple half, a lemon (under 5 GL)

DETOX SMOOTHIES

SUMMER FIZZ

5 strawberries, juice of 1/2 a lemon, 2 tsp xylitol, 100ml sparkling mineral water (under 5 GL)

BERRY TASTY

75g raspberries, 1 tbsp tahini, 3 tsp xylitol, 100ml water (under 5 GL)

WATERMELON WHIZ

200g watermelon (under 5 GL)

COOL CARIBBEAN

1 banana, large handful of strawberries, 150ml coconut milk,
3 ice cubes



DETOX RECIPES

AGE DEFYING CARROT & LENTIL SOUP

SERVES 4

PREP 10 MINS • COOK 15 MINS

1 tbsp coconut / olive oil
2 garlic cloves - crushed
1 onion - roughly chopped
2 large celery sticks - sliced
4 medium carrots - sliced
200g rinsed red split lentils
1 litre hot vegetable stock

Heat the oil in a large pan and sweat the garlic and onion for 5 minutes to soften, add the celery, carrots, lentils and stock then stir and bring to the boil.

Cover and simmer for 10 minutes to allow the carrots to soften, then blend until smooth or to your preferred consistency.



DETOX RECIPES

BERRY BREAKFAST

SERVES 1 • READY IN 5 MINS

1/2 small banana
2 tsp of Essential Seed Mix
1 small punnet of blueberries
(or other berries)

juice of 1/2 lemon
plus enough pure fruit juice or water -
to give easy-to-drink consistency

Blend all ingredients together until smooth.





TROUT EN PAPILLOTE WITH ROASTED VEGETABLES

SERVES 2 • PREP 15 MINS • COOK 60 MINS

- 2 garlic cloves - crushed
- Juice of 1 lemon
- Drizzle 1 tsp of mild olive oil
- 2 portions of super greens mix
- 2 small sweet potatoes - sliced into fairly thin wedges
- 2 courgettes - sliced into similar sized wedges
- 2 medium sized rainbow trout - fully prepared
- 2 tsp fresh flat leaf parsley - finely chopped

Preheat the oven to 180°C. Place the sweet potatoes and courgettes in a roasting tin, drizzle with oil and roast for about 1 hour, stirring the vegetables over halfway through until the potatoes are soft when pierced with a knife.

Meanwhile take a piece of baking parchment large enough to cover both fish lying diagonally across the middle of the paper when folded in half. Starting from one end, gradually fold up the edges to seal the paper into a parcel on a baking tray and bake for 25 minutes. Unwrap carefully to avoid being burnt by the steam and place the fish on plates with the cooked vegetables and a portion of super greens mix each. Serve immediately

DETOX RECIPES

HERBY SALMON SANDWICH

SERVES 1

PREP 5 MINS · COOK 15 MINS

1 salmon fillet
1 large slice (or 2 small) of pumpernickel
style rye bread
squeeze of lemon juice
1/2 portion Super Greens Mix

Steam the salmon fillet for about 15
minutes or until cooked.

Skin and flake and allow to cool.

Spread Super Greens Mix on toasted
rye bread and top with flaked
salmon and a squeeze of lemon juice



DETOX RECIPES

HOMEMADE GUACAMOLE

SERVES 2 • READY IN 10 MINS

1 ripe avocado
juice of 1/4 lemon
1/2 garlic clove - crushed
1/4 small red onion - finely diced
3 cherry tomatoes - finely diced
1 tbsp fresh coriander (or flat leafed parsley)
- chopped 1 tbsp extra virgin olive oil
(or flax / hemp oil)
freshly ground black pepper

Cut the avocado in half lengthways and remove the stone, scrape the flesh out of the shell into a bowl and quickly mash with a fork. Add the remaining ingredients, then taste to check seasoning and serve.



DETOX RECIPES

LEEK, CANNELLINI & POTATO SOUP

SERVES 2 · PREP 10 MINS · COOK 20 MINS

- 1 tsp coconut oil or olive oil
- 2 cloves garlic - crushed
- 600ml boiling water
- 2 large leeks - trimmed and well rinsed, then sliced
- 2 medium or 3 small baby new potatoes - unpeeled and cubed
- 3 tsp vegetable stock powder
- 1 x 410 g can cannellini beans rinsed and drained
- Freshly ground black pepper
- 2 servings of Super Greens Mix.

Heat the oil in a pan and sauté the garlic for 30 seconds, add the leeks, cover and sweat for 3 minutes until they start to soften, tip the potatoes water and vegetable stock powder into the pan and stir then cover and simmer for 15 minutes.

Add the beans and blend with a hand held blender until fairly smooth. Season with black pepper and add a dollop of Super Greens Mix if using.

SUPER GREENS MIX

READY IN 5 MINS

- 1/4 bag watercress - rinsed & dried
- 1/4 bag baby leaf spinach - rinsed & dried
- handful of basil leaves
- handful of parsley leaves
- good drizzle of extra virgin oil (or flax / hemp oil)
- squeeze of lemon juice

DETOX RECIPES



CLEANSING BEAN & ARTICHOKE SALAD

SERVES 2 • PREP 10 MINS • COOK 15 MINS

2 garlic cloves crushed
1 red onion - finely diced
2 tbsp olive oil
250g cherry tomatoes (chopped)
2 tbsp tomato purée
1 x 410g can mixed pulses - drained and rinsed
6 marinated artichoke heart halves - roughly chopped
2 tbsp black olives - pitted and chopped
handful of torn basil leaves.

Sweat the garlic and onion in the oil for about 3 minutes.

Add the tomatoes and cook for a couple of minutes until they disintegrate, stir in the tomato purée, mixed pulses, artichoke hearts and olives. Reduce heat and simmer for about 5 minutes or until thick and rich.

Add basil or Super Greens Mix to serve.

DETOX RECIPES

BAKED SWEET POTATO WITH BORLOTTI STEW

SERVES 2 • PREP 15 MINS • COOK 60 MINS

2 small sweet potatoes
A little olive oil

For the stew:

1 tbsp coconut or olive oil
2 garlic cloves - crushed
1 large red onion - diced
100g mushrooms - sliced
2 tbsp tomato purée
1 x 400g can plum tomatoes
1 x 410g can borlotti beans -
drained and rinsed
1/2 tsp vegetable stock powder
1/2 tsp Herbes de Provence
freshly ground black pepper

Preheat the oven to 200°C. Prick the potatoes all over.
Rub with a little oil and place on a baking tray.

Cook for 1 hour or until soft all the way through when
pierced with a knife. Meanwhile prepare the stew.

Heat the oil in a pan and sweat the garlic and onion
gently for 2 minutes, then add the mushrooms and
cook for 5 minutes or until fairly soft.

Add the remaining ingredients and simmer for about 5
to 10 minutes to allow the vegetables to soften and the
sauce to thicken.

Check the seasoning and adjust if necessary.

Open up the baked potatoes and spoon the stew inside.

BAKED SALMON WITH FRESH HERBS

SERVES 1 • PREP 5 MINS • COOK 15 MINS

200g salmon fillet
black pepper
lemon juice
spring onions - chopped
4 sliced medium carrots
parsley
dill

200g salmon fillet placed on a lightly oiled kitchen foil,
season with black pepper and lemon juice and chopped
spring onions, parsley and dill.

Seal loosely and cook at 180°C for about 15 minutes.

DETOX RECIPES

RICE WITH SUPER GREENS PESTO

SERVES 2

PREP 10 MINS · COOK 25 MINS

150 g brown basmati rice - rinsed

For the Super-Greens Pesto

2 portions of Super Greens Mix

2 tbsp pumpkin seeds - lightly toasted
for a couple of minutes in a dry frying
pan until they start to swell and "pop"

6 tbsp pitted Kalamata olives

2 tbsp extra virgin olive oil

2 large garlic cloves

4 handfuls of fresh basil leaves

2 handfuls of rocket

2 handfuls of baby spinach

freshly ground black pepper

Juice of a lemon to taste.

Cook the rice. Whiz all the pesto ingredients together in a mini blender or food processor. Taste to check the flavour and adjust if necessary. Toss the pesto through the rice.

Serve warm with a large mixed salad.



DETOX RECIPES



SALMON WITH PUY LENTILS

SERVES 2 • PREP 10 MINS • COOK 25 MINS

115g Puy lentils - well rinsed
2 tsp Marigold Reduced Salt Vegetable Bouillon Powder
2 leeks - finely sliced
2 salmon fillets
2 tbsp tomato purée
splash of water
squeeze of fresh lemon juice
2 portions super greens mix
freshly ground black pepper

Place the lentils in a pan and cover with double the amount of water. Add bouillon powder. Bring to the boil then cover and simmer for 20-25 minutes until the lentils are al dente, adding the leeks to the pan halfway through cooking. The lentils will absorb most of the liquid during cooking. Put the salmon in a steamer pan and steam for about 15 minutes or until cooked (or put the fish in a shallow pan and cover with water and simmer gently). The flesh should flake easily when pressed. Stir the tomato purée into the lentil mixture along with a splash of water and squeeze of lemon to loosen the consistency and produce a thick stew. Either serve the salmon on a bed of stew and scatter the super greens mix over the top, or fold the mixture into the stew before topping with the fish. Sprinkle with freshly ground black pepper

DETOX RECIPES

CANNELLINI BEAN MASH

SERVES 2 • PREP 5 MINS • COOK 10 MINS

1 tin of cannellini white beans
1 clove of garlic
zest of 1 lemon
handful of chopped fresh parsley / coriander
4 tbsp extra virgin olive oil
salt & black pepper

Drain the beans. In a frying pan gently heat the oil. Add the beans and stir. Crush the garlic and zest the lemon and add to the beans. On a medium heat, keep stirring and lightly crush the beans with the back of the wooden spoon. Add the parsley or coriander and the pepper. Cook for a further 5 minutes and serve.

MARINATED GRIDDLED COURGETTES

SERVES 4 • PREP 20 MINS • COOK 10 MINS

4 medium-sized courgettes
4 tbsp medium or mild olive oil
Juice of 1 lemon.

Top and tail the courgettes, then slice them finely length ways. Place the strips in a large bowl and pour the lemon juice and oil over them. Leave to marinate for 10 to 30 minutes. Preheat a griddle pan until very hot. Using tongs, place strips of courgette on the pan until there is no more space. Then turn over the first strips - thicker strips may need more time. Best served warm.

DETOX RECIPES

SUPERFOOD SALAD OF QUINOA AND ROASTED VEG

SERVES 2 • PREP 15 MINS • COOK 60 MINS

- 1 small sweet potato - skin on & cubed
- 1 small red onion - roughly chopped
- 1 red / yellow or orange pepper - roughly chopped
- 1 small courgette - roughly chopped
- 2 garlic cloves - thinly sliced
- Drizzle of medium olive oil
- 200g cherry tomatoes
- 150g quinoa
- 1tsp Marigold Reduced Salt Vegetable Bouillon Powder
- 2 heaped tbsp pumpkin seeds
- 2 portions of super greens mix

Preheat the oven to 200°C. Place chopped vegetables and garlic in a roasting tin, drizzle with oil, stir to coat then cook for 40 minutes. Add the whole cherry tomatoes and return to the oven for a further 15-20 minutes until the tomato skins split and the sweet potatoes are soft when pierced. Meanwhile place the quinoa in a pan and cover with boiling water. Bring to the boil then cover and reduce heat and simmer for about 12-15 minutes until the liquid is absorbed and the grains are fluffy. Set to one side, covered while the vegetables finish cooking. 5 minutes before the vegetables are ready place the pumpkin seeds on a baking tray and pop them in the oven on the top shelf to toast. Stir the roasted vegetables and the super greens mix into quinoa then sprinkle with toasted pumpkin seeds on top. Leave to cool or eat warm



DETOX RECIPES

BROCCOLI & BEAN SOUP

SERVES 2 · PREP 10 MINS · COOK 20 MINS

400g can drained flageolet beans
450g broccoli
1.5 litres vegetable stock
2 tsp mild curry powder
1 garlic clove
4 spring onions

Place garlic, onions and curry powder in a sauce pan with 150ml stock bring to boil and simmer for 5 minutes, add rest of the stock and broccoli and simmer for approx 15 minutes, add the beans then purée and serve.

RAW SUMMER SOUP

SERVES 2 · READY IN 10 MINS

small handful of fresh basil leaves
2 tbsp cold pressed oil
Juice of 1/4 lemon
1 avocado - stoned & flesh scooped out of the skin
1/2 cucumber - roughly chopped
175g cherry tomatoes

Blend all the ingredients until smooth then pour into bowls and sprinkle with spring onions or spoon on the super greens mix to garnish.

DETOX RECIPES

PEAR & BLUEBERRY CRUMBLE

SERVES 2 • PREP 10 MINS • COOK 10 MINS

2 medium pears - cored and roughly chopped,
150g of blueberries,
Ground ginger and/or cinnamon to taste.
Splash of water

For the crumble: 2 tbsp coconut oil or medium olive oil
1 tsp xylitol
50g whole oat flakes
2 heaped tbsp ground almonds
2 tbsp flaked almonds or other roughly chopped nuts
(pecans, hazelnuts, walnuts or pumpkin seeds)

Place the fruit in a pan with the water, cover and stew gently for about 5 minutes until the fruit softens, stirring from time to time.

You can add more water if the fruit starts to stick to the bottom of the pan. Add the ginger and cinnamon to taste. Meanwhile, make the crumble by gently heating the oil and xylitol in a frying pan. Stir in the oats and toast gently for a few minutes until they start to crisp.

Mix in the ground and flaked almonds or other nuts / seeds and remove from the heat. Spoon the stewed fruit into bowls and cover with the crumble.



DETOX RECIPES

CHICKPEA & CORIANDER SOUP

SERVES 4 • PREP 10 MINS • COOK 15 MINS

410g canned chickpeas
1 tbsp coconut oil or olive oil
1 white onion - finely sliced
4 medium carrots - thickly grated
800ml hot vegetable stock
80g coriander
1 tbsp extra virgin olive oil
2 tbsp lemon juice
black pepper

Drain and rinse the chickpeas, and blend until smooth. Heat the oil in a large sauce pan and sweat the onion for around 5 minutes to soften it. Add the carrots, pour in the vegetable stock and bring to the boil. Cover and simmer for 10 minutes or until the carrot tastes soft and a little sweet, stirring in the puréed chickpeas halfway through.

Meanwhile place the herbs, oil & lemon juice in a blender and blitz until the herbs are finely chopped. Ladle the soup into bowls and place herb garnish in the middle before sprinkling with black pepper.

BERRY BURST FROZEN DESSERT

SERVES 2 • READY IN 5 MINS

400g frozen mixed berries
200g coconut yoghurt
Honey to taste

Blend all the ingredients together until smooth and the consistency of sorbet or frozen yoghurt. Eat quickly before it melts!



DETOX RECIPES

SKIN DEFENCE DIP

SERVES 2 • PREP 10 MINS • COOK 10 MINS

- 1 tsp coconut oil or medium olive oil
- 1 garlic clove - crushed
- 1 red onion - diced
- 1/4 medium aubergine - cubed
- 1 tbsp tomato purée
- 1/2 410g can borlotti beans - rinsed & drained
- 1 tsp Marigold Reduced Salt Vegetable Bouillon Powder
- 2 portions of super greens mix

Heat oil and sauté the garlic and onion for a couple of minutes to let the onion start to soften, add the aubergine and cook for a few minutes until it is brown and softens. Add the tomato purée, beans, bouillon powder and stir together. Place mixture in a food processor or blender and whiz until fairly smooth. Add super greens mixture too.

STEAM FRYING

EACH BATCH COOKS IN 2-3 MINS

Choose from a mixture of the following vegetables

Spring onions	sugar snap peas	asparagus
garlic	mange tout	green beans
broccoli	mushrooms	peas
courgettes	peppers	kale
cauliflower	bean sprouts	pak choi
		spinach

Add a little of the following proteins

chicken	pine nuts	pumpkin seeds
turkey	flaked almond	unsalted cashews
tofu	sesame seeds	fish

Choose a seasoning group

GROUP 1	GROUP 2	GROUP 3	GROUP 4
chopped tomato	fresh coriander	tamari	teriyaki sauce
fresh basil	1tsp red curry paste	fried ginger	
chopped olives	dash of coconut milk	garlic	
splash of olive oil			

Method

Using a large sauce pan or frying pan with a lid, simply fry food in oil for 1-2 minutes, then add a small amount of water and immediately clamp on the lid.

The water reduces the temperature of the oil, by protecting it from the damage that cooking at high temperatures usually causes. Steam frying is a really simple, fast way of preparing and protecting nutritious food and it ideal when following a detox programme.

The best oil to use for steam frying is coconut oil, which gives a delicate coconut flavour, the second best is olive oil

WHAT ARE YOUR DETOX ACHIEVEMENTS?

Even after just a few weeks, you are likely to be experiencing great improvements. Complete this questionnaire again and compare your score to the first one. Check your symptoms against your previous score – have they improved?

Take a gentle detox at least once a year to give your liver a little extra loving care.

Do you often have a bitter taste in your mouth or a furry tongue?

Do you suffer from acne or other skin conditions?

Do you have a strong reaction to alcohol?

Do you suffer from bloating?

Do you suffer from nausea or vomiting?

Do you sometimes have itchy ears, earache, infections, drainage from the ears or ringing?

Do you sometimes have watery or itchy eyes or swollen red sticky eyelids?

Do you sometimes have joint or muscle aches and pains?

Do you often have dark circles under your eyes?

Do you often sweat a lot or have a strong body odour?

Do you often suffer from headaches or migraines?

Do you suffer from excessive mucus, a stuffy nose or sinus problems?

Do the effects of coffee stay in your system for a long time?

Stick to the detox principles around 80% of the time to maintain your feelings of wellbeing.

Reintroduce foods you have cut out gradually (e.g. milk, caffeine, alcohol, wheat) and keep them to a minimum (e.g. once every 4 days). What small changes / habits have been easy to adopt and are easily maintained? Add these to your goals on the Week 4 Success Plan. Keep drinking about a litre of water a day. Eat superfoods and those high in antioxidants regularly. Eat seeds 6 out of 7 days. Relax a little every day.

WHAT'S YOUR HEALTH SCORE?

Take the health questionnaire again to record your new overall health score.

HEALTH SCORE

Tired most of the time

1 2 3 4 5

Overweight

1 2 3 4 5

Prone to hormonal symptoms

1 2 3 4 5

Suffering from poor memory or concentration

1 2 3 4 5

Low or depressed

1 2 3 4 5

Very dry skin in need of daily moisturisers

1 2 3 4 5

Difficulty sleeping

1 2 3 4 5

Often feeling anxious or stressed

1 2 3 4 5

Prone to indigestion or bloating after food

1 2 3 4 5

Often constipated (you don't go every day)

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

1 - DISAGREE
5 - AGREE

WHAT'S YOUR
HEALTH SCORE?

Target 14 or less

WHAT'S YOUR ENERGY & BLOOD SUGAR SCORE?

Take the blood sugar questionnaire again to record improvements in your blood sugar score

ENERGY SCORE

I still feel tired 20 minutes after getting up

1 2 3 4 5

I need tea, coffee, a cigarette, or something sweet to get me going in the morning

1 2 3 4 5

I often crave chocolate, sweet foods, bread, cereal or pasta

1 2 3 4 5

I often have energy slumps during the day or after meals

1 2 3 4 5

I often crave something sweet or coffee after meals

1 2 3 4 5

I often have moods swings or difficulty concentrating

1 2 3 4 5

I get dizzy or irritable if I go 4 to 6 hours without food

1 2 3 4 5

I often over-react to stress

1 2 3 4 5

I have less energy than I used to have

1 2 3 4 5

I often feel too tired to exercise

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

1 - DISAGREE
5 - AGREE

WHAT'S YOUR
HEALTH SCORE?

Target 14 or less

YOUR NOTES

YOUR NOTES

EVERY DAY DETOX



You can follow this every day detox 80% of the time to stay in control of your health and full of energy. After achieving your goals by following the programme, make sure you maintain your success and stay inspired to look after your body and your health.

Maintain your results and stay inspired to look after your body and your health long term.

Contact Jeyanthi Nair, Nutritional Therapist and health coach at SoulNourish, on 07418 610582 for the ongoing support you need.

Wishing you the best of health.