

Once a Week Detox

- 1) Green Juice – Cabbage, mint, dudhi, celery, parsley, spinach
- 2) Red Juice - Beetroot, carrot, tomato
- 3) Apple Juice
- 4) Apple
- 5) Veg Soup – Green juice items plus onion, ginger and garlic

Have 1 – 5 upto lunchtime and then repeat 1-5 upto dinnertime

Must have 10 glasses of water a day – May add herbs, herbal tea

Routine diet

Breakfast

1 brown toast and tea

10 am 1 small fruit

12 noon 1 small fruit

Lunch

Soups and salads – no cream but low fat dressing

4 pm fruit

6 pm Handful oil free snack

Dinner

1 carbohydrate, 1 protein, lots of vegetables

Detox Week

Day 1 – Green Juice Red Juice – have one of these juices every hour

Lunch and Dinner – Soup (cabbage, carrot, celery, onion, capsicum, pinch salt)

Day 2 – Juices as day one

Noon – apple

Lunch – veg soup

3 pm – apple

before dinner – veg soup

dinner – stir fry veg

Day 3 – Banana, melon

Lunch – veg soup

3 pm – Banana

Eve – fruit

Dinner – Potato

Day 4 – Seed yoghurt

Lunch – Moong(full) and brown rice

3-4 pm fruit

Dinner – veg soup

Day 5 – Seed yoghurt

Lunch – Roti and moong

3-4 pm fruit

Dinner – stir fry veg

Day 6 – Seed Yoghurt

Lunch – Moong

3-4 pm fruit

Even – fruit

Dinner – small portion of normal meal but better to have animal protein and veg

Day 7 – Seed Yoghurt

Lunch – roti and shaak

Afternoon – Salad

Eve- fruit

Dinner – Protein (moong or chicken/fish)

Seed Yoghurt

1 bowl skimmed milk

1 tsp setter

1 tsp flax seed (linseed)

1 tsp sunflower and pumpkin seeds

2 almonds

2 pistachios

2 brazil nuts

1 date

2-3 blackcurrants