



# 7-Day Detox Eating Plan

## Breakfast

1. Brown rice, black beans, grated carrot, grated beetroot, with diced celery, tomato, cucumber and fresh mint leaves.
2. Oat porridge topped with tahini, sunflower seeds, prunes and nut milk.
3. Eggs with mushrooms, spinach, parsley serve on sweet potato mash.
4. Homemade baked beans on sourdough rye bread.
5. Stir-fry garlic, ginger, tempeh, mushrooms served with avocado, celery and tomato.
6. Sardines with tomato, avocado, grated carrot, and sunflower sprouts served on brown rice.
7. Breakfast smoothie, banana, spinach, kale, pre-soak almonds, coconut water, mint leaves

## Lunch

1. Chickpea red cabbage coleslaw and brown rice.
2. Curry tempeh and vegetables with brown rice.
3. Whitefish and tabouli salad with tahini dressing.
4. Miso soup and silken tofu.
5. Quinoa salad.
6. Vegetable burrito; tempeh, red cabbage, parsley, tomato, avocado, red onion.
7. Rice paper rolls; carrot, marinated tofu, sprouts, cucumber, cos, lettuce, mint, radish, soy sauce.

## Dinner

1. Lentil Dahl with sweet potato, spinach, zucchini and broccoli.
2. Whitefish with steamed vegetables or salad.
3. Chilli black beans and vegetables on basmati rice.
4. Chickpea and vegetable curry.
5. Marinated tofu and vegetables with brown rice.
6. Lentil and vegetable soup.
7. Grilled tempeh and vegetables.

**How to use this information:** The suggestions here are general in nature and do not take into account your specific needs. Before you make changes to your routine, diet or embark on any herbs or nutritional supplements, it is wise to check with your healthcare professional. If you would like to discuss your needs with our team, please feel free to [contact us](#).



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## Snacks

- Homemade guacamole dip with carrot and celery sticks.
- Homemade humous with carrot and celery sticks.
- Banana almond meal cookies.

## Vegetables for Salads

Lettuce, rocket, celery, tomato, radish, cucumber, olives, sunflower sprouts, alfalfa sprouts, beans, capsicum, spinach, red onion, chives, avocado, carrots, beetroot, fresh herbs.

## Vegetables for cooked meals

Sweet potato, pumpkin, carrots, cauliflower, broccoli, cabbage, green beans, zucchini, spinach, capsicum, brown onion, garlic.

## Fresh fruits

Green apples, pears, kiwifruit, rockmelon, peaches, berries (strawberry's, blueberries, raspberries).

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