

INSPIRED 14 DAY DETOX PROGRAM

Cleansing the mind, body and soul

Why detox?

Detoxification is one of the body's most basic automatic functions of eliminating and neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin. Unfortunately in this day and age, with the pollution found in the air, water and food we eat, our bodies have a hard time keeping up. Detoxification through special cleansing diets is a good way to assist your body's natural self-cleaning system, contributing to digestive efficiency and increased energy.

Inspired dietary ideas:

- **Bitters:** lemon juice or bitters in warm water before every meal.
- **Relax and chew well:** fundamental for proper digestion and assimilation of nutrients, and enjoy every mouthful of food!
- **Organic:** fruit and veg where possible.
- **Eating times:** do not eat for three hours before bed for proper digestion.

Enjoy lots of:

- **Raw vegetables and fruit:** Seasonal – e.g. broccoli, cabbage, beans, fennel, cucumber, rocket, spinach, tomato, carrot, sprouted legumes, snow peas, avocado. Try to limit fruit intake to a maximum of 2 serves a day.
- **Wholefoods seeds & grains:** Quinoa, amaranth, oats, brown rice, rye.
- **Proteins: (palm sized serve each meal)**
 - Fish – salmon, tuna, mackerel, sardines and small fish.
 - Nuts and seeds in moderation.
 - Legumes – chickpeas, adzuki, bean varieties.
 - Organic chicken if wanted.
 - Organic tofu, tempeh
- **Natural seasoning:** apple cider vinegar, lemon juice, or beneficial oils – olive, sunflower, safflower, sesame.
- **Fluids:** hydration during a detox is *essential* – important to flush toxins from the body, and keep the cells nourished and hydrated. A minimum of 30ml per kg of body weight.
 - Herbal teas – dandelion root, nettle, lemon balm, peppermint, or any favourite combo.

Avoid:

- **Red meat, particularly processed meat.** Eg choose chicken breast over sandwich ham because it has less salt and additives
- **Processed and packaged foods:** grains, white rice/bread/pasta, sugars, additives, chocolate, ice cream etc.
- **Pasteurised dairy:** cheese, milk. If you really want milk, choose raw, organic and unhomogenised
- **Fluids:** coffee, black tea, soft drinks, cordial, milk, bottled fruit juice.

Inspired lifestyle ideas:

- **Light exercise and stretching:** walking, tai chi, yoga, swimming.
- **Meditation and deep breathing:** aim for a minimum of ten minutes a day.
- **Affirmations and smile:** set yourself an affirmation each day, for example: "I am a beautiful person, I deserve to be happy." 😊
- **Sleep:** Fundamental ritual of the detox, aim for 8 hours a night and around the same time

INSPIRED EATING PLAN:

This 7 day meal plan is a suggestion only – feel free to mix it up!

Repeat for 2 weeks

DAY 1

B: Porridge w seeds and tablespoon of LSA meal & 1 tsp psyllium husks.

MM: Juice of the day (R)

L: Tuna on rice cakes with avocado, baby spinach, tomato, crated carrot etc w squeeze of lemon juice on top.

D: Hearty vegetable soup (R)

S: Boiled egg/raw vegetables with hummus/yoghurt with fruit/nuts and seeds

F: water, herbal teas, fresh veggie juice.

DAY 2

B: Fresh berries or fruit with seeds and LSA meal. Hardboiled eggs x 2

MM: Juice of the day

L: Left over vegetable soup, or salmon salad with seasonal vegetables

D: Grilled fish with fennel and lemon juice

S & F: as above

DAY 3

B: Poached eggs w spinach, avocado and tomato and rye or gluten free toast

MM: Juice of the day

L: Nutty garden salad (R) or brown rice salad

D: Tofu and vegetable stir-fry (R)

S & F: as above

DAY 4

B: Silken tofu, strawberry and soy smoothie

MM: Juice of the day

L: Tuna/salmon/sardines on corn cakes w avocado and choice of salad greens

D: Salmon and chickpea patties with salad greens (R)

S & F: as above

DAY 5

B: Quinoa/oat porridge with apple, cinnamon and almonds

MM: juice of the day

L: Left over salmon cakes, or nicoise salad

D: Baked snapper with chilli, ginger and basil

S & F: as above

DAY 6

B: Vegetarian frittata (egg & vegetables)

MM: juice of the day

L: Mixed salad with organic chicken

D: Vegetable and tofu broth

S & F: as above

DAY 7

B: Berries, banana w seeds and nuts mix

MM: Juice of the day

L: Left over broth, or bean salad.

D: Vegetable dahl **S & F:** as above