

# Detox: 7 Day Meal Plan

A meal plan for a 5 day detox and what to eat afterwards. Tip: If you don't want to make different meals each day then simply double the recipe and make your meals in bulk and eat them the following day

Day	Breakfast	Lunch	Dinner	Snack
<p>Optional Day 1 Juice Cleanse.            If you have no juicer then make smoothies instead using only vegetables, water and some fruit. Do not do this day if you are pregnant or breast feeding.</p>				
	<p><u>Fresh Vegetable Based Juice</u> .</p> <p>Later on in morning, cups of homemade soup made with bone/fish broth.</p>	<p>Homemade <u>Butternut Squash soup</u>. (make in bulk)</p> <p>Carrot, lemon and ginger juice</p>	<p>Green juice made with 1-2 apples, 3 handfuls of spinach, 1 cucumber, a handful of kale, nob of ginger and 2 celery stalks.</p> <p>Homemade soup made with bone broth</p>	<p>Fresh juice and homemade soups as much as you like</p>
2	<p><u>Almond &amp; Berry 'Black Forest' Smoothie</u> topped with almond milk chopped nuts</p>	<p>Baked sweet potato with tuna and avocado</p>	<p>Prawn and/or cashew <u>stir fry</u> with load of veg, fresh ginger, garlic, chilli, tsp honey (no soya sauce) .            Optional - a small serving of rice (½ cup).</p>	<p>Carrots with almond butter or other nut butter.</p> <p>Cups of soup.</p>
3	<p>Scrambled eggs with avocado and sauerkraut</p>	<p><u>Creamy Cauliflower soup</u> - make a double batch!</p>	<p><u>Black bean sweet potato chilli</u> OR <u>Sweet potato mince chilli</u>            serve with a large green leafy salad and/ or mashed celeriac</p>	<p>Cups of soup.</p> <p>Bowl of mixed berries</p>
4	<p><u>Sweet Green Smoothie</u></p>	<p>Tuna salad, with pumpkin seeds, green herbs, a olive oil and lemon dressing. With roasted butternut squash .</p>	<p>Salmon or an omelette serves with roasted sweet potato, onion, mushrooms and courgette and a green salad or soup.</p>	<p>Fresh juice or soup.</p> <p>Vegetable sticks.</p>

5	Breakfast omelette with onions and mushrooms. Serve with tomato paste	<a href="#">Creamy Cauliflower soup</a> - with carrots batons - lots of it.	Mixed vegetable curry (feel free to add some king prawns to) made with lots of spices, cream coconut. Serve on bed of spinach and ½ cup of rice. Keep	Small handful of nuts (5-8 small nuts)
End of Detox!				
6	Gluten free porridge served with desiccated coconut and mixed berries	Left over curry from night before,	<a href="#">Whole roasted spiced cauliflower</a> served with roasted sweet potatoes	1 small <a href="#">Chocolate Chia Energy Bars</a> - (make in bulk and store in
7	<a href="#">Sweet Green Smoothie</a>	Tinned mackerel in olive oil, with rice cakes, and carrots sticks	<a href="#">Chicken Teriyaki</a> OR <a href="#">Chick pea tortillas with cauliflower taco mix</a>	Fresh Juice, left over smoothie from breakfast or some Coconut butter bites from above

Happy Eating!

For more recipes then make sure you check out [Pinterest Recipe Board](#) which has hundreds of recipes in it!

## Recipes

### Juices by Super Naturally Healthy

Each serves 1

#### **Summer Cooler.**

*Great when its hot!*

1/2 cucumber  
a few handfuls of spinach  
1/4 lemon  
1/2 apple  
handful fresh mint is also lovely

#### **Beginners Juice.**

*New to juicing? Try this.*

4 Carrots  
1/2 lemon juiced  
small slice ginger

#### **Winter Warmer**

3 carrots  
a handful of spinach/lettuce,  
1/2 inch fresh ginger  
1/4 lemon  
add a pinch of cayenne pepper if you want an extra kick!

#### **Vegetable Medley**

1/4 fennel  
handful of spinach  
1/4 lemon  
4 carrots,  
1/2 raw beetroot (with stalks)  
1/4 romaine lettuce  
1/2 inch ginger

#### **Some like it Pink.**

1/2 raw beetroot (with stalks)  
handful of spinach  
4 carrots

## **Butternut Squash Soup**

Serves 4 large serving - 30 min cook time or place in slow cooker overnight

### **Ingredients**

800g Butternut Squash peeled and chopped  
1.25 Litres of Stock/Homemade Broth (reduce by 200ml is using Coconut Milk)  
1 tsp Cayenne Pepper  
1.5 tsp Ground Ginger  
1/2 tsp Freshly Grated Ginger  
100g Coconut Cream OR 200ml Coconut Milk  
2 Garlic Cloves  
Seasoning to taste

### **Instructions**

Place in the ingredients (except salt and pepper) in a pan or slow cooker. Cook until butternut is very soft either overnight in slow cooker or about 30 mins on medium heat on hob).  
Remove from heat and then using a hand blender blend until smooth. Season with quality salt and pepper to taste.

### **Notes**

This is delicious as it is but feel free to add any extra veg that needs using up or fresh herbs like coriander or oregano.  
Homemade broth/stock is highly recommended but if using stock cubes make sure they contain no MSG, gluten or other weird ingredients if possible:)

## **Berry and Almond Black Forest Smoothie**

Serves 1, total time 5 mins

### **Ingredients**

1 Cup Frozen Mixed Berries  
1 Ripe Banana  
Few Drops Vanilla Essence  
1 tbsp Cocoa Powder (omit if your don't like the berry chocolate flavour)  
2 tbsp Ground Almonds  
Large handful Fresh Spinach  
1 Cup of Almond/Cows/Goat/Coconut Milk  
1/2 cup Hot water ( if your happy to have a very cold smoothie just use cold water)  
1 tsp Raw Honey - optional, if you like things sweet

## Instructions

Place all the ingredients in a blender or if using a hand/immersion blender use a large jug. Blend until smooth and enjoy!

## Notes

The hot water makes this a room temperature smoothie, much more tasty on these wintery days! But just use cold water in summer.

If you don't have standard cup measurement just use a standard mug from your cupboard and just measure all the ingredients with that.

## **Black Bean Sweet Potato Chili** by [whatsgabycooking.com](http://whatsgabycooking.com)

Serves 2, cook time not stated

## Ingredients

1 tablespoon plus 2 teaspoons extra-virgin olive oil  
1 medium-large sweet potato, peeled and diced  
1 large red onion, diced  
4 cloves garlic, minced  
2 tablespoons chili powder  
½ teaspoon ground chipotle pepper  
½ teaspoon ground cumin  
¼ teaspoon salt  
3 ½ cups vegetable stock or broth  
1 15-ounce cans black beans, rinsed  
1 14.5-ounce can diced tomatoes  
½ cup dried quinoa  
4 teaspoons lime juice  
serving suggestions: avocado, cilantro, crema, cheese

## Instructions

Heat a large heavy bottom pot with the oil over medium high heat.

Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened.

Add the garlic, chili powder, chipotle, cumin and salt and stir to combine.

Add the stock, tomatoes, black beans and quinoa and bring the mixture to a boil. Stir everything to combine.

Cover the pot and reduce the heat to maintain a gentle simmer.

Cook for 15-25 minutes until the quinoa is fully cooked and the sweet potatoes are soft and the entire mixture is slightly thick like a chili.

Add the lime juice and remove the pot from the heat. Season with salt as needed.

Garnish with avocado, cilantro, crema or cheese before serving.

**Paleo Sweet Potato Chili** by [www.tastesoflizzyt.com](http://www.tastesoflizzyt.com)

Serves 10 servings, cook time not stated

**Ingredients**

2 lbs or 900g hamburger/mince  
1 red onion, chopped  
1 teaspoon minced garlic  
1 large can (29.5 oz) can tomato sauce  
2 cups petite diced tomatoes, with juice  
3 cups beef stock  
3 carrots, chopped (about 1 cup)  
5 small sweet potatoes, peeled and cubed (about 4-5 cups)  
2 bay leaves  
½ teaspoon thyme  
2 tsp. salt  
1½ teaspoons black pepper  
½ cup chili powder  
dash of oregano  
dash of red pepper flakes

**Instructions**

In a large saucepan, brown hamburger, onions and garlic. Drain off the fat. Add the remaining ingredients to the saucepan. Mix well, bring to a boil and simmer for about 30-40 minutes or until the sweet potatoes and carrots are cooked through.

Slow Cooker Option: Instead of simmering the chili on the stove, you can brown the ground beef, add the other ingredients, then put it all in your crockpot and let it simmer on low all day (6-8 hours) or on high for 4-5 hours.

**Notes**

I normally make this in the slow cooker. I love the flavors after they slow cook together all day!

## **Sweet Green Smoothie by Super Naturally Healthy**

Serves 1, totally time 5 mins

### **Ingredients**

2 celery stalks  
1/2 avocado  
1 green apple chopped  
400ml water  
1 banana  
1 tsp coconut oil  
1/2 small gem lettuce (or use 2 handfuls of spinach)  
1 date  
tiny pinch of quality salt

### **Instructions**

Blend until smooth in a high powered blender.

## **Fat Busting Stir Fry by Super Naturally Healthy**

Serves 2, total time 25 mins

### **Ingredients**

#### **STIRFRY**

Really any vegetables you want. You could use a pre made supermarket pack of vegetable to really save time or use my suggestions below.

4 Carrots  
2 Onions  
1 Courgette  
1/2 head Broccoli  
All chopped into batons or as desired  
150g Cashew +Pumpkin Seeds

#### **SAUCE**

1 large Garlic Clove  
4 tbsp Tamari Sauce  
Fresh ginger roughly 1 inch x 1cm piece or 2 tbsp chopped  
1/2 tsp Cayenne Pepper  
1/2 tsp Ground Coriander  
25g/large handful Fresh Coriander  
1 tsp Salt  
1 tbsp Honey

*You can also add 250g king prawns to this too and it taste fab!*

### **Instructions**

Put all the vegetable in a wok or frying pan on a medium heat.

Meanwhile in a food processor or hand blender mix all the 'sauce' ingredients until smooth.

Add the nuts and seeds to vegetables, then add the sauce and cook for 3-5 minutes.

Serve with fresh coriander and small palm sized amount of rice

### **Gobi Musallam Whole Roasted Cauliflower by [www.veganricha.com](http://www.veganricha.com)**

Makes 1 head of cauliflower with enough gravy to serve 3-4.

### **Ingredients:**

1 Cauliflower head – leaves, tough stem removed and washed

Water to blanch

2 teaspoons salt

1/2 teaspoon turmeric

1/2 teaspoon chili powder (optional)

**GRAVY/CURRY:**

2 teaspoons oil

1/2 medium red onion chopped

1 inch ginger chopped

5-6 cloves of garlic chopped

1 dry red chili or chili flakes to taste

3 medium tomatoes chopped

1 teaspoon garam masala

1/2 teaspoon cumin powder

1/2 teaspoon coriander powder

1/2 teaspoon turmeric powder

1 Tablespoon dried Fenugreek Leaves

3/4 cup coconut milk(from can)

1/4 cup ground cashew or 1/3 cup soaked cashews

3/4 teaspoon salt

1/4 teaspoon raw sugar or 1/2 teaspoon maple syrup

### **Instructions**

Bring a large pot of water to boil. use enough water so all of the cauliflower can be immersed in it.

Add salt, turmeric and chili and blanch/cook the whole cauliflower.



Cover and cook for 4 minutes on each side(top and bottom. Flip after 4 minutes)

#### GRAVY/CURRY:

In a pan, add oil and heat on medium heat.

Add chopped onion and saute until golden, 6-7 minutes

Add ginger, garlic chili and saute for another 2 minutes.

Add the spices and mix.

Add tomatoes, salt, sugar, fenugreek leaves, mix and cook covered until tender.

Mash them a bit in between. 8-10 minutes.

Cool slightly, then blend with coconut milk and cashews into a smooth thick puree.

Taste and adjust salt, spice.

Oil the baking dish if desired.

Place the blanched cauliflower in a baking dish.

Slowly drop the puree on top to cover the entire head of the cauliflower.

Some gravy will fall on the side.

Keep about a 1/3 of the gravy to serve on the side later.

Bake in pre-heated 400 degrees F for 40-45 minutes till the cauliflower is dry to touch and gravy thickens a bit. Turn the dish around after 30 minutes.

Heat the remaining gravy to just about a boil so it thickens and serve on the side.

Serve hot with flat breads(Naan/Roti), or salads or quinoa.

Chop and fill up wraps or a hoagie roll(to make gobi meatball sub).

#### Notes:

For a nut free version, Use 2-3 Tablespoons powdered sunflower seeds or use 1/4 cup coconut cream + 1 Tablespoon cornstarch.

### **[Lentil Mung Bean Soft Tacos Stuffed with Chickpea and Cauliflower](#) by [veganricha.com](#)**

Makes 6-8 tacos, cook time not stated

#### **Ingredients:**

For the Soft tacos:

1/2 cup pink/red/orange lentils

1/2 cup yellow mung beans (split mung bean)

1 cup water

1 1/4 tsp salt

1 clove of garlic

1/2 teaspoon cumin powder

1/2 a Serrano pepper (optional)

For the Chickpea Cauliflower Filling:

2 teaspoons oil  
1 can (15 oz) Chickpeas/garbanzo beans or 1.5 cups cooked chickpeas  
1/2 red onion  
1 loaded cup Cauliflower florets(small florets)  
2 tsp taco seasoning  
1/2 tsp paprika  
1/2 tsp salt or to taste

Toppings:

Fresh salsa/pico de gallo  
Cashew sour cream  
Avocado or other toppings of choice

## **Instructions**

For the Tacos:

Wash and soak the lentils and mung beans in hot water(enough to cover the lentils) for 15 minutes. If you have time then soak for an hour. Drain, add to blender with all the ingredients and 1 cup water and blend. Blend 2-3 cycles for a smooth batter. (Pink lentils and mung beans are easily available in an Indian store or large stores like Whole foods.)

Heat a pan on medium heat. Grease it if needed. Drop half a ladle of the batter for small tacos, more for larger tacos. Spread with the ladle or by tapping the pan. Drizzle a few drops of oil on the edges. Let cook for 3-5 minutes or until golden at the bottom. Flip and cook for another 2-3 minutes. Or use any other soft Tacos.

For the Chickpea Cauliflower filling:

In a large pan, add oil and heat on medium heat. Add onion and cauliflower. Cook for 5-7 minutes until both are golden brown. Add the spices and mix well to coat. Add chickpeas, a Tablespoon of water and salt and mix to coat. Cover and Cook for another 5-7 minutes or until cauliflower is tender crisp. Taste and adjust salt and spice.

Assemble:

Top the Tacos with a generous amount of the filling. Top with fresh salsa, cilantro, then drizzle some sour cream. Add other toppings of choice like sliced Avocados. Serve hot.

## **Notes**

Split Mung Beans can be substituted with other Split peas or beans. Soak them for an hour for easier blending. If using whole lentils or whole mung beans, soak for a

few hours or overnight. Whole legumes can be used to make crepes as well like this Lentil Rice pizza crust which can also be made on the stove top.

### **Slow Cooker Chicken Teriyaki by [damndelicious.net](http://damndelicious.net)**

4 servings, prep time 10 minutes , cook time 4 hours

#### **Ingredients**

1/2 cup teriyaki sauce  
1/2 cup chicken broth  
1/3 cup brown sugar, packed  
1/4 cup soy-TAMRAI sauce (KEZIAS EDIT - soy sauce contains gluten)  
4 cloves garlic, minced  
1 teaspoon sesame oil  
3 boneless, skinless chicken breasts  
1 green onion, thinly sliced for garnish  
Sesame seeds, for garnish

#### **Instructions**

In a large bowl, whisk together teriyaki sauce, chicken broth, brown sugar, soy sauce, garlic and sesame oil.

Place chicken breasts into a slow cooker. Add teriyaki mixture and gently toss to combine. Cover and cook on low heat for 3 hours and 30 minutes.

Remove chicken breasts from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.

Serve immediately, garnished with green onions and sesame seeds, if desired.

### **Chocolate Chia Energy Bars by Super Naturally Healthy**

Makes 6 bars or 12 small ballets - take about 25mins

*To make these more Flourishing - make into small bites/balls*

#### **Ingredients**

150g almonds  
4 tbsp organic cocoa  
4 tbsp 'scoops' organic coconut oil  
5 medjool dates  
1/10 tsp salt  
2 tbsp chia seeds

TOPPING

2-3 tbsp desiccated coconut if desired - or cacao nibs, dried cranberries would also taste good here too!

### **Instructions**

Blend the almond, coconut oil, dates and salt for about 10 minutes until it is runny and smooth - this takes time so be patient :)

Add the cocoa powder and chia seeds and blend until smooth.

Pour into a lined glass dish and smooth out top. I made then about 1-2cm in thickness .

Place in fridge to set.

Keep in fridge for softer texture or freezer for a harder crisper finish.

### **Notes**

You could use organic butter instead of coconut oil - just take about 4 tbsp scoops of butter instead.

These are quite rich so you may want to cut then into smaller squares to serve 12-16 instead.

I have not tried these with cacao but I imagine it would work well.