



— Thrive —
SUMMER
HEALTH RESET
—

10-DAY MEAL PLAN

10-DAY HEALTH RESET MEAL PLAN

Meal planning is a great way to ensure that you stick to the 10-day health reset. These meals are just suggestions, therefore can be replaced with your own recipes – provided you stick to the allowed foods for each detox phase.

Main meals: The main meal options provided can be used for lunch and dinner.

Intermittent Fasting: If you are practicing intermittent fasting, you might choose to skip your breakfast completely and just have 2 main meals within the day. (Lunch & dinner) Or you may choose to still have 3 meals (Breakfast, lunch & dinner) - but just having your breakfast slightly later within the day.

Snacks: You might not need to snack at all, then skip it OR you might need to have one or all the snack options mentioned.

Portions: We have not put huge focus on portion sizes within this health-reset, as our aim is to have you filling your plates with natural, wholesome foods. So when it comes to portion control, we would like to suggest that you listen to your body.

If however you feel you are prone to overeating and need some support with portion control - you can try these tips: Drink a glass of water before each meal, fill your plate with veggies first and eat these first (its very hard to overeat non-starchy veg), put aside a third of your meal and wait for 20 minutes before eating this (Hunger can take 20 - 30 minutes to set in), eat slowly & mindfully. (More tips on this to follow within the week)

THRIVE SUMMER RECIPES

You can access our full Summer Recipe collection [here](#).

Or click on the links in the meal plan to go straight to go straight to the recipe.

Phase 1 – Light Detox				Phase 2 – Power Detox			Phase 3 – Light Detox		
Tuesday Day 1	Wednesday Day 2	Thursday Day 3	Friday Day 4	Saturday Day 5	Sunday Day 6	Monday Day 7	Tuesday Day 8	Wednesday Day 9	Thursday Day 10
<div>BREAKFAST</div> <div>Superfood breakfast with fried egg</div> <div>Or</div> <div>Simple scrumptious oats</div> <div>Or</div> <div>Acai smoothie bowl</div>	<div>BREAKFAST</div> <div>Blueberry & nut oat bake</div> <div>Or</div> <div>Almond butter overnight oats</div> <div>Or</div> <div>Super green smoothie bowl</div>	<div>BREAKFAST</div> <div>Verry berry smoothie</div> <div>Or</div> <div>Classic vanilla chia pudding</div> <div>Or</div> <div>Sweet potato and baby marrow hash</div>	<div>BREAKFAST</div> <div>Fruity summer shake</div> <div>Or</div> <div>Michaela’s green smoothie</div> <div>Or</div> <div>Almond drizzle flapjacks</div>	<div>BREAKFAST</div> <div>Black bean omelette</div> <div>Or</div> <div>Salmon niçoise salad</div> <div>Or</div> <div>Power detox smoothie</div>	<div>BREAKFAST</div> <div>Vegetable breakfast scramble</div> <div>Or</div> <div>3 - 4 egg muffins</div> <div>Or</div> <div>Three bean avocado boat</div>	<div>BREAKFAST</div> <div>Quick & easy breakfast eggs</div> <div>Or</div> <div>Summer greens breakfast bowl</div> <div>Or</div> <div>Easy black bean bowl</div>	<div>BREAKFAST</div> <div>Buckwheat and blueberry bowl</div> <div>Or</div> <div>Cacao smoothie bowl</div> <div>Or</div> <div>Home-made muesli with milk alternative</div>	<div>BREAKFAST</div> <div>Blueberry & nut oat bake</div> <div>Or</div> <div>Coconut chai fig smoothie</div> <div>Or</div> <div>Almond butter overnight oats</div>	<div>BREAKFAST</div> <div>Almond drizzle flapjacks</div> <div>Or</div> <div>Simple scrumptious oats</div> <div>Or</div> <div>Bon’s zucchini smoothie</div>
<div>MAIN MEALS</div> <div>Quick & healthy egg fried rice</div> <div>Or</div> <div>Mediterranean baked salmon</div> <div>Or</div> <div>Brussels sprout, quinoa & caramelised onion salad</div> <div>Or</div> <div>Chickpea & sweetcorn fritters</div>	<div>MAIN MEALS</div> <div>Green beans, chicken, and grapefruit salad</div> <div>Or</div> <div>Simple chicken & avo salad</div> <div>Or</div> <div>Roasted chickpea salad</div> <div>Or</div> <div>Cashew & pesto pasta</div>	<div>MAIN MEALS</div> <div>Eggplant ostrich marinara</div> <div>Or</div> <div>Super simple detox salad</div> <div>Or</div> <div>Green summer pasta salad</div> <div>Or</div> <div>Zesty thai salmon & noodle salad</div>	<div>MAIN MEALS</div> <div>Chicken, orange & walnut salad</div> <div>Or</div> <div>Summer lentil & peach stew</div> <div>Or</div> <div>Chicken & broccoli stir fry</div> <div>Or</div> <div>Green beans with tofu & cashews</div>	<div>MAIN MEALS</div> <div>Salmon papillote</div> <div>Or</div> <div>Buddha bowl</div> <div>Or</div> <div>Asparagus, avocado & green peas salad</div> <div>Or</div> <div>Mediterranean baked salmon</div>	<div>MAIN MEALS</div> <div>Pesto fish and salad</div> <div>Or</div> <div>Shakshuka</div> <div>Or</div> <div>Home-made falafel with salad</div> <div>Or</div> <div>Shelly’s quick summer salad</div>	<div>MAIN MEALS</div> <div>Chickpea curry</div> <div>Or</div> <div>Lentil salad with summer veggies</div> <div>Or</div> <div>Grilled aubergine & courgette salad served with grilled fish</div> <div>Or</div> <div>Salmon papillote</div>	<div>MAIN MEALS</div> <div>Simple chicken & avo salad</div> <div>Or</div> <div>Mexican wrap up</div> <div>Or</div> <div>Roasted cauliflower salad</div> <div>Or</div> <div>Super simple smoked salmon salad</div>	<div>MAIN MEALS</div> <div>Alex’s veggie bowl</div> <div>Or</div> <div>Pear and sugar snap pea salad</div> <div>Or</div> <div>Lentil and carrot salad with lemony dressing</div> <div>Or</div> <div>The green goddess</div>	<div>MAIN MEALS</div> <div>Salmon poke bowl</div> <div>Or</div> <div>Chicken, orange and walnut salad</div> <div>Or</div> <div>Chickpea and potato stew</div> <div>Or</div> <div>Summer asparagus brown rice salad with a ginger dressing</div>
<div>SNACKS</div> <div>Carrot sticks with vegan tzatziki</div> <div>Simple berry smoothie</div> <div>Chopped banana with nut butter</div>	<div>SNACKS</div> <div>Blueberry smoothie</div> <div>Gluten-free rice cakes with guacamole</div> <div>Handful of nuts</div>	<div>SNACKS</div> <div>Cucumber & hummus</div> <div>Boiled Eggs</div> <div>Nutty vegan protein smoothie</div>	<div>SNACKS</div> <div>Fruit & nuts</div> <div>Handful of berries</div> <div>Super Green juice</div>	<div>SNACKS</div> <div>Egg muffins</div> <div>Handful of berries</div> <div>Cucumber with green hummus</div>	<div>SNACKS</div> <div>Boiled egg</div> <div>Chopped grapefruit</div> <div>Detox Green Juice</div>	<div>SNACKS</div> <div>Celery sticks & Zucchini hummus</div> <div>Power detox smoothie</div> <div>Handful berries</div>	<div>SNACKS</div> <div>Cucumber sticks with hummus</div> <div>Milk tart smoothie</div> <div>Boiled egg</div>	<div>SNACKS</div> <div>Detox green juice</div> <div>Carrot sticks with baba ganoush</div> <div>Home-made pop corn</div>	<div>SNACKS</div> <div>Fruity summer shake</div> <div>Handful of nuts</div> <div>Cacao nibs & banana</div>

SHOPPING LIST

Once you have selected your recipes for 10 days, you can tick the recipe ingredients below that you will need, and start shopping from there. Remember you don't need all the ingredients on this list, first choose your recipes for the week ahead then note the ingredients you need.

VEGETABLES	FRUITS	MEATS	NUTS / SEEDS	HERBS / CONDIMENTS	BEVERAGES
<div><div><input type="checkbox"/> Avocado</div><div><input type="checkbox"/> Artichokes</div><div><input type="checkbox"/> Asparagus</div><div><input type="checkbox"/> Bok choy</div><div><input type="checkbox"/> Broccoli</div><div><input type="checkbox"/> Brussels sprouts</div><div><input type="checkbox"/> Cabbage</div><div><input type="checkbox"/> Carrots</div><div><input type="checkbox"/> Cauliflower</div><div><input type="checkbox"/> Celery</div><div><input type="checkbox"/> Cucumber</div><div><input type="checkbox"/> Aubergine</div><div><input type="checkbox"/> Green beans</div><div><input type="checkbox"/> Lettuce - of choice</div><div><input type="checkbox"/> Leeks</div><div><input type="checkbox"/> Olives</div><div><input type="checkbox"/> Onions</div><div><input type="checkbox"/> Garlic</div><div><input type="checkbox"/> Peas (Fresh or frozen)</div><div><input type="checkbox"/> Peppers</div><div><input type="checkbox"/> Spinach</div><div><input type="checkbox"/> Sweet potatoes</div><div><input type="checkbox"/> Tomatoes (tinned & fresh)</div><div><input type="checkbox"/> Zucchini (Baby marrow)</div></div>	<div><div>Fresh or frozen</div><div><div><input type="checkbox"/> Apples</div><div><input type="checkbox"/> Bananas</div><div><input type="checkbox"/> Berries (all types)</div><div><input type="checkbox"/> Figs</div><div><input type="checkbox"/> Kiwi</div><div><input type="checkbox"/> Lemons / limes</div><div><input type="checkbox"/> Mango</div><div><input type="checkbox"/> Melon (all types)</div><div><input type="checkbox"/> Nectarine</div><div><input type="checkbox"/> Papaya</div><div><input type="checkbox"/> Peaches</div><div><input type="checkbox"/> Pear</div><div><input type="checkbox"/> Pineapple</div><div><input type="checkbox"/> Plum</div><div><input type="checkbox"/> Grapefruit</div><div><input type="checkbox"/> Granadilla</div></div></div>	<div><div>Fish</div><div><div><input type="checkbox"/> Sardines</div><div><input type="checkbox"/> Hake</div><div><input type="checkbox"/> Salmon</div><div><input type="checkbox"/> Trout</div></div><div><div>Chicken / eggs</div><div><div><input type="checkbox"/> Chicken breasts</div><div><input type="checkbox"/> Whole chicken</div><div><input type="checkbox"/> Free range eggs</div></div></div><div><div>Meat</div><div><div><input type="checkbox"/> Ostrich mince</div></div></div></div>	<div><div><input type="checkbox"/> Nut butter of choice (Not peanut butter)</div><div><input type="checkbox"/> Coconut</div><div><input type="checkbox"/> Nuts of choice</div><div><input type="checkbox"/> Seeds of choice</div><div><input type="checkbox"/> Tahini</div><div><input type="checkbox"/> Cacao nibs</div><div><input type="checkbox"/> Chia seeds</div></div> <div><div>LEGUMES</div><div><div><input type="checkbox"/> Beans (Black Beans or butter beans)</div><div><input type="checkbox"/> Hummus</div><div><input type="checkbox"/> Lentils (Dry or tinned)</div><div><input type="checkbox"/> Chickpeas</div><div><input type="checkbox"/> Falafel (You may choose to ready-made of a falafel mix if you don't want to prep from scratch)</div></div></div>	<div><div>Herbs</div><div><div><input type="checkbox"/> Coriander</div><div><input type="checkbox"/> Basil</div><div><input type="checkbox"/> Other fresh herbs of choice</div><div><input type="checkbox"/> Dried herbs & spices of choice</div></div><div><div>Condiments</div><div><div>Oils of choice (Olive, flaxseed or coconut)</div><div><input type="checkbox"/> Vinegar of choice (Apple cider or red wine)</div></div></div></div> <div><div>GRAINS</div><div><div><input type="checkbox"/> Buckwheat</div><div><input type="checkbox"/> Gluten-free oats</div><div><input type="checkbox"/> Quinoa</div><div><input type="checkbox"/> Rice (Preferably brown or wild)</div><div><input type="checkbox"/> Rice cakes</div><div><input type="checkbox"/> Happy Earth People Plant Pasta</div></div></div>	<div><div><input type="checkbox"/> Coconut milk</div><div><input type="checkbox"/> Milk alternative of choice (Almond, Hemp, Rice or Oat milk - unsweetened)</div><div><div>Herbal tea – Decaffeinated</div></div></div> <div><div>OTHER</div><div><div><input type="checkbox"/> Natures Nutrition Superfood mix (Flavour of choice)</div><div><input type="checkbox"/> Superfoods of choice (Iacuma / cocoa / maca / spirulina etc)</div></div></div>

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