

## Detox Diet

### Day 1:

Course	Menu
On Rising	1 tsp Jeera / Cumin seeds powder + few drops Lime with a glass of warm water
Breakfast	Banana green smoothie +1 tsp Chia seeds
Mid-Morning	<b>Vegetable Juice:</b> 3 Palak+3 Purple Cabbage Juice +½ Apple +1 Cucumber+ few drops Lime
Pre-Lunch	Chew Pre-Soaked 1 tbsp Saunf + Black Raisins (8)
Evening	Fruit Parfait
Mid-Evening	Green Tea / Black Tea / Herbal Tea (made from Ginger, Mint, Lemon grass) ( <b>No sugar</b> )
Dinner	Refreshment Drink (Muskmelon Mint)

### Day 2:

Course	Menu
On Rising	¼ tsp Cinnamon powder + few drops Lime with a glass of warm water
Breakfast	Banana oats smoothie
Mid-Morning	Min (15-20) + Coriander (Handful)
Pre-Lunch	Buttermilk (2 tsp of Curd + 1 tsp of jeera powder) ( <b>No salt</b> )
Lunch	Mix dal bhaji 1-2 Bowls
Evening	Herbal Tea / Green Tea (1 cup)
Mid-Evening	Mint Basil Lemon Drink
Dinner	Vegetable Stew (1 Bowl) + Chilli Bean Soup (1 Bowl)

**Day 3:**

Course	Menu
On Rising	Pinch Haldi + Pinch of Black Pepper powder in glass of warm water, Boil, warm drink.
Breakfast	Pineapple banana smoothie or Banana almond smoothie + 1 tsp chia seeds
Mid-Morning	<b>High Boost Juice:</b> 1 kale leaves OR ½ Cup Spinach + 2 Kiwi + ¼ Green Melon OR 1 Green Apple + 1 Large Cucumber + 10-15 Parsley Sprigs + 1 Medium Celery Stalk
Pre-Lunch	Coconut Water
Lunch	Marrakesh
Evening	Black Tea / Herbal Tea (made from Ginger, Mint, Lemon grass) ( <b>No Sugar</b> )
Dinner	Lentil vegetable soup + Grilled Mushrooms with Veggies

**Day 4:**

Course	Menu
On Rising	1 tsp jeera /cumin seeds powder + few drops lime with a glass of warm water
Breakfast	Chia Pin Colada Smoothie
Mid-Morning	Palak (3 leaves) + Purple Cabbage Juice (3) + ½ Apple
Lunch	Palk Chana dal (1-2 Bowl) + 1 glass of Buttermilk, Add Jeera ( <b>No salt</b> )
Evening	Herbal Tea (made from Ginger, Mint, Lemon grass) ( <b>No Sugar</b> )
Mid-Evening	Refreshment drink (Watermelon Mint Drink)
Late-Evening	1 Fruit ( <b>Avoid Banana, Chickoo, Grapes, Sitaphal</b> )
Dinner	Soup (Any Soup) + Cauliflower Rice with Chimichurri Sauce OR Stir Fry Veggies

## Recipes

### Banana Green Smoothie:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Yellow Banana peeled 1 no</li><li>2. Green yogurt – 1 tbsp</li><li>3. Milk – 150 ml</li><li>4. Spinach – few leaves</li><li>5. Soaked chia seeds – 1 tsp</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Combine all ingredients in blender and blend on high until the mixture is smooth.</li><li>2. Serve chilled.</li></ol>

### Fruit Parfait:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Low fat yogurt - 3/4 bowl</li><li>2. Muesli - 2 teaspoon</li><li>3. Apple - 3 tbsp chopped</li><li>4. Any fruit of your choice - 3 tablespoon</li><li>5. Walnuts -1 tsp (crushed)</li><li>6. Raisins - 1 tsp</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Layer 1/3 cup of low fat yogurt in to the bottom of a tall glass.</li><li>2. Put layer of a chopped apple, alternately with yogurt and the fruit of your choice until glasses are filled to the top.</li><li>3. Add muesli on the top layer with crushed walnut and raisins.</li><li>4. Serve parfaits is immediately to relish the yummy taste</li></ol>

### Pumpkin Carrot Soup:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. 1 cup red pumpkin</li><li>2. 1/2 chopped carrot</li><li>3. tbsp chopped onions</li><li>4. 1/4 tsp Suva /dill seeds optional Salt, black pepper powder to taste</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat oil in pressure cooker, sauté dill seeds for a minute, add onions sauté for a min.</li><li>2. Add carrot, pumpkin with 2 cups water and pressure cook till 2 whistles.</li><li>3. Blend the mixture.</li><li>4. Add salt, black pepper powder.</li><li>5. Boil for 5 mins.</li><li>6. Serve hot.</li></ol>

### Banana Oatmeal Breakfast Smoothie:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. ¼ cup rolled oats</li><li>2. ½ cup plain low –fat yogurt</li><li>3. 1 banana</li><li>4. ½ cup almond milk/low fat milk</li><li>5. 3 almonds 1 tsp of honey (optional)</li><li>6. ¼ tsp ground cinnamon</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Add all ingredients to blender.</li><li>2. Blend until smooth.</li><li>3. Enjoy.</li></ol> <p>Add the ingredients one at a time to ensure a smooth blending process.</p>

### Mix Dal Bhaji:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Udad dal, Moong dal, Chana dal total ¼ cup</li><li>2. Garlic-1 flake</li><li>3. Pav bhaji masala -1 tsp</li><li>4. Garam masala-1/2 tsp</li><li>5. Salt to taste</li><li>6. Coriander for garnish</li><li>7. Tomato-1 cup</li><li>8. Lemon few drops</li><li>9. Dudhi -1/2 cup</li><li>10. Capsicum-1/2 cup</li><li>11. Cauliflower, French beans and cabbage mix 1 cup</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat the oil in pressure cook and sauté garlic paste.</li><li>2. Add the capsicum and onion with little salt and sauté it properly.</li><li>3. Add tomatoes, dudhi, peas and all the dais with all the masalas except for coriander and lemon.</li><li>4. Add 1 cup of water and give 2 whistles.</li><li>5. Once done mash everything to make proper bhaji.</li><li>6. Once done close the flame and add lemon and coriander.</li></ol>

### Lemon Mint Basil Water:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Green tea - 1 bags</li><li>2. Lemon - 1/4 squeezed</li><li>3. Basil - 1 leaf</li><li>4. Mint - 3 to 4 leaves</li><li>5. Water - 1 glass (200ml)</li><li>6. Ice cubes</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Soak the green tea bags in hot water for five minutes, then discard the tea bags and cool.</li><li>2. In a big jar, layer the lemon slices, mint and basil with ice cubes. Fill the jar with green tea water, let it chill for an hour and enjoy.</li></ol>

### Vegetable Stew:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Onion-1</li><li>2. Black pepper corn - 4-6</li><li>3. 1 clove</li><li>4. 1 stick cinnamon</li><li>5. 1 ½ tsp garlic (Lehsun)</li><li>6. Chopped 1 tbsp chopped celery</li><li>7. 1 cup sliced mushrooms (khumbh)</li><li>8. 1 carrot juliennes</li><li>9. 1 cup capsicum strips</li><li>10. 1 tbsp plain flour (Maida)</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat the butter and sauté the onion slices till they are lightly browned.</li><li>2. Add the peppercorn, clove and cinnamon.</li><li>3. Add the garlic, celery, mushrooms, carrots and capsicum and sauté till they are lightly browned in colour and all the liquid has evaporated.</li><li>4. Add the flour and cook for another 4-5 minutes till the flour is light brown in colour.</li><li>5. Add 1 ½ cups of water and bring to a boil, stirring continuously so that no lumps remain.</li><li>6. Allow to simmer for 5-7 minutes adding a little more water if required.</li></ol>

**Chilli Bean Soup:**

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Baked beans or rajmah-1 fist</li><li>2. Tomatoes -200grms</li><li>3. Dudhi-100grms</li><li>4. Chopped capsicum-1tbsp</li><li>5. Salt</li><li>6. Chopped spring onions-1/2</li><li>7. No tomato sauces</li><li>8. Water 2 cups</li><li>9. Pepper tobacco sauce as per taste</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Make tomato puree out of tomatoes leaving half aside.</li><li>2. Take ½ tsp oil and add onions, capsicum, spring onions and sauté for 2-3 minutes.</li><li>3. Add tomato puree and water and simmer for 10-12 minute.</li><li>4. Chop the half tomato and add that along with boiled beans or rajmah.</li><li>5. Add salt and pepper powder as per the taste and serve hot.</li></ol>

**Pineapple Banana Detox Smoothie:**

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. 1 cup pineapple</li><li>2. 1 Banana</li><li>3. 1 apple</li><li>4. 2 cups spinach</li><li>5. 1 cup water</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Add all ingredients to blender.</li><li>2. Blend until smooth.</li><li>3. Enjoy.</li></ol> <p>Add the ingredients one at a time to ensure a smooth blending process</p>

**Marrakesh:**

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. Chick peas (Kabuli Chana) –boiled 25g</li><li>2. Onions -30 g</li><li>3. Olive oil-1/2 tsp</li><li>4. Potato's peeled -20g</li><li>5. Brinjals -15g</li><li>6. Tomatoes -20g</li><li>7. Carrot cuts in to 1-inch cubes 20g</li><li>8. Red pumpkin (bhoppa/kaddu) cut in to 1 inch</li><li>9. pieces -25g</li></ol>
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	<ol style="list-style-type: none"> <li>10. Salt to taste</li> <li>11. Coriander powder ¼ tsp</li> <li>12. Cumin powder ¼ tsp</li> <li>13. Red chili powder ¼ tsp</li> <li>14. Black pepper powder ¼ tsp</li> <li>15. Cinnamon powder ¼ tsp</li> <li>16. Vegetable stock / plain water -100ml</li> </ol>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Heat oil in a non-stick pan, add onions and sauté. Add potatoes, carrot, red pumpkin and brinjal to the pan and stir.</li> <li>2. add salt and mix well. Add coriander powder, cumin powder, red chili powder black pepper powder, a pinch of cinnamon powder and mix well.</li> <li>3. Add tomatoes, 1 cup water and vegetable stock.</li> <li>4. Add chickpeas and mix. When it comes to a boil, cover and cook till all vegetables are completely tender and the sauce has thickened.</li> <li>5. Serve hot with couscous.</li> </ol>

### Lentil Vegetable Stew:

<b>Ingredients</b>	<ol style="list-style-type: none"> <li>1. ½ cup of yellow moong dal</li> <li>2. 1 cup of your favourite veggies</li> <li>3. Small pieces of ginger</li> <li>4. Two cloves of garlic</li> <li>5. Virgin olive oil</li> <li>6. 2 cups of water</li> <li>7. Salt to taste</li> </ol>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Sauté ½ cup of yellow moong dal, 1 cup of your favourite veggies, small pieces of ginger and two cloves of garlic in some extra virgin olive oil.</li> <li>2. Add 2 cups of water and salt to taste.</li> <li>3. Slow cook till the dal and veggies are done.</li> <li>4. Garnish with coriander or parsley.</li> </ol>

### Water Melon Tomato Drink:

<b>Ingredients</b>	<ol style="list-style-type: none"> <li>1. 1 cup watermelon</li> <li>2. 1/4 tomato chopped</li> <li>3. 1/2 red apple</li> </ol>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Grind all ingredients together.</li> <li>2. Serve with ice.</li> </ol>

## Cauliflower Rice:

<b>Ingredients</b>	<ol style="list-style-type: none"> <li>1. ½ cups cauliflower crumbles</li> <li>2. ½ tsp of olive oil</li> <li>3. ¼ medium onion finely diced</li> <li>4. Half medium plum tomatoes, small dice ½ jalapeno, seeds and membrane removed</li> <li>5. Minced 1 garlic cloves, minced</li> <li>6. ½ tbsp tomato paste</li> <li>7. Pinch of cumin</li> <li>8. Pinch of salt</li> <li>9. Freshly ground black pepper, to taste</li> <li>10. Chopped cilantro</li> </ol>
<b>Instruction</b>	<ol style="list-style-type: none"> <li>1. Wash and thoroughly dry cauliflower, then remove all green parts.</li> <li>2. With a box grater, use the medium size of holes or a food processor with a greater attachment, grate the cauliflower in to the size of rice, living any large tough steams behind.</li> </ol>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Heat the oil in a large skillet over medium high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes.</li> <li>2. Add the garlic and cauliflower is just tender, 2 minutes.</li> <li>3. Add the tomato paste, cumin, paprika, cayenne, salt and pepper. stir to evenly coat the vegetables and cook for 1 minute or until heated through.</li> <li>4. Add chopped cilantro and serve.</li> </ol>

## Chimichurri Sauce:

<b>Ingredients</b>	<ol style="list-style-type: none"> <li>1. 10-12 sprigs of fresh Italian parsley</li> <li>2. ½ tsp olive oil</li> <li>3. ½ tsp red wine vinegar</li> <li>4. 3 tbsp of coriander</li> <li>5. 1 garlic clove peeled</li> <li>6. Pinch of dried crushed red pepper</li> <li>7. Pinch ground cumin</li> <li>8. Pinch of salt</li> </ol>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Puree all ingredients in processor.</li> <li>2. Transfer to bowl. (Can be made 2 hours ahead. Cover and let stand at room temperature ).</li> </ol>



## Stir Fry Veggies:

<b>Ingredients</b>	<ol style="list-style-type: none"><li>1. 1/4 cup sliced onions</li><li>2. 1/4 cup shredded cabbage</li><li>3. 1 tbsp chopped spring onions</li><li>4. 1/4 cup sliced capsicum</li><li>5. 1/4 cup sliced tomatoes</li><li>6. 1/4 cup thinly sliced carrots</li><li>7. 1/4 cup florets broccoli</li><li>8. 1/4 cup bell peppers (both red and yellow)</li><li>9. 1/2 tsp finely chopped green chillies</li><li>10. 1/2 tsp finely chopped ginger</li><li>11. 1/2 tsp finely chopped garlic</li><li>12. 1 tsp tomato sauce</li><li>13. salt to taste</li><li>14. 1 tsp oil</li></ol>
<b>Method</b>	<ol style="list-style-type: none"><li>1. Heat the oil in broad non-stick pan.</li><li>2. Add the green chillies, ginger and garlic and sauté on a medium flame for a few seconds.</li><li>3. Add the onions and sauté on a medium flame for 1 minute.</li><li>4. Then add the vegetables first which takes the longer time to cook like broccoli, baby corn and carrots. Sauté it for 2 min.</li><li>5. Add all the remaining vegetables, salt and sauté on a medium flame for 2 more minutes.</li><li>6. Add the tomato sauce and sauté on a medium flame for another minute.</li><li>7. Serve immediately</li></ol>