



DETOX EATING PLAN

Why Detox?

- Cleanses your body
- Allows organs to function properly for example:
- Kidneys – remove toxins
- Liver – process and break down fat
- NB! Makes weight loss faster and easier

The Procedure

Follow for **5 days**

FRUIT - **500g** per day (5 x 100g portions)

VEGETABLES – **500g** or more per day, preferably raw where possible.

You may also enjoy a bowl of fresh homemade vegetable soup (add lentils for extra flavor and protein) – See recipe below

FAT – **30g Avocado Pear** (Optional)

CARBOHYDRATE – **2-6 Ricecakes** or **9 Provitas**

Choose **2** of the following:

80g Potato, 65g Sweet Potato, 10cm Mielie

2L water daily

Rooibos tea are allowed **additional** without milk or sugar. It doesn't replace water!

RULES TO REMEMBER

- **Variety** is important
- Eat every **2** hours
- **Don't** skip meals
- Drink **water** in between meals
- Reduce **exercise** during this week, energy levels will be low
- When using salt, preferably use herbal salt
- **Avoid** painkillers
- Prescribed medicine **must** be taken

Baby Marrow And Tomato Recipe

100g Baby Marrow (Sliced)
1tbs Onion (Chopped)
1 Tomato (Peeled and Chopped)
Salt & Pepper
1 Packet Lite Tomato & Roasted Pepper soup

Preperation:

Cook baby marrow and onions for 5 minutes in salt water.
Add the tomato to the baby marrow and onion.
Cook for 5 minutes.
Stir occasionally.
Keep about 200ml of boiled water.
Add 1 Packet Lite Tomato & Roasted Pepper soup
Whizz it (if you can) until creamy
Dish up and enjoy!

Lentil Soup Recipe

250ml (1cup) Lentils
30ml Butter/Margarine
1 Onion, peeled (chopped)
2 Celery stalks (finely diced)
2 Carrots (diced)
Grated rind of 1 lemon
5 Cups Vegetable stock
Salt and Pepper to taste

Preperation:

Heat the butter/Margarine in a pan and saute the onion for 2-3 minutes.
Add the diced celery and carrots and let the vegetables sweat for 5-10 minutes.
Stir in the lentils, add the lemon rind, stock and salt and pepper to taste.
Bring to the boil, reduce the heat and simmer for 15-20 minutes until the vegetables are tender.
Roughly blend the soup in a food processor – it should not be too smooth.