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### Introduction

If you're looking for a way to kick-start your new lifestyle change, try our 7-Day Clean Eating and Detox Menu! This 7-day plan is a great way to cleanse your body of toxins, and celebrate your new, healthy lifestyle.

### What is a detox?

The average diet consists of too many processed foods, which, over time, can have a detrimental effect on your health. Occasionally, detoxifying the system is a good idea. Some...
people cleanse by drinking only water for several days. Others choose to do juice cleanses or eat only fruits and vegetables for a set period of time. Our clean eating challenge is simply about eating whole foods and ridding the body of processed foods filled with refined sugar, white flour, and sodium.

**Do I need to detoxify my body?**
Some people choose to detox several times per year, while others only engage in a detox every once in a while. How do you know it is a good time to do a food detox? You might be feeling run down or lethargic. You may have slacked off on healthy eating and put on some extra pounds. Maybe you would like to kick-start a weight-loss plan or boost your energy level. Regardless of your reason, our 10-day clean eating plan will help you reframe your attitude towards food and health.

**How do I get started?**
Head to the shop and purchase the ingredients listed below for your 7-Day Menu. Feel free to improvise a bit and add additional fruits, vegetables, and nuts if you choose, but you must limit your shopping to only whole foods. As far as beverages are concerned, stick with water as much as possible. If you have access to a juicer or blender we have included optional juice/smoothie recipes that are a great addition to any eating plan. If you have any questions regarding what you can or can’t add please feel to ask one of us.

**Exercise Plan**
In the 7 day plan try and get these 4 training sessions in to fire up your metabolism and accelerate your fat loss.

**Day 1, 2 + 3** of the exercise plan are circuit based training programmes. Each circuit contains 10 exercises. Each exercise is to be completed for 45 sec followed by a 15 sec rest. Once the 10 exercises are complete you may take a 60 sec rest before beginning the circuit again. The circuit must be completed a total of 3 times. **Day 4** is a run programme, it may be completed outdoors or on a treadmill. The aim is to be able to run the full 35 mins by the end of the 4 weeks. To start, run as long as you can and then walk for a max of 1 min rest period, then run again for as long as you can, building up the period of running each time.

Follow the programme with this online video
[https://www.youtube.com/watch?v=efg3Gniz6Nw](https://www.youtube.com/watch?v=efg3Gniz6Nw)

<table>
<thead>
<tr>
<th>Day 1 + 3</th>
<th>Day 2</th>
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<tbody>
<tr>
<td>1. High Knees</td>
<td>1. Dumbbell Boxing</td>
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<tr>
<td>2. Squat + Press</td>
<td>2. Lunges</td>
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<tr>
<td>3. Mountain Climber</td>
<td>3. Tricep Extension</td>
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<td>5. Burpie</td>
<td>5. Jumping Jacks</td>
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<tr>
<td>7. Power Squats</td>
<td>7. Adductors</td>
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<tr>
<td>8. Reverse Fly</td>
<td>8. Bent-over Row</td>
</tr>
</tbody>
</table>
9. Plank
10. Crunches

9. Power Squats
10. Planks

Day 4
1. Run 35 mins

If you need some motivation to get started or help you get through the 7 days please follow us to [http://www.dconlinefitness.com/](http://www.dconlinefitness.com/) where you can find a variety of raining programmes and eating plans. Workout from beginners to advanced that can be done in the gym or at home

Guidelines

Foods to avoid during detox

- Red meat and any meat products like sausages, burgers, and pate.
- Dairy - Milk, cheese, cream
- Butter and margarine
- Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, etc.
- Crisps and savoury snacks including salted nuts.
- Chocolate, sweets, jam and sugar.
- Processed foods, ready meals, ready-made sauces and takeaways.
- Alcohol.
- Sauces, shop bought salad dressing, mayonnaise
- Salt
- Fizzy drinks and squashes, including diet versions.

Foods to include

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruit</th>
<th>Protein Sources</th>
<th>Others</th>
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<td>Spinach</td>
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**Juice Options**

Juices are best prepared in a juicer, but a food blender or even a hand blender will suffice.
Shown in the table below are 5 low calorie juice options that are loaded with nutrients and vitamins and are great for a snack or first thing in the morning to help kick start your day.

<table>
<thead>
<tr>
<th>Kale Detox Juice</th>
<th>Almond &amp; Berry Juice</th>
<th>Sleep Juice</th>
<th>Reset Super Juice</th>
<th>Power Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>-1 Green Apple</td>
<td>-4 Cherries</td>
<td>-1 large oranges</td>
<td>-6 Kale leaves</td>
<td></td>
</tr>
<tr>
<td>-2 Celery Stalks</td>
<td>-10 Blueberries</td>
<td>-1/2 large lemon</td>
<td>-1/2 Cup Raw</td>
<td></td>
</tr>
<tr>
<td>-1/2 Cucumber</td>
<td>-4 Raspberries</td>
<td>-14 bunch of watercress</td>
<td>Cranberries</td>
<td></td>
</tr>
<tr>
<td>-6 kale Leaves</td>
<td>-3 Strawberries</td>
<td>-4 Stalks celery</td>
<td>-1/4 Cup Frozen</td>
<td></td>
</tr>
<tr>
<td>-1/4 Lemon</td>
<td>-4 Blackberries</td>
<td>-1/4 head romaine lettuce</td>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>-1/8 inch Ginger</td>
<td>-1/2 cup Almond milk</td>
<td>-3/4 Cup Orange or</td>
<td>-1/4 Cup Orange or</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-1 Tbsp. honey</td>
<td>lemon Juice</td>
<td>lemon Juice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-1 tbsp. vanilla extract</td>
<td>-1/4 Cup Water</td>
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</tbody>
</table>

Below is high calorie juice option, to be taken if your low on energy and need a boost or need something a bit more filling as a snack or even as a lunch.

**DC Super Shake**
2 servings

**Ingredients:**
- Half small banana
- Half medium orange
- 50g Blueberries
- 20-30g Flax seed
- 30-40g Almonds
- 20g >70% Dark Chocolate
- 750ml-1L water

![Image of DC Super Shake with the Recipe](image-url)
Food Preparations

Quinoa

Preparation:
1. Combine 1 cup quinoa with 2 cups water (add half stock cube to flavour) in a medium saucepan.
2. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes. Or until water has been completely absorbed.

Black beans

Preparation:
1. The night before, soak the black beans in a large pot of water.
2. The next day, rinse the beans, cover with 3 cups of fresh water and bring to a boil over high heat.
3. Reduce the heat and simmer covered for 30 - 60 minutes, skimming off any foam.

Couscous

Preparation:
1. Pour one cup of lightly salted boiling water or stock over 1 cup couscous.
2. Cover and allow the couscous to swell for 5 minutes.
3. Fluff up couscous with a fork and add spices if desired.
**Kidney Beans**

**Preparation:**
1. The night before, soak the black beans in a large pot of water.
2. The next day, rinse the beans, cover with 3 cups of fresh water and bring to a boil over high heat.
3. Reduce the heat and simmer covered for 30 - 60 minutes, skimming off any foam.

---

**Lentils**

**Preparation:**
1. Bring the water to a rapid simmer over medium/high heat, then reduce the heat to maintain a very gentle simmer.
2. You should only see a few small bubble and some slight movement in the lentils.
3. Cook, uncovered, for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered.

---

**Green Salad – 1 Serving**

Choose at least 5 from list below:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>¼ Head</td>
</tr>
<tr>
<td>Avocado</td>
<td>¼</td>
</tr>
<tr>
<td>Cucumber</td>
<td>5-10 slices</td>
</tr>
<tr>
<td>Peppers</td>
<td>½ pepper</td>
</tr>
<tr>
<td>Scallions</td>
<td>2-3 stalks</td>
</tr>
<tr>
<td>Cherry Tomato</td>
<td>5</td>
</tr>
<tr>
<td>Sugar Snaps</td>
<td>5</td>
</tr>
<tr>
<td>Baby Corn</td>
<td>2-3</td>
</tr>
<tr>
<td>Red Onions</td>
<td>3-4 slices</td>
</tr>
<tr>
<td>Flax Seed</td>
<td>-</td>
</tr>
<tr>
<td>Chia Seeds</td>
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**Fitness**
May add balsamic vinegar or extra virgin olive oil for dressing.

Low Carb Marinara Sauce
Makes about 8 servings. Use as a cooking sauce with chicken or fish. Needed for cauliflower pizza recipe and chicken marinara recipe. Also great as a sauce on the side.

Ingredients:
1 tbsp. coconut oil
2 cloves garlic
800g fresh tomatoes (or canned if stuck)
170g tomato paste
1 tbsp. Italian Seasoning
1/2 tbsp. salt – more to taste
1/2 cup water – optional, if needed

Preparation:
1. Heat a large pot over medium-high heat.
2. Mince garlic.
3. Once the pot is hot add the coconut oil and swirl it around to coat the bottom of the pan.
When the oil is warm add the minced garlic and simmer until it becomes fragrant. Be careful not to burn the garlic or you will end up with a bitter taste in the sauce.
4. Add Italian seasoning and salt and give it another quick stir.
5. Mix well to incorporate all the flavours.
6. Set the heat to low and allow the sauce to simmer for 45-60 minutes, stirring occasionally. Check on the sauce after about 30 minutes and add 1/2 cup water to the mixture if it begins to thicken too quickly.
7. Pour marinara sauce onto your protein dish or into a glass jar for storage.
**Breakfast**
Have a glass of hot water with half lemon/lime squeezed through each morning. Add ginger for an extra boost.

**Scrambled eggs**
**Ingredients:**
1 egg yolk
2-3 egg whites
Spinach (or other veg of choice)
Pepper

**Omelette with spinach and tomatoes**
**Ingredients:**
1 egg yolk
2-3 egg whites
Spinach (or other veg of choice)
Tomato
Pepper

**Juice**
Choose a juice from options above.

**Oats**
**Ingredients:**
Oats
Flax seed or chopped nuts
Honey

1. Cook oats with water as desired.
2. Sprinkled with flax seed or nuts and a teaspoon of honey.
Lunch
Basic formula for what’s allowed for lunch:

- Choose 1 source of protein from list above. It can make things easier to cook extra for dinner the night before and then to have leftovers with lunch.
- Have 1 serving of salad
- Choose either 1 portion of couscous, kidney beans, quinoa or black beans if needed, approx. 100g if needed.

Idea’s to add variety and flavour:

Avocado & Prawn Salad
2 Servings
Ingredients:
- 1/2 chilli
- 1/2 garlic clove, finely chopped
- Finely grated zest and juice of 1 lime
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- 150g large peeled cooked prawns
- 75g young spinach leaves, washed and dried
- 1 avocados

Preparation:
1. Finely chop the chilli, removing the seeds if you don’t like too much heat. Mix in a large bowl with the garlic, lime zest and juice, vinegar and olive oil.
2. Tip in the prawns and toss to coat. You can leave the prawns to marinade in the fridge for an hour or so.
3. Lift the prawns out of the marinade. Toss the spinach in the marinade until coated, then tip into a serving dish.
4. Slice the avocados and tuck pieces in amongst the spinach with the prawns.

Mushroom Soup
4 Servings
Ingredients:
- 2 leeks, chopped
- 3 garlic cloves, chopped
- 30g butter
- 300g mushrooms, sliced
- 2-3 sprigs fresh thyme, leaves only
- 600ml/1 pint chicken or vegetable stock

Preparation:
1. Sweat the leeks and garlic in the butter for 4-5 minutes or until softened.
2. Add the mushrooms and thyme and cook on high for 2-3 minutes.
3. Pour over the chicken or vegetable stock and cook for five minutes.
4. Blend in a food processor until smooth.

**Lemon & thyme turkey burgers with Veg. Chips**

4 servings

**Ingredients:**
- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 500g pack minced turkey
- Zest 1 lemon
- 2 tsp fresh thyme leaves or 1 tsp dried
- 2 tbsp chopped parsley

**Preparation:**
1. Heat oven to 200C. Heat the oil in a small pan, add the onion, and fry for a few mins until lightly browned and soft, then cool.
2. Mix the turkey with the lemon zest, thyme, parsley, onion and seasoning until well combined.
3. Shape the mixture into 4 burgers. Put in a roasting tin, bake for 20-25 mins, then pan-fry for a few mins on each side to crisp outside. Serve with mixed salad, marinara sauce and vegetable chips (recipe below).

**Vegetable chips**
1. Cut a selection of carrots and parsnips into large chips.
2. Toss in olive oil, a good sprinkling paprika and a little salt and spread over a baking sheet. Roast at the same temperature as the burgers for 45-50 mins, turning halfway through the cooking time.

**Dinner**

Basic formula for what’s allowed for dinner:
- Choose 2-3 options from the Vegetable list above. Eat as much as you want of these.
  - Choose 1 source of protein from above, approx. 100g-150g.
- Choose either 1 portion of couscous, kidney beans, quinoa or black beans if needed, approx. 100g if needed.

Idea’s to add variety and flavour:
Chicken Stir Fry
2 servings

**Ingredients:**
- 2 Chicken fillets
- 200g Broccoli
- 100-150g Green beans
- Extra virgin olive oil
- Chili powder (mild or hot)
- Garlic

**Preparation:**
1. Cook diced up chicken in pan with olive oil.
2. Add in broccoli and green beans.
3. Add chili powder and garlic seasoning.
4. Feel free to add any other veg.

Garlic & Italian Herb Salmon
2 servings

**Ingredients:**
- 2 Salmon fillets/darnes
- 200g Broccoli
- 100g Quinoa (as cooked above)
- Extra virgin olive oil
- Garlic (Freshly minced)
- Italian Herb
- White beans and Kidney beans optional

**Preparation:**
1. Wrap salmon in foil and bake in oven for 15-20 mins.
2. Cook broccoli and season with herbs or spices of choice.
3. Pre-heat pan, add olive oil. Sear Salmon on both sides.
4. Serve with quinoa.
Honey-Mustard Glazed Chicken
4 servings

Ingredients:
2 teaspoons olive oil
4 skinless, boneless chicken fillets
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
1/4 cup lower-sodium chicken broth
2 teaspoons honey
2 teaspoons chopped fresh thyme
2 medium garlic cloves, thinly sliced
1 tablespoon cider vinegar
1 tablespoon Dijon mustard

Preparation:
1. Preheat oven to 200°.
2. Heat a large ovenproof skillet over medium-high heat.
3. Add oil; swirl to coat. Sprinkle chicken with pepper and salt.
4. Add chicken to pan; sauté 2 minutes on each side or until browned.
5. Remove chicken from pan. Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes, stirring frequently.
6. Add vinegar and mustard; cook for 1 minute, stirring constantly.
7. Return chicken to pan, and spoon mustard mixture over chicken.
8. Place pan in oven and bake at 200° for 10 minutes or until the chicken is done.
9. Remove chicken from pan; let stand 5 minutes. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently. Serve with chicken.
10. Serve with side of veg.

Chicken Marinara
2 serving

Ingredients:
2 Chicken Fillets (whole or diced)
200g Kidney beans (as prepared above)
Marinara Sauce (as prepared above)
200g Green beans

Preparation:
1. Cook chicken on pan until slightly browned.
2. Add marinara sauce and Kidney beans. Continue cooking until chicken is fully cooked. (15-20mins)
3. Serve with green beans or side of veg of your choice.

Olive Oil-Poached Hake on Sautéed Zucchini with Tomatoes
4 servings

Ingredients:
Four 150g skinless hake fillets
2 tomatoes
2 cups plus 2 tablespoons extra-virgin olive oil
2 zucchini—quartered lengthwise, seeded & diced
1/4 teaspoon finely grated lemon zest
2 teaspoons fresh lemon juice
1/4 teaspoon sherry vinegar
Salt

Preparation:
1. Bring a saucepan of water to a boil. Score an “X” in the bottom of each tomato and blanch them in the boiling water for 30 seconds.
2. Drain and cool the tomatoes under cold running water. Peel, seed and dice tomatoes; transfer to a medium bowl.
3. In a small skillet, heat 2 tablespoons of the olive oil. Add the zucchini and cook over moderate heat, stirring occasionally, until just tender, 3 to 4 minutes.
4. Add the zucchini to the tomatoes. Stir in the lemon zest, lemon juice and sherry vinegar and season lightly with salt. Mix gently and keep warm.
5. In a large, heavy saucepan, heat the remaining 2 cups of olive oil over moderate heat to 180°. Season the hake with salt and poach in the olive oil until just white throughout, 10 to 12 minutes.
6. Remove the fish with a slotted spatula and drain briefly on paper towels. Season lightly with salt.
7. Spoon the zucchini mixture into shallow bowls, set the fish on top and serve.

Oven Baked Cod with Roasted Vegetables
2 Servings

Ingredients:
4 cloves garlic, left whole with skin on
200g zucchini, sliced
2 Red peppers, sliced into strips
2 Small red onions, peeled and cut into quarters
4 tablespoons olive oil
2 cod fish fillets
Salt & freshly ground black pepper
Parsley (to garnish)

Preparation:
1. Preheat the oven to 200 C.
2. Place the garlic and vegetables in a large shallow roasting pan, drizzle with the olive oil and season with salt and pepper.
3. Place the cod fillet on top of the vegetables and bake for 20-25 minutes, or until the cod is golden and the vegetables are crisp.
4. Serve the cod with the roasted vegetables, sprinkled with torn parsley.

**Grilled Lamb Chops with Rosemary and Garlic**

2 servings

**Ingredients:**
- 1 tablespoons minced garlic
- 1 tablespoons chopped fresh rosemary or 1 teaspoons dried
- 1/2 teaspoon dried crushed red pepper
- 6 small lamb rib chop
- 1 tablespoons olive oil

**Preparation:**

1. Combine first 3 ingredients in small bowl. Rub about 1/4 teaspoon mixture over each side of each chop. Sprinkle chops lightly with salt; place on plate. Cover and refrigerate for at least 30 minutes and up to 4 hours.
2. Add chops to grill; cook to desired doneness, about 3 minutes per side for medium-rare.
3. Transfer to platter; cover with foil. Garnish platter with rosemary sprigs, if desired.
4. Serve with side of veg and garlic and herb seasoned baby potatoes.

**Cauliflower Pizza**

**CRUST**

**Ingredients:**
- 1/2 head cauliflower
- 2 tbsp. ground almonds
- 1 tsp oregano
- 1 egg

**Preparation:**

1. Using your food processor or blender, adding your chopped cauliflower to create ‘rice’ (it should be quite fine).
2. Add to a bowl and microwave 5 minutes, or place on the stove in a pan to cook until soft.
3. Add to a clean kitchen towel and allow to cool, then squeeze out all excess liquid.
The more liquid you get out the better it will stay together when cook.

4. Add the rest of your ingredients into a bowl with the cauliflower and mix with your hands until well combined. On a cookie sheet lined with parchment paper, spread your mixture until 2cm thick (roughly). Bake for 20 minutes or until it’s lightly browned, at 350F.

**Sauce**
Use marinara sauce, as prepared above.

**TOPPINGS**

**Ingredients:**
- Handful spinach
- Artichoke hearts
- Zucchini
- Red pepper
- Mushrooms

**Preparation:**
1. Chop your hearts, zucchini, mushrooms and red pepper.
2. Add to a pan with a dash of water and cook for 2 minutes until slightly tender.
3. This will help the cooking process on the pizza.
4. Add all ingredients + spinach on top of your pizza sauce then place back in the oven another 5 minutes.
5. Allow to cool before eating.
# Sample Meal Plan

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Hot water &amp; lemon/ginger</td>
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<td></td>
<td>Power Juice</td>
<td>Oats</td>
<td>Wake up Juice</td>
<td>Oats</td>
<td>Reset Super Juice</td>
<td>Eggs</td>
<td>Eggs</td>
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<tr>
<td><strong>Snack</strong></td>
<td>20g Dark Chocolate</td>
<td>1 Fruit</td>
<td>15 Almonds</td>
<td>Power Juice</td>
<td>DC Super Juice (1 serving)</td>
<td>DC Super Juice (1 serving)</td>
<td>DC Super Juice (1 serving)</td>
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<tr>
<td></td>
<td>15 Almonds</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Avocado and prawn salad</td>
<td>DC Super Juice (1 serving)</td>
<td>Almond Chicken Casserole leftovers &amp; Salad</td>
<td>DC Super Juice (1 serving)</td>
<td>Chicken Stir fry leftover’s</td>
<td>Lemon &amp; Thyme Turkey burger with veg chips</td>
<td>Mushroom Soup</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Almonds &amp; Berry Juice</td>
<td></td>
<td>15 Almonds</td>
<td>Kale Detox Juice</td>
<td>Almond Berry Juice</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Garlic and Italian herb Salmon Broccoli Quinoa (100g)</td>
<td>Honey Mustard glazed Chicken Side of veg</td>
<td>Poached Hake Side of veg</td>
<td>Chicken Stir fry or Chicken Marinara</td>
<td>Oven baked cod with roasted veg</td>
<td>Lamb chops &amp; Garlic and herb potatoes</td>
<td>Cauliflower Pizza</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Reset Super Juice</td>
<td>Sleep Juice</td>
<td>Power Juice</td>
<td>Sleep Juice</td>
<td>Sleep Juice</td>
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</tbody>
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## Snacks

Choose any 1-2 of these for a snack throughout the day. No more than two snacks during the day.

- 10-15 Almonds
- 10-20g >70% Dark Chocolate (the higher the cocoa percentage the better) □ 1 small fruit
- Green Tea □ Juice

## Tips

- If you are used to having a lot of sauces (ketchup, bbq, etc.) try using the marinara sauce instead. This is a great tasting healthy substitute.
- Double up ingredient sizes if cooking for extra people.
- The first 1-3 days will be the toughest but if you can be strong and get through these days, it will become easier as your body adapts to this new eating style.
- Feel free to try your own detox recipe’s, but if you have any doubts about whether or not it is suitable for the detox we would be more than happy to answer any questions you may have.
• You may add another juice through-out the day, but try to keep it on the greener side rather than adding to much fruit.
• If you are unable to prepare the juices or have any questions regarding them please ask us about alternative ideas.  

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The information contained within this document are intended as an aid to weight loss and weight maintenance, and do not offer medical advice.

If you suffer from, or think you may suffer from, a medical condition you should consult your doctor before starting a weight loss and/or exercise regime. If you decide to start a weight loss diet or begin exercising after a period of relative inactivity you should start very slowly and consult your doctor if you experience any discomfort, distress or any other symptoms. If you feel any discomfort, nausea or pain while taking part in this plan, do not continue.

The information contained within this document are not intended for women who are pregnant or breast-feeding, or for any person under the age of 18.

If you suffer from any food allergy, it is your responsibility to check the ingredients of food items.