

## Meal Ideas for Pre-Detox Phase

### Quick tips before you get started!

1. The best breakfast trick for stable sugar levels is a high fat/protein breakfast with low sugar/carbohydrate. Most meals should include some protein, so nuts and seeds are included in the pre-detox to slow the release of glucose into your bloodstream and keep your hunger locked up.
2. If you don't like a certain fruit or vegetable or it is not available to you, feel free to change it to something else within our pre-detox shopping list or another seasonal choice in your country.
3. Please do not add anything other than natural herbs and spices (these are ok to add to taste) to our shopping list. It is designed to help you heal and prepare for the detox so we cannot comment on, or guarantee detoxification with any other product or produce you choose to add to the program.
4. These recipes are flexible. If you have your own versions or ideas using our pre-detox whole food shopping list then feel free to experiment. We want you to be in charge of giving your body healthy food and encourage experimenting with these healing choices.
5. The idea of these recipes is that they are simple, easy to make and gentle on the body. At first it may be hard for you to stop adding sugar or generous helpings of salt. If this is the case then use fruit, garlic, onion, basil, cilantro, cumin or any other natural choices to boost your taste buds.
6. The pre-detox is designed to slowly reduce your food intake each day so that your body adjusts before the detox. You may notice that the range of ingredients gets smaller each day. Be aware that as each day passes you may already be experiencing some cravings, withdrawals (e.g. caffeine) and desires. The pre-detox is a detox in its own right, so follow the rules, stick to the plan and slowly reduce portion sizes as the days pass so that the detox phase is just a gentle adjustment.
7. Less is more. We include salt here for taste so use only a little. The more you use, the less detoxifying the meal becomes.
8. Wash all your vegetables and fruit really well before preparing any of these recipes. It is best to soak and rinse it all before you put it in the fridge. Even organic produce can contain insect eggs or even insects! So to avoid parasites and bacteria, always wash it thoroughly.
9. The portions will vary slightly depending on your cooking style so please do not eat over your fill! If you place your hands together, face up with your thumbs tucked in against your forefingers then you can see the portion size you are meant to consume at each meal. Not very much, eh?
10. Sit and eat your meals with mindfulness and attention. Turn off the TV, chew 25 to 50 times and enjoy the experience.

## Here is what a pre-detox day will look like...

Daily Protocol	
Any medication taken in the morning according to instructions. E.g. Synthroid, Thyroxin, levothyroxine or any other prescribed medication.  If you have any medications continue to take them and follow the instructions.	
Wake Up	2 tablespoons of apple cider vinegar or lemon juice <sup>1</sup> with 8-10oz of warm water.
Breakfast	Parasite cleanse pill. Breakfast from meal plan.
Mid-morning	Warm filtered water with lemon juice (if tolerated). Snack, if required.
Lunch	Warm water and 1-2 tablespoons of lemon juice (if tolerated) with ¼ tsp of sea salt. Parasite cleanse pills. Lunch from meal plan.
Mid-afternoon	Snack, if required.
Dinner 6pm	Parasite cleanse pills. Dinner from meal plan.
Bedtime 10pm	Herbal tea.

<sup>1</sup> If you are having adverse reactions to ACV or lemon juice, please remove from meal plan. This could be due to a histamine, yeast or citrus intolerance.

## Pre-Detox Menu and Recipes

Day One	
<p><b>Breakfast:</b></p> <p>Cherry, Blueberry and Pear Salad with Coconut Milk, Camu Camu, Milk Thistle Powder and Chia seeds.</p>	<p><b>Ingredients:</b></p> <p>8 Cherries 15 blueberries 1 large pear Half cup of coconut milk 2 tbsp chia seed ½ tsp camu camu 1tbsp milk thistle powder</p> <p><b>Equipment:</b> Knife. Bowl.</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Chop the fruit and place in a bowl.</li> <li>2. Pour coconut milk over fruit.</li> <li>3. Sprinkle chia seeds, milk thistle and camu camu over the top.</li> </ol>
<p><b>Lunch:</b></p> <p>Shredded Kale Salad with Pumpkin Seeds, Sprouts and Lemon Zest.</p>	<p><b>Ingredients:</b></p> <p>1 bunch kale, steamed 1 tsp pumpkin seeds ½ cup of parsley 2 tbsp of sprouts</p> <p><b>Dressing:</b> ½ lemon zest ½ lemon juice salt and pepper 1 tbsp olive oil</p> <p><b>Equipment:</b> Grater Lemon Squeezer Mixing Bowl</p>

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	<p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Shred the kale and steam until cooked. Place in bowl.</li> <li>2. Chop the parsley finely and mix with the kale.</li> <li>3. Place in a serving bowl and sprinkle the pumpkin seeds over the top.</li> <li>4. Place the dressing ingredients in a sealed jar and shake them together well before pouring over the salad and topping with sprouts.</li> </ol>
<p><b>Dinner:</b></p> <p>Vegetable and Red Lentil Soup.</p> <p>(If you have a little extra left over then have some between meals if you are hungry, just make sure you keep it refrigerated and reheat it thoroughly.)</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>½ cup of carrot</li> <li>½ cup of zucchini</li> <li>1 onion</li> <li>2 cloves of garlic</li> <li>¾ cup of red lentils</li> <li>3 cups of filtered water</li> <li>salt and pepper</li> <li>thyme</li> <li>oregano</li> <li>cilantro</li> </ul> <p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>Saucepan</li> <li>Wooden Spoon</li> </ul> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Bring the water to the boil and add seasoning and herbs.</li> <li>2. Finely chop the garlic, onions and zucchini and add to the pan of boiling water.</li> <li>3. Add the lentils and chunks of carrot and leave on medium heat for 30 minutes.</li> <li>4. Leave to cool and add cilantro when serving.</li> </ol>
<p><b>Snacks:</b></p> <p>Parsley Guacamole with Carrot Sticks.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 ripe avocado</li> <li>1 clove of garlic</li> <li>¼ onion</li> <li>1 tbsp of chopped parsley</li> <li>salt and pepper</li> <li>one carrot</li> </ul> <p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>Spoon</li> </ul>

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	<p>Fork Mixing bowl</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Cut the avocado in half, scoop the contents into the bowl with a spoon and mash it into a paste (chunky if you like).</li> <li>2. Finely chop the garlic, onion and parsley, and mix into the avocado and mix well. Add salt to taste.</li> <li>3. Chop the carrot into fine sticks and scoop your yummy guacamole as a healthy snack.</li> </ol>
<b>Day Two</b>	
<p><b>Breakfast:</b></p> <p>Cherry, Peach, Cilantro, Dandelion, Coconut Oil and Camu Camu Smoothie. Wow!</p>	<p><b>Ingredients:</b></p> <p>1/2cup of cherries 1/2 cup of peaches 2 tbsp of chopped cilantro 1 tsp of coconut oil Handful of dandelion leaves ½ tsp of camu camu powder water to blend</p> <p><b>Equipment:</b> Blender and Knife</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Put all ingredients and a little warm water in the blender and whizz. Add water until you reach the desired consistency.</li> </ol>
<p><b>Lunch:</b></p> <p>Spinach Salad with Cilantro, Lemon Zest and Sunflower Seeds.</p>	<p><b>Ingredients:</b></p> <p>2 cups of a spinach, steamed 1 cup of fresh cilantro</p> <p><b>Dressing:</b></p> <p>1 tbsp olive oil ½ lemon zest ½ lemon juice ½ tsp milk thistle salt and pepper 1 tsp sunflower seeds</p> <p><b>Equipment:</b> Mixing bowl</p>

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	<p>Lemon Squeezer</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Steam spinach and place them in the mixing bowl.</li> <li>2. Roughly cut the cilantro and toss into the spinach leaves.</li> <li>3. Place dressing ingredients in a jar and shake well before pouring over the salad.</li> <li>4. Sprinkle with milk thistle powder and sunflower seeds.</li> </ol>
<p><b>Dinner:</b></p> <p>Squash Soup with Coconut Butter, Sprouts and sunflower seeds.</p>	<p><b>Ingredients:</b></p> <p>4 cups of butternut squash, cubed  1 lemon, squeeze the juice and use zest  2 tbsp olive oil  1 onion, sliced  2 cloves of garlic, chopped  1 tsp of sunflower seeds  2 tbsp sprouts  1 inch of fresh ginger root, grated  6-8 tsp coconut butter  1 tsp turmeric powder  4 cups of filtered water  fresh cilantro to taste  salt/pepper</p> <p><b>Equipment:</b></p> <p>Saucepan  Wooden Spoon</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Heat up olive oil in a deep pan and brown onions and garlic. Add grated ginger and cook for a minute.</li> <li>2. Add butternut squash and water, cook until squash is very soft, approximately 40 min.</li> <li>3. Add salt and pepper, turmeric and let the soup cool off a little. If you like an extra kick, grate the lemon skin and add to the soup.</li> <li>4. Mix the soup in a blender, in batches, to a smooth, thick, creamy consistency.</li> <li>5. Add one teaspoon of coconut butter per bowl, let it melt in the soup and sprinkle with cilantro, sprouts and sunflower seeds before serving.</li> </ol>

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<p><b>Snacks:</b></p> <p>Parsley Hummus and Cucumber Sticks.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 cups of tinned chick peas (soak dried ones if you have time)</li> <li>2 tsp tahini (blended sesame paste)</li> <li>2 sprigs of parsley</li> <li>1 clove garlic</li> <li>salt and pepper</li> <li>1 tbsp olive oil</li> <li>½ small cucumber</li> </ul> <p><b>Equipment:</b></p> <p>Food processor</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Place all ingredients in a food processor with water and blend. Continue to add water until you reach the desired consistency.</li> <li>4. Chop the cucumber into sticks and use them to scoop your delicious snack!</li> </ol>
<p><b>Day Three</b></p>	
<p><b>Breakfast:</b></p> <p>Seasonal Fruit Salad and Coconut Milk, Camu Camu powder and Ground Flax Seed.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>chopped seasonal fruit</li> <li>2 tbsp ground flax seed</li> <li>½ cup of coconut milk</li> <li>½ tsp camu camu powder</li> <li>½ tsp milk thistle powder</li> </ul> <p><b>Equipment:</b></p> <p>seed grinder (or simply buy ground flax)</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Place the chopped fruit in a bowl.</li> <li>2. Pour the coconut milk over the fruit.</li> <li>3. Mill the flax seed and pour over the mixture with the milk thistle and camu camu powder.</li> </ol>

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<p><b>Lunch:</b></p> <p>Asparagus and Avocado Salad with Walnuts and Sprouts.</p>	<p><b>Ingredients:</b></p> <p>5 asparagus spears ½ ripe avocado 6 chopped walnuts 2 cups of salad leaves 2 tbsp sprouts</p> <p><b>Dressing:</b></p> <p>1 tsp lemon juice 1 tbsp olive oil 2 tsp apple cider vinegar</p> <p><b>Equipment:</b></p> <p>Mixing Bowl</p> <p><b>Method:</b></p> <ol style="list-style-type: none"><li>1. Trim the asparagus spears and steam for 5-10 minutes or until tender, drain and cool.</li><li>2. Cut the avocado in half, remove the stone and peel. Dice the flesh of half of it and cover it with lemon juice.</li><li>3. Arrange the leaves on the plate and place avocado and asparagus over them.</li><li>5. Place the dressing ingredients in a sealed jar and shake them together well before pouring over the salad.</li><li>6. Finally sprinkle the sprouts and walnuts over the top.</li></ol>
<p><b>Dinner:</b></p> <p>Steamed Parsley Veggies.</p>	<p><b>Ingredients:</b></p> <p>½ cup of zucchini ½ cup of sweet potato ½ cup of broccoli</p> <p><b>Topping:</b></p> <p>2 cloves of garlic ½ cup of fresh parsley 2 tbsp olive oil salt and pepper</p> <p><b>Equipment:</b></p> <p>Steamer Saucepan</p> <p><b>Method:</b></p> <ol style="list-style-type: none"><li>1. Place topping ingredients into the food processor and</li></ol>



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	<p>blend.</p> <p>2. Bring the steamer water to the boil.</p> <p>4. Cut all the vegetables into chunks.</p> <p>5. First, place the sweet potato in the steamer basket and steam for 15 minutes, or until soft.</p> <p>6. Then, add the zucchini, broccoli and steam for another 5 minutes.</p> <p>7. Serve and drizzle with topping.</p>
<p><b>Snacks:</b></p> <p>Lemon Zest Hummus with Carrot Sticks.</p>	<p><b>Ingredients:</b></p> <p>1 cups of tinned chick peas (soak dried ones if you have time)</p> <p>2 tsp tahini (blended sesame paste)</p> <p>1 clove garlic</p> <p>zest of 1 lemon</p> <p>salt and pepper</p> <p>1 tbsp olive oil</p> <p>1 small carrot</p> <p>Water to blend</p> <p><b>Equipment:</b></p> <p>Food processor</p> <p><b>Method:</b></p> <p>1. Place all ingredients in a food processor with water and blend. Continue to add water until you reach the desired consistency.</p> <p>2. Peel and chop the carrot into sticks and use them to scoop your delicious snack!</p>
<b>Day Four</b>	
<p><b>Breakfast:</b></p> <p>Fruit Salad with Almond Milk, Mixed Nuts and Camu Camu Powder.</p>	<p><b>Ingredients:</b></p> <p>½ cup of berries</p> <p>1 cup of diced peach</p> <p>1 cup of diced kiwi</p> <p>1 tbsp mixed nuts</p> <p>½ tsp of camu camu</p> <p>½ cup of almond milk</p> <p>½ tsp milk thistle</p>

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	<p><b>Equipment:</b> Knife and Bowl</p> <p><b>Method:</b> 1. Place all fruit in a bowl and sprinkle the nuts, milk thistle and camu camu powder over the top. 2. Pour the almond milk over the mixture to finish.</p> <p><b>Tips:</b> You can add some flax seed too if you fancy it!</p>
<p><b>Lunch:</b></p> <p>Cucumber, Parsley and Tahini (ground sesame paste) Salad.</p>	<p><b>Ingredients:</b> ½ cucumber ½ cup of chopped fresh parsley</p> <p><b>Dressing:</b> 2 tbsp tahini (creamed sesame paste) 1 clove garlic 1tsp olive oil salt and pepper</p> <p><b>Equipment:</b> Food Processor Mixing Bowl</p> <p><b>Method:</b> 1. Finely dice the cucumber and place in a bowl (douse with lemon juice.) 2. Place all dressing ingredients in food processor and blend well. Add water until smooth enough to pour. 3. Pour the dressing over the cucumber in the mixing bowl and fold in until cucumber is covered. 4. Finally add the chopped parsley, stir through well and serve!</p>
<p><b>Dinner:</b></p> <p>Steamed Mixed Vegetables with Parsley, Cilantro, Sprouts and Garlic.</p>	<p><b>Ingredients:</b> ½ cup shredded collard greens ½ zucchini 1/2 cup of parsnip ½ onion 2 tbsp sprouts</p>

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	<p><b>Topping:</b> 2 cloves of garlic ½ cup of freshly chopped parsley and cilantro two tablespoons of olive oil salt and pepper</p> <p><b>Equipment:</b> Steamer Food Processor</p> <p><b>Method:</b></p> <ol style="list-style-type: none"><li>1. Place topping ingredients into the food processor and blend.</li><li>2. Bring the water to the boil.</li><li>3. Cut all the vegetables into chunks and place in the steamer, only steam for 5-10 minutes.</li><li>4. Place the vegetables onto a plate and drizzle the topping over the top.</li><li>5. Finally sprinkle with sprouts.</li></ol>
<p><b>Snacks:</b></p> <p>Berries and Nuts</p>	<p>This is easy, just nibble away! Only have one tablespoon of nuts a day.</p>

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<p><b>Day five</b></p>	
<p><b>Breakfast:</b></p> <p>Dandelion, Peach, Cherry, Milk Thistle Powder, Camu Camu and Flax Smoothie.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>1 cup of chopped peaches</li> <li>1 cup of pitted cherries</li> <li>1 handful of dandelion leaves</li> <li>1/2 tsp of milk thistle powder</li> <li>1/2 tsp camu camu</li> <li>1 tsp ground flax</li> <li>1/2 cup warm water</li> </ul> <p><b>Equipment:</b></p> <p>Food Processor</p> <p><b>Method:</b></p> <p>Put all ingredients and a little warm water in the blender and whizz. Add water until you reach the desired consistency.</p>
<p><b>Lunch:</b></p> <p>Simple Green Salad with Green Beans, Sprouts and Pumpkin Seeds.</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>green salad leaves</li> <li>1/2 cup of green beans</li> <li>2 tbsp sprouts</li> </ul> <p><b>Dressing:</b></p> <ul style="list-style-type: none"> <li>2 tbsp apple cider vinegar or/and lemon juice</li> <li>salt and pepper</li> <li>1 tbsp olive oil</li> <li>1 tsp pumpkin seeds</li> </ul> <p><b>Equipment:</b></p> <p>Mixing Bowl</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Break up leaves and place in mixing bowl.</li> <li>2. Toss chopped beans in with leaves.</li> <li>3. Place the dressing ingredients in a sealed jar and shake them together well before pouring over and topping with sprouts and pumpkin seeds.</li> </ol>

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<b>Dinner:</b>  Vegetable Broth with Turmeric.	<b>Ingredients:</b>  1/2 carrot 1/2 cup zucchini, chopped 1 onion 1/2 teaspoon of turmeric powder 2 cloves of garlic 3 cups of water salt and pepper  <b>Equipment:</b> Saucepan Wooden Spoon  <b>Method:</b> 1. Bring the water to the boil and add seasoning and herbs. 2. Add all ingredients roughly chopped into the pan and leave to cook for 40 minutes 4. Strain the vegetables out and use only the broth remaining. 5. Leave to cool and add cilantro when serving. 6. Add turmeric and black pepper as a final touch and feel free to add other natural herbs and spices to give it your own unique taste.
<b>Snacks:</b>  Berries.	  Simply snack on these throughout the day when you feel a hunger pang.