



# 10 DAY CLEANSE

Cleansing is about letting go of all the things that we don't need in our lives, physically and mentally. Through what we consume we change the quality of our body, mind and spirit.

### **EATING GUIDELINES**

- Be conscious of everything you put into your body. Eat simply, naturally and sufficiently.
- Don't over or under eat.
- You may substitute meals to work with your own lifestyle but try to follow the planner which ensures you will have enough of all the food groups that you need.
- Cook to retain nutrients – steam, bake or stir-fry lightly. Do not deep fry
- Add flavourings that are natural
- Eat organic food where possible
- Drink plenty of water, but don't drown yourself.
- Chew Well. Eat with full attention. Enjoy your meal
- Don't confuse been nutritionally satisfied with being bloated. After these meals I expect you could quite easily eat more. Wait an hour if still hungry have a snack and make your next portion a little larger.
- Eating good quality food, in correct amounts will satisfy your nutritional needs and reduce the impact on your system. If not feeling sleepy at your normal hour, you may have to get used to the new you.
- Try to avoid using the microwave
- Eliminate:
  - o Coffee
  - o Alcohol
  - o Other stimulants
  - o Chocolate bars, lollies and cakes
  - o Fast food
  - o Processed, pre-packaged and tinned food
  - o Cigarettes
  - o Hot Ginger tea is recommended for daily consumption during the cleanse to assist in removal of toxins

### **New healing and powerful foods to include:**

- Kudzu – a white powder ground from a root vegetable. Kudzu reduces mucus, lines the intestinal tract and helps the body to eliminate thereby supporting relief of cold and flu symptoms and constipation or diarrhea imbalance. Kudzu is a natural thickener and adds a creamy quality to food
- Miso – is a live food made from natural fermentation of soy beans and other grains. It is an important source of essential mineral salts, vitamin B and enzymes that stabilize digestion and strengthen the nervous constitution. To create miso soup, simply mix miso paste with a small quantity of soup or boiling water in a bowl to create a paste. Then add soup into that bowl and serve. Wherever possible try not to boil the miso as this destroys the enzymes and minerals
- Sea vegetables are crucial to the macrobiotic approach. They are the richest source of calcium, iron, iodine and other essential minerals. They may seem unusual at first but they are delicious when cooked correctly. Kombu works in thick stews and wakame, arame and hijiki are great in soups, salads and grain and help to strengthen blood, skin and hair.

*To quote the Dalai Lama "Approach cooking and love with reckless abandon"*

## **How to support yourself whilst cleansing**

- The first 3-4 days are likely to be the most challenging. As the body releases toxins, it goes through a biochemical change. You may feel tired, headaches, nausea or more emotional than usual. Keep your schedule as empty as possible during this time.
- Drink fresh ginger tea – this helps the body to settle and to release toxins. Cut up fresh ginger and to a pot of water bring to the boil and then simmer for 5 mins. Otherwise just add fresh ginger to a cup of boiling water and allow it to infuse.
- Umeboshi plums – pickled umeboshi plums are available from all health food shops. They are powerful in balancing excess yin in the body (which may bring about nausea or headaches). If you have been indulging on the yin front (sweets, alcohol, cigarettes) you may find a few of these a day help to minimize symptoms.

## **Detox Tips**

Create a detox shopping list

-Set aside the old pantry and stock the new (shop now when you are not deprived).

Clear your social calendar

-Detoxing is a good time to tone down your social engagements to enjoy some quiet time for reflection.

Prepare yourself mentally and emotionally

-The process of detoxing starts in the mind and requires self-discipline. Recognise that you will experience some symptoms - be happy that you're having them.

Early to bed, early to rise

-There's nothing better than establishing a good sleep pattern - go to bed early and rise with the sun.

Warm water liver cleanse

-Make your first morning drink a warm glass of water with a squeeze of half a lemon or lime. This gets your digestive juices going.

Self-massage

-massage using exfoliating gloves to exfoliate the skin and clear away impurities. Massaging your body with sesame oil is also beneficial during a detox.

Make meal time sacred

-During a detox you really gain an appreciation for how lucky we are to always have good food available. Focusing on your food and chewing more than usual helps aid digestion.

#### Slowly slowly

-It is very important to slowly ease the body into and out of any detox program. Reintegrate foods slowly back into your life. Be aware how your body reacts to different foods when you do.

#### Have quiet time

-Detoxing can 'bring a lot of stuff up' not just toxins, but old memories, unresolved experiences and unpleasant emotions. So give yourself some space, buy a book or start a journal.

#### Naturopathy

-Get help from experts. Book in for a private consultation with a naturopath for guidance about your plans for your detox and medical conditions you have. Have them monitor your progress and return if you want to make the changes sustainable. An unsupervised detox experience is not only lonely - it can also be dangerous.

#### Daily exercise

-Try and maintain two to 3 sessions per week and walk if you feel like your energy levels are low.

#### Find a mate

-Partner up with someone. You may need each other's support if you are feeling low in energy, particularly in the first few days. Share recipes, experiences and support each other.

#### Enjoy the journey

-Detoxing can be a bumpy ride, with highs and lows - but the destination is worth getting to. So stick to it, especially at those inevitable times when you feel like giving up!

#### Don't overdo it

-Above all, find a balanced, achievable program that combines daily exercise and changes to a healthy diet, with regular, qualified supervision. Remember you are trying to set up healthy habits - not further stress your body with rapid, extreme and unsustainable change.

## **BREAKFASTS**

3 different breakfasts which may be rotated each day or find the one you like best and stick to it. W grain porridge is highly recommended for its nutritional, nurturing and energetic qualities.

### **Whole grain porridge**

¼ cup brown rice  
¼ cup millet  
2 cups water  
½ chopped apple  
Pinch cinnamon  
Pinch salt

Mix ingredients together in a casserole dish and cover. Bake in the oven at 100 deg Celsius for 6 hours (i.e. overnight)

### **Rolled oat porridge**

1 cup oats  
¼ apple chopped  
Pinch cinnamon  
1 tbsp mixed raw nuts – chopped up  
Soy, rice or dairy milk

Place oats in pot on heated stove and add boiling water and stir. Add sliced apple and pinch of salt and cook for 5 – 10 mins. Once cooked garnish with nuts and cinnamon and add soy or rice milk to for additional liquid

### **Muesli**

I like Bircher Muesli best; It is light and easy to digest.  
Soak ½ cup of Bircher muesli overnight with a little soy milk or water.  
In the morning add chopped fresh fruit and natural yoghurt.

*“There is a direct correlation between what we eat and how we feel. Food is such a powerful vehicle for transformation that our food choices affect our body physically and mentally”.*

## **SNACKS**

Soup - Make a big pot of soup to have on hand throughout the cleanse. You can have some as lunch or dinner, or mid afternoon snack if you are feeling hungry between meals. Below are some recipe ideas:

### Vegetable soup:

2 cups of pumpkin  
1 stick kombu  
1 carrot  
1 apple  
1 bunch of Bok-Choy  
Half a cauliflower

Cut the vegetable into small cubes. Layer the Cauliflower, carrot, pumpkin and apple into a large pot. Cover with boiling water. Bring back to the boil, add Salt and Kombu, then simmer until vegetables are soft. Take out the Strip of Kombu and cut into small pieces then add back to the soup. Chop the Bok-Choy into pieces and add to the soup. Bring back to the boil then serve.

### Sweet Potato and Barley Soup

Roast a sweet potato. Peel skin.

Heat cumin, coriander powder, garlic, ginger and chilli in pot with olive oil. Add Barley and stir until mixed. Add seasonal vegetables as available. Cover with water and simmer until soft. 1 hour.

Serve with raw sunflower seeds and a spoonful of yoghurt

### **Other snacks:**

- Mix Almonds, Brazil nuts, Cashews and currants, sunflower seeds and Pepitas
- Piece of fruit
- Piece of whole grain toast with avocado and fresh tomato

## **10 day cleanse menu:**

### **Day 1**

#### **Lunch: Mountain Bread Wrap**

(The mega wrap is included in each cleanse that we do because it is versatile and filling. It also makes an easy start to the cleanse)

- ☐ Step 1: Bread (Thin unleavened bread) - Mountain Bread or lavache bread
- ☐ Step 2: Core Ingredients - tomato, cucumber, avocado, mushroom
- ☐ Step 3: Choose your leaves - Baby Spinach, rocket, mixed leaves
- ☐ Step 4: Choose your protein – white low fat cheese e.g. feta or ricotta, smoked salmon, tuna, organic chicken breast (Buy from Sam's the Butcher, Bondi Road next to Kemeny's)
- ☐ Step 5: Condiments – Tahini, fresh extra virgin olive oil, black pepper
- ☐ Step 6: Wrap, roll and eat!

### **Dinner: Sunshine Lentil Stew**

Note – make enough stew to use left overs for lunch tomorrow.

Rice -Cook up brown rice (1 cup rice to 2 cups water) – bring to boil with a pinch of salt and allow to cook on medium heat for 30 – 45 mins

Sunshine lentil stew (serves 2-3)

1 cup red lentils, washed  
1 bay leaf  
1 tbsp sesame oil  
1 teaspoon ground cumin  
½ teaspoon ground turmeric  
2 garlic cloves, finely sliced  
1 large onion, finely sliced  
Sea salt  
1 large carrot, diced  
1 cup peeled and diced pumpkin  
2 stalks celery  
Handful fresh coriander  
1 table spoon lemon juice

Sunshine lentil stew - method

Place lentils, bay leaves and 3 cups of water in a saucepan and slowly bring to the boil. Boil for 1 minute, skimming of any foam that rises to the surface. Reduce the heat, cover and simmer for 15 minutes.

Meanwhile, heat the sesame oil in large frying pan. Add the cumin and turmeric and sauté for 20 seconds. Add the garlic, ginger, onion and a pinch of sea salt. Sauté for 1 minute. Add the carrot, pumpkin and celery and continue to sauté for 2-3 minutes. Add the veggie mixture to the cooked lentils along with another pinch of sea salt. Continue to simmer for 15 minutes, or until the veges are tender. Taste-test and add more seasoning if desired.

Just before serving, stir through the coriander and lemon juice. Serve with brown rice.

### **Day 2:**

**Lunch: Left over Lentil Stew with Sourdough bread**

**Dinner: Grilled fish with Bok-Choy**

200g Blue-Eye Cod (or similar fish)  
200g Bok-Choy, chopped coarsely  
2cm piece of fresh ginger (10g), grated  
1 clove garlic, crushed  
1 tablespoon tamari

1. Cook fish in lightly oiled frying pan, uncovered
2. Meanwhile, boil the bok-choy until tender
3. Mix garlic and tamari in a cup and add a teaspoon of water
4. Serve fish with bok-choy covered with dressing

### **Day 3:**

#### **Lunch: Baby Spinach and Chickpea salad**

1 can chickpeas  
1 small zucchini, sliced thinly  
1 clove garlic  
2 tablespoons fresh lemon juice  
1 tablespoon tahini  
1 tablespoon goats milk yoghurt  
60g baby spinach leaves  
½ small red onion, sliced thinly

1. Cook onion and garlic in frying pan with a little olive oil, add zucchini and brown on both sides
2. Mix Tahini, yoghurt and lemon juice in a small cup to make the dressing
3. Place spinach and chickpeas in a large bowl, add onion, garlic and zucchini, drizzle with dressing

#### **Dinner: Brown Rice and Adzuki Bake**

Notes: make enough to have left overs for lunch tomorrow

1 cup adzuki beans (soaked overnight)  
1.5 or 2 cups of brown rice  
a little bit of seaweed

Part 2

Pumpkin

Green vegetable (anything from broccoli to bok choy)

Any other vegetable you wish

Part 3

A block of tofu

2 tbs thin

juice of 1 lemon

1/3 cup miso or olives

Heat oven to 180 degrees.

Put Part 1 in a pot and cover with water, bring to boil and then simmer until rice and beans

are cooked (about 30 mins)

Chop up Part 2, and steam the veggies until they are just cooked. Blend up Part 3 until it is

thick and smooth. Take a casserole dish and put rice and beans (part 1) in the bottom, then

layer on the veges (part 2) and smooth tofu paste (part 3) over the top. Bake for 10-15 minutes



#### **Day 4:**

**Lunch: Left over Adzuki Bake**

**Dinner: Pumpkin and Kumera Soup**

1 Tablespoon of olive oil  
1 small brown onion, chopped coarsely  
1 clove garlic, crushed  
200g Pumpkin , chopped coarsely (with skin left on)  
1 small Kumera (sweet potato), chopped coarsely  
½ teaspoon grated orange rind  
1 tablespoon fresh orange juice  
2 cups vegetable stock

1. Heat oil in saucepan and cook onion and garlic till brown
2. Add pumpkin, kumera and stock. Bring to the boil then reduce heat and simmer, covered, until pumpkin and kumera are tender
3. Blend mixture until smooth and allow to cool
4. Return soup mixture to saucepan and add juice and rind, stir gently over low heat (do not re-boil)

#### **Day 5:**

**Lunch: Left Over Soup with Sourdough bread**

**Dinner: Tofu and Vege Stir-fry**

2 teaspoons sesame oil  
2 cm piece of fresh ginger, cut into slivers  
1 clove garlic, crushed  
100g bok-choy, chopped coarsely  
100g broccolini, chopped coarsely  
100g baby spinach (or other leafy green)  
100g firm tofu, chopped into squares  
2 tablespoons of tamari  
2 tablespoons of chopped peanuts (toasted or raw)

1. Heat oil in large fry-pan, stir fry ginger and garlic until fragrant.
2. Add vegetables, tofu and tamari
3. Add greens and stir-fry until tender
4. Sprinkle with peanuts and serve

#### **Day 6:**

**Lunch: Mega Salad**

(Another favourite for each cleanse that we do because it is so versatile and easy to make)

Step 1: Core Ingredients – tomato, cucumber, avocado, olives , 1 hard-boiled egg

Step 2: Choose your leaves - baby Spinach, rocket, mixed leaves

Step 3: Choose your protein – seared tuna or tofu (slice, marinate & sear in fry pan)

Step 4: Add a legume (Easiest to buy canned, rinse, and add to salad, keep remainder in container in fridge) – Chickpeas, Kidney Beans or Lima beans

TIP: Add also Pipits &/or sunflower seeds as they combine with legumes to make whole protein.

Step 5: Add a vegetable for taste - Baked sweet potato (cut in to small cubes), baked Zucchini, baked Mushroom, blanched asparagus (Boil water, drop asparagus, heat until water

reboils, cut, add)

Step 6: Condiments – Fresh Extra virgin olive oil, balsamic vinegar, Sea salt

### **Dinner: Hearty Autumn Stew**

Note: Cook some brown rice to eat with the stew for lunch tomorrow

1 large carrot

1 cup daikon raddish

1 onion

1 stalk celery

2 cups of pumpkin

1 strip Kombu

100g Tempeh

½ cup peas (fresh or frozen)

2 teaspoons Kudzu

Sea salt

1. Cut the vegetables in bite sized pieces

2. Slice tempeh in 1 inch squares and sauté in sesame oil for 5 minutes on each side

3. Meanwhile, add all the chopped vegetables and kombu into a large soup pot

4. Cover with 4 cups of water and simmer for 20 minutes

5. Add the sautéed tempeh and simmer for another 20 minutes

6. Add the peas, remove the kombu and slice it into small squares then return it to the pot. Add sea salt to taste

7. Dissolve the kudzu in half a cup of water and add it to the pot

### **Day 7:**

**Lunch: Left over Autumn Stew with brown rice**

**Dinner: Fragrant fish parcels with Brown rice**

Note: Make Soba noodle salad for tomorrow's lunch

2 fillets of white fish (your choice)

2 tablespoons of soy sauce

10cm piece of ginger, grated

2 cloves garlic

½ a lemon

Fresh coriander

Spring onions

Sesame oil

1 cup of uncooked brown rice

1. Preheat oven to 180 degrees
2. Cook brown rice in 2½ cups of water, bring to the boil then simmer until soft (about 50 minutes)
3. Meanwhile, place the fish in a large piece of alfoil and add all the ingredients in small amounts (enough to cover the fish), Fold the foil to make small parcel that cover the fish completely
3. Bake fish in oven until soft
4. when cooked, remove the fish from the foil and serve on a bed of brown rice

### **Day 8:**

#### **Lunch: Soba noodle salad**

- 5g Kombu
- 50g Soba noodles
- 1 Lebanese cucumber, seeded and cut into sticks
- 1 small carrot, cut into sticks
- 1 tablespoon toasted sesame seeds
- 1 onion, thinly sliced
- 1cm piece of fresh ginger, grated
- 1 tablespoon sesame oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon tamari

1. Place seaweed in a small bowl, cover with cold water and stand for 10 minutes until soft
2. Cook soba noodles in a small saucepan of boiling water until tender, drain and rinse under cold water, Chop soba coarsley
3. Chop seaweed into squares, add to a large bowl with the soba and combine the rest of the ingredients and toss gently

#### **Dinner: Brown Rice Pilaf**

- 1 small kumera, coarsely chopped
- 1½ cups vegetable stock
- 1 small onion, chopped finely
- 1 clove garlic, crushed
- 1 celery stalk, chopped finely
- 1 cup uncooked brown rice
- 1 tablespoon grated lemon rind
- ½ cup fresh parsley leaves

1. pre-heat oven to 180 degrees
2. Place kumera on baking tray and roast, uncovered for about 25 minutes or until tender
3. Meanwhile, bring stock to boil in a saucepan, reduce heat and simmer
4. Heat oil in a saucepan and add onion, garlic and celery, stirring until onion softens, add mushrooms and uncooked rice
5. Add stock, reduce heat and simmer, covered for about 50 minutes or until stock is absorbed and rice is tender.
6. Stir in Kumera, rind and parsley

### **Day 9:**

**Lunch: left over Pilaf with baby Spinach salad**

**Dinner: Buckwheat Pancakes with Scrambled Tofu**

½ cup buckwheat flour  
½ cup whole meal flour  
Sea salt  
Cold pressed oil  
350 g hard tofu  
1 carrot  
1 small onion  
½ bunch bok choy  
Tamari  
½ bunch watercress  
Juice of ½ lemons  
1 tbsp brown rice vinegar

Pancakes:

Mix dry goods first. Add enough water to make a smooth batter. Let it rest for 1 hour. Use a non stick or cast iron frying pan to make the pancakes. Heat up a little oil in frying pan. Put in mixture, fry on both sides and serve straight away

Scrambled tofu:

Clean and wash veges. Cut carrots and onions into very small cubes, slice bok choy and scramble tofu between your fingers. Heat up the oil in a frying pan and sauté veges until soft.

Add tofu, salt, tamari and cook for a few minutes. Wash watercress, use only the leaves, and discard the stalks. Combine watercress with lemon juice and vinegar. Put watercress on top of pancakes and then the scrambled tofu. Serve straight away.

### **Day 10:**

**Lunch: Your favourite lunch all over again..**

Choose your favourite lunch from the cleanse!

**Dinner: Spicy Indian rice with veges**

1 cup brown rice  
1 stick Kombu  
Broccoli  
2 small carrots  
1 cup of pumpkin  
½ cup of kumera  
Green beans  
1 teaspoon turmeric  
1 tablespoon cumin  
Fresh coriander

1. Cook rice until tender

2. Meanwhile, Cut the vegetables into small squares
3. Heat up oil in a saucepan and add the cumin and tumeric, add the vegetables (except coriander and broccoli) and sauté for 1 minute
4. Add 1 cup of water, then add the cooked rice
5. Stew until the vegetables are soft (about 20 minutes)
6. Add broccoli and coriander, heat for another 5 minutes then serve

**YOU MADE IT TO DAY 10!!**

**Congratulations!!**

If you have any questions, feel free to call Jo ON 0410 331 303