



This is a simple one pager outlining the very simple changes that you need to make in your diet to achieve a detox / cleanse effect.

### **Don'ts and Decreases**

- No stimulants (alcohol, coffee, cigarettes etc) Hot Ginger tea is recommended for daily consumption during the cleanse to assist in removal of toxins
- No processed food (no chocolate bars, lollies, cakes or fast food includes tinned food)
- No deep fried food - cook to retain nutrients – steam, bake or stir-fry lightly.
- Keep dairy to an absolute minimum
- Keep breads to an absolute minimum (does not include wraps)
- Keep consumption of pastas to a minimum (it is a processed food)
- Decrease fruit consumption (no more than 2 serves per day. Remember it is high in sugar)
- Decrease flesh consumption or stick to grilled or steamed chicken or fish

### **Do's and Increases**

- Increase water content (drink at least 2 litres a day)
- Try and have at least one vegetable juice per day
- Increase consumption of grains and vegetables

### **Other pointers**

- Buddy up it is the best way to get support.
- You may struggle for the first three days after which you will feel amazing.
- It is a very empowering process to break perceived addictions
- Stock up on the following fresh fruit, vegetables in all different colours, raw nuts (Cashews, Almonds, walnuts), seeds (Pepitas and Sunflower). Snack on them with dried fruit (eg Currants) or add to meals
- Eat Organic food where possible
- Chew Well. Eat with full attention. Enjoy your meal
- 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.
- Keep eating on the run to a minimum. This detox is a process of bringing consciousness to your eating.

### **Breakfast / Mikes Muesli**

- Jalna bush honey yoghurt
- Oats
- Sultanas
- Slivered Almonds
- Shredded apple or pear

Mix all the ingredients in a bowl (to taste) and make either night before or on the morning. It keeps for a few days