



HOLISTIC DETOX RECIPES

WEEK 1

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RECIPE KEY

Look for these helpful icons throughout the pack.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Breakfast Salad Bowl	Raspberry & Flaxseeds Smoothie Bowl	Pear & Ginger Muesli Bircher	Mango Lassi with Mint	Pear & Ginger Muesli Bircher	Raspberry & Flaxseeds Smoothie Bowl	Breakfast salad Bowl
LUNCH (Ideally 3-4 hours after breakfast)	Chicken, Walnut & Chicory Salad	Leftover Chicken, Walnut & Chicory Salad	Sundried Tomato Hummus with Vegetables & Crackers	Broccoli & Ginger Soup	Leftover Broccoli & Ginger Soup	Nicoise Salad with Grilled Shrimps	Leftover Nicoise Salad with Grilled Shrimps
SNACK (Ideally between lunch and dinner)	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Chicken & Banana Curry with rice	Leftover Chicken & Banana Curry with rice	Salmon Bake Tray	Leftover Salmon Bake Tray	Thai Green Curry with Lentils	Meal Out – Enjoy!	Leftover Thai Green Curry with Lentils



**BREAKFAST
SALAD BOWL**

BREAKFAST SALAD BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
317 kcal
17g Fats
32g Carbs
10g Protein



WHAT YOU NEED

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries
- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

WHAT YOU NEED TO DO

Toast the bread and tear into small pieces.

Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.

Lastly drizzle with olive oil, honey, and lemon juice.



**RASPBERRY & FLAXSEEDS
SMOOTHIE BOWL**

RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
240 kcal
13g Fats
28g Carbs
8g Protein



WHAT YOU NEED

- 3 tbsp. flaxseeds
- 1/2 cup (100ml) water
- 1 cup raspberries, frozen
- 3 heaped tbsp. (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

WHAT YOU NEED TO DO

Boil the water in the kettle.

Place the flaxseeds in a small pot and add in the water, cook for around 5 mins, until the water turns sticky. Then take off the heat and allow to cool slightly.

Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.

Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.

PEAR & GINGER MUESLI BIRCHER



*Serves: 3
Prep: 10 mins
Chill: overnight*



*Nutrition per
serving:
277 kcal
10g Fats
38g Carbs
7g Protein*



WHAT YOU NEED

- 1 large pear, grated
- 1 cup (100g) gluten free oats
- 1/2 cup (125g) soy yogurt
- 1/2 cup (115ml) coconut milk
- 1 tsp. vanilla paste
- 1 tsp. ground ginger
- 1 tbsp. mixed seeds

WHAT YOU NEED TO DO

In a medium sized bowl, mix together the grated pear, oats, yogurt, milk, vanilla and ginger. Transfer the mixture into two jars or cups and refrigerate overnight. Sprinkle with seeds before serving. Store in the fridge for up to 5 days.



**MANGO LASSI
WITH MINT**

MANGO LASSI WITH MINT



*Serves: 2
Prep: 5 mins
Cook: 0 mins*



*Nutrition per
serving:
180 kcal
6g Fats
34g Carbs
8g Protein*



GF

V

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WHAT YOU NEED

- 1 ripe mango
- 8.8 oz.(250g) natural yogurt, 0% fat
- 2/5 cup (100ml) water
- 1-2 tsp. stevia
- 4 handfuls spinach
- 4 tbsp. mint leaves, chopped

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth. Serve in glasses.

CHICKEN, WALNUT & CHICORY SALAD



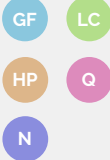
CHICKEN, WALNUT & CHICORY SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
385 kcal
21g Fats
15g Carbs
37g Protein



WHAT YOU NEED

- 1 sweet apple
- 3 cups (400g) cooked or leftover chicken, shredded
- 4 cups (500g) chicory, shredded
- 1½ tbsp. mustard
- 4 tbsp. Greek yogurt (0% fat)
- 3 tbsp. extra virgin olive oil
- 1 tbsp. white wine vinegar
- 2 tbsp. parsley, chopped
- 1/3 cup (40g) walnuts, chopped

WHAT YOU NEED TO DO

Cut the apple into quarters, remove core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.

Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.

Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve immediately or store refrigerated until required.

A top-down view of a Nicoise salad in a grey ceramic bowl. The salad consists of green beans, green olives, hard-boiled egg halves, and grilled shrimp. The bowl is on a dark blue patterned placemat with a copper fork to the right. A semi-transparent white box with black text is overlaid on the top right of the bowl.

NICOISE SALAD WITH GRILLED SHRIMPS

NICOISE SALAD WITH GRILLED SHRIMPS



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
349 kcal
21g Fats
11g Carbs
29g Protein



WHAT YOU NEED

- 5.6 oz. (160g) artichoke antipasti, drained
- 12 oz. (350g) green beans, cooked
- 4 eggs, hard-boiled
- juice of 1 small orange
- 1 tsp. Dijon mustard
- 3 tbsp. olive oil
- 16 oz. (450g) king prawns
- 1 garlic clove, sliced
- 2 sprigs fresh oregano, leaves removed
- 1 baby Romaine lettuce
- 2 tbsp. black olives

WHAT YOU NEED TO DO

If you are using the BBQ, heat it up. If you're not using a BBQ, then prepare a non-stick grill pan.

Drain the artichokes. Cook the green beans and eggs, then set aside to cool.

Mix the orange juice with the mustard and 2 tbsp. olive oil to make the dressing. Mix the dressing in a bowl with the artichokes and green beans, then set aside.

Mix the shrimps with the sliced garlic, oregano leaves and remaining 1 tbsp. of olive oil. Grill the shrimps on the grill pan or the BBQ for about 3 to 5 minutes.

Remove the leaves from the lettuce and tear them slightly. Divide them over 4 bowls. Then add the artichokes, green beans, eggs, and olives.

Lastly, top the salad with the cooked shrimps and serve.



BROCCOLI AND GINGER SOUP

BROCCOLI AND GINGER SOUP



Serves: 6
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
179 kcal
7g Fats
20g Carbs
8g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

WHAT YOU NEED TO DO

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 mins until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.



**CHICKEN AND
BANANA CURRY**

CHICKEN AND BANANA CURRY



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
309 kcal
14g Fats
11g Carbs
35g Protein



WHAT YOU NEED

- 1 banana, chopped
- 1 lb. (500g) chicken breast, chopped
- ¼ cup (30g) flaked almonds
- 1 tbsp. sesame oil
- 2 tbsp. curry madras
- 1 cup (250ml) reduced fat coconut milk
- scant ½ cup (100ml) water
- 2 cups (300g) mange tout

WHAT YOU NEED TO DO

Heat the oil in a large frying pan and fry the chicken with curry madras 3 min. on medium heat.

Add in the coconut milk and water and simmer on low heat for 5 minutes.

Meanwhile, cook the beans in salted water until al dente (about 4-5 min).

Add the chopped banana to the chicken curry and cook for 1 minute. Season with pepper and salt.

Serve the curry sprinkled with flaked almonds alongside a portion of brown rice and mange tout.

THAI GREEN CURRY WITH LENTILS



THAI GREEN CURRY WITH LENTILS



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
394 kcal
12g Fats
60g Carbs
15g Protein



WHAT YOU NEED

- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp. ginger, grated
- 1 tbsp. coconut oil
- 2-3 tbsp. Thai green curry paste
- juice and zest of 1 lime
- 14 oz. (400ml) can light coconut milk
- 1 large or 2 small bok choy, cut into small pieces
- 14 oz. (400g) can lentils, drained and rinsed
- salt, to taste
- coriander, to serve
- 8 oz. (225g) cooked rice noodles, to serve

WHAT YOU NEED TO DO

Fry the onion, garlic and ginger in coconut oil for a few minutes then add the curry paste and cook for another 5 min.

Next add in the lime zest and juice, and the coconut milk, mixing well.

Add in the lentils and bok choy and allow to simmer for about 5 min. Season with salt if needed.

Serve with a portion of rice noodles and fresh coriander.

SALMON TRAY BAKE



SALMON TRAY BAKE



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
538 kcal
23g Fats
45g Carbs
39g Protein



GF

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HP



WHAT YOU NEED

- 3 ½ cups (800g) baby potatoes, washed
- 2 tbsp. olive oil
- 1 cup (200g) tender steam broccoli or green beans
- 3 small red onions, cut into wedges
- 1 ¼ cup (250g) cherry tomatoes
- 2 rosemary springs
- 2 tbsp. balsamic vinegar
- 1 lb (500g) salmon fillets

WHAT YOU NEED TO DO

Pre-heat oven to 360F (180C).

Place the potatoes in a large baking tray and rub them in the olive oil. Season with salt and pepper, then bake for 10 mins.

Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 mins.

Season the salmon fillets with salt & pepper and add them to the tray bake alongside the broccoli. Bake for another 15 mins.

Once salmon is cooked through, divide everything between 4 plates and serve.



**SUN-DRIED
TOMATO HUMMUS**

SUN-DRIED TOMATO HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
7g Fats
19g Carbs
6g Protein



WHAT YOU NEED

- 1 15oz. (425g) can chickpeas, drained and rinsed
- ¼ cup (15g) sundried tomatoes
- 2 tbsp. tahini
- 1 clove garlic, crushed
- juice of 1 lemon
- 2 tbsp. oil from tomatoes

WHAT YOU NEED TO DO

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed.

If necessary add water to bring it to the consistency that you like. Season with salt and pepper to taste.

FRUIT SALAD



Serves: 4
Prep: 5 mins
Cook:: 0 mins



Nutrition per
cracker:
211 kcal
1g Fats
52g Carbs
3g Protein



WHAT YOU NEED

- 1 honeydew melon
- 2 oranges, plus juice of 1 orange
- 1 pomegranate
- juice of 1 lime
- 1 tbsp. honey
- handful mint leaves, chopped

WHAT YOU NEED TO DO

Cut the honeydew melon into quarters and remove the seeds, cut off the skin and slice into pieces. Cut the skin and the pith from 2 oranges, then slice thinly. Cut the pomegranate into quarters and remove the seeds, leaving all the pith behind.

Mix the fruit together in a large bowl, and drizzle with the orange, lime juice and honey. Scatter over the mint leaves.