



# HOLISTIC DETOX RECIPES

WEEK 3

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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
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Very Green Smoothie	Chai Seed Pudding	Very Green Smoothie	Mean Lean Smoothie	Strawberry & Ginger Smoothie	Mean Lean Smoothie	Kale & Peach Smoothie
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Real Detox Salad	Strawberry & Ginger Smoothie	Garden Pea & Leek Soup	Leftover Garden Pea & Leek Soup	Real Detox Salad	Grilled Avo with Black Beans & Salsa	Leftover Grilled Avo with Black Beans & Salsa
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps
<b>WORKOUT NUTRITION</b> (If applicable)	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Turkey & Quinoa with Sweet Tomato Sauce	Leftover Turkey & Quinoa with Sweet Tomato Sauce	Chickpea, Sweet Potato & Spinach Curry with Rice	Leftover Chickpea, Sweet Potato & Spinach Curry with Rice	Vegetable Bean Soup with Shrimps	Meal Out – Enjoy!	Leftover Vegetable Bean Soup with Shrimps





**VERY GREEN  
SMOOTHIE**

# VERY GREEN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
154 kcal  
2g Fats  
31g Carbs  
5g Protein



## WHAT YOU NEED

- 2 cups baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- 1/2 orange, juiced
- ¼ lime, juiced
- ¼ lemon, juiced
- 2 pineapple rings

## WHAT YOU NEED TO DO

*Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.*

# STRAWBERRY & GINGER SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
324 kcal  
24g Fats  
22g Carbs  
7g Protein



## WHAT YOU NEED

- ¼ cup (60ml) almond/coconut milk
- 2-3 handfuls spinach leaves
- 10-12 strawberries
- 1/2 avocado
- 1 tsp. fresh ginger, grated

## WHAT YOU NEED TO DO

*Blend the spinach and milk until smooth, then add the remaining ingredients and blend again until smooth and creamy.*



**MEAN LEAN  
SMOOTHIE**



# MEAN LEAN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
220 kcal  
12g Fats  
24g Carbs  
5g Protein



## WHAT YOU NEED

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

## WHAT YOU NEED TO DO

*Wash all ingredients and place in a high-speed blender.*

*Blend everything until smooth and serve with ice cubes.*

# KALE & PEACH SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
127 kcal  
3g Fats  
23g Carbs  
3g Protein



## WHAT YOU NEED

- 1 cup frozen mango chunks
- ½ cup frozen peach chunks
- handful kale, stems removed
- 2 cups almond milk
- 1/2 inch ginger, peeled
- ½ tsp. cinnamon

## WHAT YOU NEED TO DO

*Place all ingredients in a high-speed blender.*

*Blend everything until smooth and serve immediately.*

**GRILLED AVO WITH  
BLACK BEANS & SALSA**



# GRILLED AVO WITH BLACK BEANS & SALSA



Serves: 4  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
300 kcal  
14g Fats  
32g Carbs  
12g Protein



## WHAT YOU NEED

- 2 avocados, halved, stone removed
- 1 medium tomato
- zest and juice of 1 lime
- 1 cup (184g) black beans, drained
- 1 clove garlic, crushed
- 2 tbsp. coriander, chopped
- 2 tbsp. smoked almonds, chopped

## WHAT YOU NEED TO DO

*Heat the grill to high or prepare the barbecue.*

*Finely chop the tomatoes and combine with zest of whole lime and juice of ½ lime. Mix in the chopped coriander and season with salt & pepper.*

*In a separate bowl, mix together the black beans and crushed garlic. Season with salt and pepper.*

*Place the avocados on the grill or bbq and cook for about 3 mins or until slightly browned.*

*To serve fill the avocado halves with black beans and top with the tomato salsa, almonds and more coriander.*

A top-down photograph of two white ceramic bowls filled with a vibrant green pea and leek soup. The soup is garnished with several strips of crispy, browned bacon. The bowls are placed on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the image, containing the title. A portion of a white plate is visible in the upper right corner, and a grey textured napkin is in the lower right corner.

**GARDEN PEA &  
LEEK SOUP**

# GARDEN PEA & LEEK SOUP



*Serves: 4*  
*Prep: 10 mins*  
*Cook: 20 mins*



*Nutrition per serving:*  
*293 kcal*  
*6g Fats*  
*40g Carbs*  
*16g Protein*



GF

DF



## WHAT YOU NEED

- 2 chicken stock cubes
- 4 cups (1l) boiling water
- 2 medium white potatoes, peeled and chopped
- 2 leeks, chopped
- 3 cups (450g) frozen garden peas
- 8 bacon strips, baked to crispy, chopped into strips

## WHAT YOU NEED TO DO

*Dissolve the chicken stock cubes in the boiling water. Add in the potato and cook for 5 minutes. Next add the sliced leek and let everything boil for 10 minutes.*

*Lastly add in the peas and cook for a further 5 min. Puree everything with a hand blender.*

*Top the soup with the bacon strips and season with salt and pepper.*

A top-down view of a white bowl filled with a fresh salad. The salad consists of vibrant green arugula leaves, bright yellow-green avocado chunks, and several dark purple grapes. The entire salad is garnished with small, light-colored sesame seeds. A semi-transparent white rectangular box is centered over the middle of the bowl, containing the text "REAL DETOX SALAD" in a bold, black, sans-serif font.

**REAL DETOX SALAD**

# REAL DETOX SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
259 kcal  
23g Fats  
11g Carbs  
3g Protein



## WHAT YOU NEED

- 5 oz. (140g) rocket
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper

## WHAT YOU NEED TO DO

*In a large bowl mix together the rocket, onion, avocado and grapes.*

*In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.*

*Pour the dressing over the salad and sprinkle with sesame seeds before serving.*





**VEGETABLE BEAN  
SOUP WITH SHRIMPS**

# VEGETABLE BEAN SOUP WITH SHRIMPS



*Serves: 4  
Prep: 5 mins  
Cook: 15 mins*



*Nutrition per  
serving:  
327 kcal  
11g Fats  
32g Carbs  
27g Protein*




## WHAT YOU NEED

- 5 cups (1½ litres) vegetable stock
- 2 cups (400g) can cannellini beans, drained
- 10 oz. (300g) shrimps
- 5 1/3 cups (800g) vegetable mix of choice
- ½ cup (85g) quinoa
- ¼ cup (60g) basil pesto

## WHAT YOU NEED TO DO

*Put the stock, beans, shrimps, vegetable mix and quinoa in a pot and bring to high heat while stirring.*

*Leave to cook for 15 minutes on medium heat with the lid on the pan. Stir frequently. Stir in the pesto, spread over 4 bowls and serve.*

A top-down view of a white square plate on a wooden surface. The plate features a serving of turkey and quinoa with sweet tomato sauce. The turkey is cut into bite-sized pieces and is coated in a thick, orange-red sauce. It is served over a bed of yellow quinoa. To the left of the turkey, there are two hard-boiled eggs, each cut in half, showing a bright yellow yolk. The eggs are garnished with fresh green herbs. Next to the eggs are several chunks of ripe avocado. The entire dish is garnished with small sprigs of fresh green herbs. A semi-transparent white text box is overlaid on the upper right portion of the plate.

**TURKEY & QUINOA WITH  
SWEET TOMATO SAUCE**

# TURKEY & QUINOA WITH SWEET TOMATO SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
510 kcal  
16g Fats  
58g Carbs  
36g Protein



GF DF  
HP



## WHAT YOU NEED

- 6 tomatoes
- 1 sweet apple
- 1 onion
- 1 clove garlic
- 1 chicken bullion cube
- 1 tsp. curry paste or powder
- 2 eggs, boiled
- 14 oz. (400g) turkey breast
- 1 tbsp. coconut oil
- 4 cups (740g) quinoa, cooked
- 1 avocado

## WHAT YOU NEED TO DO

*Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 sec. Remove the skin, chop and place in a pot.*

*Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper.*

*Meanwhile, cook the quinoa according to instructions on the packaging.*

*Heat the oil in a pan and cook the turkey until browned. In the meantime cook the quinoa.*

*Remove the avocado flesh and cut into cubes, peel the eggs and chop then in quarters. Puree the apple-tomato sauce with a hand blender until smooth.*

*Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.*

# CHICKPEA, SWEET POTATO & SPINACH CURRY



# CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
328 kcal  
16g Fats  
38g Carbs  
11g Protein



## WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

## WHAT YOU NEED TO DO

*Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often stirring for about 3 minutes.*

*Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.*

*Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.*

*Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.*

*Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.*

A top-down view of a clear glass filled with a white, gelatinous chia seed pudding. The pudding is densely packed with small, dark brown chia seeds. Three fresh raspberries are arranged in a triangular pattern on top of the pudding, with a single green mint leaf tucked between them. The glass sits on a light-colored surface with a subtle, repeating geometric pattern.

# **CHIA SEED PUDDING**

# CHIA SEED PUDDING



*Serves: 2*  
*Prep: 5 mins*  
*Chill: 6-8 hrs*



*Nutrition per serving:*  
*214 kcal*  
*12g Fats*  
*21g Carbs*  
*6g Protein*



GF

DF

V



## WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

## WHAT YOU NEED TO DO

*Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.*

*Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.*



# SALT & VINEGAR KALE CRISPS



Serves: 6  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
59 kcal  
5g Fats  
3g Carbs  
2g Protein



## WHAT YOU NEED

- 1 cup (225g) kale, washed and dried, though stalks removed
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- salt

## WHAT YOU NEED TO DO

*Preheat oven to 300F (150C). In a small bowl, whisk together the olive oil and vinegar.*

*Place kale in a large bowl and pour over the mixture massaging it into the leaves with your hands, until well coated.*

*Spread out a single layer of kale onto a baking tray, sprinkle with salt and bake for 10-15 minutes. Turn leaves once during cooking and check often to prevent burning.*

*Remove from the oven and cool before serving.*