



3 DAY DETOX PROGRAMME

Day 1

Day 2

Day 3

BREAKFAST

Miso Soup, chia pudding

Miso Soup, yoghurt with berries

Miso Soup, overnight oats with grated apples

MID MORNING SNACK

Ginger or cherry shot,
tamari almonds

Ginger or cherry shot, vegetable
sticks with carrot and hummus
dip

Ginger or cherry shot, crispy nori

LUNCH

Quinoa with greens, sweet
carrot chunks, hiziki salad,
pickles

Tofu burger, steamed broccoli,
baked squash, pickles

Turmeric-ginger brown rice,
steamed kale, tempeh bacon,
pickles

AFTERNOON SNACK

Green juice

Small smoothie

Carrot juice

DINNER

Red lentil and vegetable
soup

Cream of leek soup

Cleansing shitake, Kombu and
vegetable broth with buckwheat