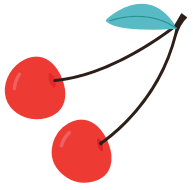


7 DAY DETOX PROGRAMME



Day 1

MORNING JUICE

Cherry or ginger shot

BREAKFAST

Chia seed pudding

MID MORNING SNACK

Tamari nuts

LUNCH

Chickpea curry with brown rice, greens and pickles

AFTERNOON SNACK

Miso soup

DINNER

Cream of vegetables soup, buckwheat crepe with vegetable filling

Day 2

Cherry or ginger shot

Nut granola with g.f. oat milk

Romaine, kale, spinach, cucumber, mint and ginger juice

Falafel and quinoa salad, steamed greens and pickles

Seasonal fruit salad

Minestrone soup with red lentils

Day 3

Cherry or ginger shot

Overnight oats with stewed apples

Miso soup with ginger

No bun bean burger with cabbage slaw and roasted vegetables

Nutball

Buckwheat noodles and vegetable warm salad with smoked tofu

Day 4

Cherry or ginger shot

Carrot hummus with rye cracker and steamed greens

Tamari sunflower seeds

Cottage pie with lentil stew and sweet potato mash. Carrot and black sesame salad

Cherry and plum kombucha

Beans and vegetable soup
Crystal wrap with dip

Day 5

Cherry or ginger shot

Chia seed pudding

Dried fruit

Vegetable sushi, Tamari ginger dip, steamed broccoli, pickles

Kale chips

Miso noodle and vegetable bowl with tempeh

Day 6

Cherry or ginger shot

Scrambled tofu with rye crackers and sprouts

Romaine, kale, spinach, cucumber, lemon, mint and ginger juice

Aduzi beans, broccoli, roasted squash, buckwheat, pickles

Apple compote

Carrot, ginger soup, Millet burger and tahini dip

Day 7

Cherry or ginger shot

Overnight outs with berries

Celery boat with hummus

Baked tofu and stir fried vegetables, quinoa and pressed salad

Miso soup

Butternut squash soup with polenta croutons

