



1 WEEK
MENU PLAN

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DAY 1

BREAKFAST

Superfood muesli with Essential Seed Mix

SNACK

2 plums and 6 almonds

LUNCH

Super health salad

SNACK

1/2 avocado with lemon juice

DINNER

Salmon with ginger, coriander and stir fried vegetables

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 3

BREAKFAST

Cinnamon fruit porridge with essential seed mix

SNACK

1/2 avocado with lemon juice

LUNCH

Chicken with stir fried vegetables

SNACK

Detox daily smoothie

DINNER

Age defying carrot and lentil soup (make double for tomorrow)

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 2

BREAKFAST

Super fruit and seed salad with Essential Seed Mix

SNACK

Houmous and crudités (cucumber, celery, peppers)

LUNCH

Omelette with peppers, mushrooms and green salad

SNACK

Pomegranate or bowl of berries with a small handful of mixed unsalted nuts

DINNER

Primordial soup (stir in Super Greens Mix)

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas

DAY 4

BREAKFAST

Berry breakfast smoothie with Essential Seed Mix

SNACK

Houmous and crudités (cucumber, celery, peppers)

LUNCH

Age defying carrot and lentil soup

SNACK

Nectarine and a small handful of cashews

DINNER

Trout en papillote with roasted vegetables

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas



MENU PLAN

DAY 5

BREAKFAST

Gluten free oats or buckwheat flakes with Essential Seed Mix, soya / almond / coconut milk & a little honey or maple syrup

SNACK

1 pear with handful of pecan nuts

LUNCH

Herby Salmon Sandwich with Super Greens Mix

SNACK

Guacamole with crudités

DINNER

Leek, cannellini and potato soup (make double for tomorrow)

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 7

BREAKFAST

Berries, oats and a little honey or maple syrup with Essential Seed Mix

SNACK

Nectarine or clementine with a handful of cashew nuts

LUNCH

Herby Salmon Sandwich with Super Greens Mix

SNACK

Olives and 1 apple

DINNER

Baked sweet potato with borlotti stew

DRINKS

Water with lemon on waking.
2 litres of water and herbal teas

DAY 6

BREAKFAST

1 slice of rye or good quality wheat free toast with mashed avocado and 1 slice of smoked salmon and a splash of lemon juice and ground black pepper

SNACK

Toasted sunflower seeds and a piece of fruit

LUNCH

Leek, cannellini and potato soup (stir in Super Greens Mix)

SNACK

Orange with handful of pumpkin seeds

DINNER

Cleansing bean and artichoke salad

DRINKS

Water with lemon on waking. 2 litres of water and herbal teas



SUPERFOOD MUESLI

SERVES 1

40g whole rolled porridge oats
1 tbsp ground almonds / desiccated coconut
1 tbsp Essential Seed Mix
1/2 small apple - grated
1 tbsp of any berries
1/2 tsp ground cinnamon

Place all of the ingredients in a bowl and cover with double the amount of boiling water.

Stir and leave to thicken for a couple of minutes until the oats have soaked up the water and become soft and plump.



DETOX RECIPES

ESSENTIAL SEED MIX

Fill half a glass jar with a sealing lid with flax seeds (known also as linseeds) and half with a mixture of sesame, sunflower and pumpkin seeds. Store in the fridge until used.

SUPERBOOST SESAME SALAD

SERVES 2

1 x 410g can of chickpeas - rinsed and drained
2 celery sticks - finely chopped
6 pieces of marinated artichoke hearts - roughly chopped
6 spring onions - finely chopped
1 tbsp sesame seeds
1 tsp toasted sesame oil
Juice of 1/2 lemon

Mix all ingredients together and serve with salad, serve with a portion of Super Greens Mix.

SUPER HEALTH SALAD

Avocado / tomatoes / leaves / cucumber / peppers / onions / celery / mushrooms / sprouts / radish / with chicken / seeds / tofu / beans / chickpeas

DETOX RECIPES

SALMON WITH GINGER & CORIANDER

SERVES 4

- 1 tbsp fresh coriander
- 3 tbsp tamari or soy sauce
- 3 tbsp toasted sesame oil
- Juice of 2 limes or lemons
- 4 x 100g salmon fillets - with skin on
- a little olive oil and salt for rubbing
- 1 tbsp coconut oil or mild / medium olive oil
- 2 tbsp root ginger - peeled
- 10 spring onions - topped tailed and halved

Rub the salmon all over with the olive oil and tiny amount of salt and set aside. Whiz the ginger, spring onions, coriander, tamari or soy, sesame oil, lime juice and 3 tablespoons of water together in a blender until they form a relatively smooth sauce and the ginger is finely chopped.

Taste and adjust the seasoning.

Heat the oil in a large frying pan, then pan fry the salmon for 5-7 minutes on each side or until cooked and the flesh flakes easily when pressed.

Serve immediately with the sauce.



DETOX RECIPES

SUPER FRUIT & SEED SALAD

SERVES 1

seeds of 1/2 pomegranate

watermelon chunks (or a couple of handfuls of blueberries / strawberries)

sliced kiwi fruit

a good squeeze of fresh lemon juice

1 tsp of Essential Seed Mix

Mix the fruits in a bowl with the seed mix and add the lemon juice.





PRIMORDIAL SOUP

SERVES 2

- 1/2 red onion - roughly chopped
- 1 garlic clove - crushed
- 1 tbsp coconut oil or medium olive oil
- 1 large carrot or 2 small medium ones - peeled and chopped
- 1 heaped tsp grated fresh root ginger
- 1/4 tsp turmeric
- 2 tsp vegetable stock powder
- 1/2 red pepper - diced
- 75 ml coconut milk

Heat the oil in a large pan and gently sauté the onion and garlic for a few minutes until they start to soften but do not turn brown, add the carrot, sweet potato, ginger, turmeric and vegetable stock powder. Just cover with boiling water and bring to the boil. Cover and simmer for about 15 minutes or until the vegetables are soft. Add the red pepper and coconut milk, then blend until smooth and thick.

DETOX RECIPES



CINNAMON FRUIT PORRIDGE

SERVES 1

40g whole porridge oats
1/2 - 1 tsp ground cinnamon
1 tbsp essential seed mix
(plus any fruit, chopped or grated, or whole if berries)

Place the oats in a pan and cover with water. Bring to the boil, then gently simmer, stirring until the porridge thickens and the oats soften.

Stir the cinnamon, seed mix and fruit into the porridge or just scatter on top.

SMOOTHIES & JUICES

Make your own smoothies and juices to avoid high sugar options and high sugar fruit.

DETOX JUICES

INVIGORATOR

1 pink grapefruit, handful of mixed berries (under 5 GL)

SKIN NOURISHER

1 large apple, 1 carrot (10 - 15 GL)

STOMACH SETTLER

1 carrot, 1 pear, 2 thick slices of fresh pineapple, half a lemon, 1/4 tsp fresh root ginger (15 - 20 GL)

C SHARP

1 celery stick, 1 large apple half, a lemon (under 5 GL)

DETOX SMOOTHIES

SUMMER FIZZ

5 strawberries, juice of 1/2 a lemon, 2 tsp xylitol, 100ml sparkling mineral water (under 5 GL)

BERRY TASTY

75g raspberries, 1 tbsp tahini, 3 tsp xylitol, 100ml water (under 5 GL)

WATERMELON WHIZ

200g watermelon (under 5 GL)

COOL CARIBBEAN

1 banana, large handful of strawberries, 150ml coconut milk, 3 ice cubes



DETOX RECIPES

AGE DEFYING CARROT & LENTIL SOUP

SERVES 4

- 1 tbsp coconut / olive oil
- 2 garlic cloves - crushed
- 1 onion - roughly chopped
- 2 large celery sticks - sliced
- 4 medium carrots - sliced
- 200g rinsed red split lentils
- 1 litre hot vegetable stock

Heat the oil in a large pan and sweat the garlic and onion for 5 minutes to soften, add the celery, carrots, lentils and stock then stir and bring to the boil.

Cover and simmer for 10 minutes to allow the carrots to soften, then blend until smooth or to your preferred consistency.



DETOX RECIPES

BERRY BREAKFAST

SERVES 1

1/2 small banana

2 tsp of Essential Seed Mix

1 small punnet of blueberries
(or other berries)

juice of 1/2 lemon

plus enough pure fruit juice or water -
to give easy-to-drink consistency

Blend all ingredients together until smooth.





TROUT EN PAPILOTE WITH ROASTED VEGETABLES

SERVES 2

- 2 garlic cloves - crushed
- Juice of 1 lemon
- Drizzle 1 tsp of mild olive oil
- 2 portions of super greens mix
- 2 small sweet potatoes - sliced into fairly thin wedges
- 2 courgettes - sliced into similar sized wedges
- 2 medium sized rainbow trout - fully prepared
- 2 tsp fresh flat leaf parsley - finely chopped

Preheat the oven to 180°C. Place the sweet potatoes and courgettes in a roasting tin, drizzle with oil and roast for about 1 hour, stirring the vegetables over halfway through until the potatoes are soft when pierced with a knife.

Meanwhile take a piece of baking parchment large enough to cover both fish lying diagonally across the middle of the paper when folded in half. Starting from one end, gradually fold up the edges to seal the paper into a parcel on a baking tray and bake for 25 minutes. Unwrap carefully to avoid being burnt by the steam and place the fish on plates with the cooked vegetables and a portion of super greens mix each. Serve immediately.

DETOX RECIPES

HERBY SALMON SANDWICH

SERVES 1

1 salmon fillet
1 large slice (or 2 small) of pumpernickel
style rye bread
squeeze of lemon juice
1/2 portion Super Greens Mix

Steam the salmon fillet for about 15
minutes or until cooked.

Skin and flake and allow to cool.

Spread Super Greens Mix on toasted
rye bread and top with flaked
salmon and a squeeze of lemon juice.



DETOX RECIPES

HOMEMADE GUACAMOLE

SERVES 2

1 ripe avocado
juice of 1/4 lemon
1/2 garlic clove - crushed
1/4 small red onion - finely diced
3 cherry tomatoes - finely diced
1 tbsp fresh coriander (or flat leafed parsley)
- chopped 1 tbsp extra virgin olive oil
(or flax / hemp oil)
freshly ground black pepper

Cut the avocado in half lengthways and remove the stone, scrape the flesh out of the shell into a bowl and quickly mash with a fork. Add the remaining ingredients, then taste to check seasoning and serve.



DETOX RECIPES

LEEK, CANNELLINI & POTATO SOUP

SERVES 2

- 1 tsp coconut oil or olive oil
- 2 cloves garlic - crushed
- 600ml boiling water
- 2 large leeks - trimmed and well rinsed, then sliced
- 2 medium or 3 small baby new potatoes - unpeeled and cubed
- 3 tsp vegetable stock powder
- 1 x 410 g can cannellini beans rinsed and drained
- Freshly ground black pepper
- 2 servings of Super Greens Mix.

Heat the oil in a pan and sauté the garlic for 30 seconds, add the leeks, cover and sweat for 3 minutes until they start to soften, tip the potatoes water and vegetable stock powder into the pan and stir then cover and simmer for 15 minutes.

Add the beans and blend with a hand held blender until fairly smooth. Season with black pepper and add a dollop of Super Greens Mix if using.

SUPER GREENS MIX

- 1/4 bag watercress - rinsed & dried
- 1/4 bag baby leaf spinach - rinsed & dried
- handful of basil leaves
- handful of parsley leaves
- good drizzle of extra virgin oil (or flax / hemp oil)
- squeeze of lemon juice

DETOX RECIPES



CLEANSING BEAN & ARTICHOKE SALAD

SERVES 2

- 2 garlic cloves crushed
- 1 red onion - finely diced
- 2 tbsp olive oil
- 250g cherry tomatoes (chopped)
- 2 tbsp tomato purée
- 1 x 410g can mixed pulses - drained and rinsed
- 6 marinated artichoke heart halves - roughly chopped
- 2 tbsp black olives - pitted and chopped
- handful of torn basil leaves.

Sweat the garlic and onion in the oil for about 3 minutes.

Add the tomatoes and cook for a couple of minutes until they disintegrate, stir in the tomato purée, mixed pulses, artichoke hearts and olives. Reduce heat and simmer for about 5 minutes or until thick and rich.

Add basil or Super Greens Mix to serve.

DETOX RECIPES

BAKED SWEET POTATO WITH BORLOTTI STEW

SERVES 2

2 small sweet potatoes
A little olive oil

For the stew:

1 tbsp coconut or olive oil
2 garlic cloves - crushed
1 large red onion - diced
100g mushrooms - sliced
2 tbsp tomato purée
1 x 400g can plum tomatoes
1 x 410g can borlotti beans -
drained and rinsed
1/2 tsp vegetable stock powder
1/2 tsp Herbes de Provence
freshly ground black pepper

Preheat the oven to 200°C. Prick the potatoes all over.
Rub with a little oil and place on a baking tray.

Cook for 1 hour or until soft all the way through when
pierced with a knife. Meanwhile prepare the stew.

Heat the oil in a pan and sweat the garlic and onion
gently for 2 minutes, then add the mushrooms and
cook for 5 minutes or until fairly soft.

Add the remaining ingredients and simmer for about 5
to 10 minutes to allow the vegetables to soften and the
sauce to thicken.

Check the seasoning and adjust if necessary.

Open up the baked potatoes and spoon the stew inside.