

---

## Detox Shopping List

3 **Carrots**

22 **Apple** (not Granny Smith or Cox)

3 **Lemons** (unwaxed)

1 Yellow bell **Pepper**

1 ½ **Cucumber**

3 **Celery** sticks

3 **Broccoli** stems (1 inch each)

1 large or 2 small **Beetroot** (row)

2 pieces **Ginger** (fresh)

Small handful **Parsley**

2 **Avocado** (ripe)

¼ cup **Blackberries** (fresh or frozen)

¼ cup **Blueberries** (fresh or frozen)

1 medium **Pineapple**

1lb (1/2kilo) **Spinach**

3 ½ litres Mineral **Water**

1 tub Natural 'live' **yogurt**

# The Programme

---

## DAY ONE

|                |                                    |
|----------------|------------------------------------|
| On waking      | Hot water with slice of lemon      |
| Breakfast      | Detox Special                      |
| Lunch          | Detox Special                      |
| Linner         | H2O Detox (between Lunch & Dinner) |
| Evening 'meal' | Beyond Detox                       |

## DAY TWO

|                |                               |
|----------------|-------------------------------|
| On waking      | Hot water with slice of lemon |
| Breakfast      | Super Detox Smoothie          |
| Lunch          | Dreamy Detox                  |
| Linner         | H2O Detox                     |
| Evening 'meal' | Beyond Detox                  |

## DAY THREE

|                |                               |
|----------------|-------------------------------|
| On waking      | Hot water with slice of lemon |
| Breakfast      | Detox Special                 |
| Mid- Morning   | H2O Detox                     |
| Lunch          | Beyond Detox                  |
| Linner         | H2O Detox                     |
| Evening 'meal' | Dreamy Detox                  |



# DETOX SPECIAL

The Detox Special is packed with the finest green, yellow and orange juices, all of which are designed to furnish the system with optimum nutrition without outing a burden on the digestive system. This allows the system to detox naturally whilst giving the right nutrients and anti-oxidants to maximize the process of detoxification.

2 **apples** (Golden Delicious or Royal Gala)

1 **carrot** (organic if possible)

1 slice **lemon** with rind on (unwaxed where possible)

¼ yellow bell **pepper**

1 inch slice **cucumber**

¼ piece **celery**

1 inch **broccoli** stem

1 inch slice raw **beetroot**

**Ice**



# H2O Detox

This recipe can be used at any time whether you are on the 3-day detox or not. It is particularly good for a 24 hour super detox. This is where you simply drink hot water with lemon, mineral water, this H2O Detox and nothing else. This flushes the system and gives a full 24 hour break from any kind of heavy digestion. Lighter than a juice but much better than a water.

1 inch piece raw **beetroot**

½ **apple** (Golden Delicious or Royal Gala)

1 inch slice **pineapple**

1 inch slice **lemon** with rind (if not unwaxed remove rind)

¾ litre mineral **water** (or your choice of water)

1 sports bottle or flask

Juice the beetroot, apple, pineapple and lemon. Mix with water into a large bottle (a 1 litre bottle should be big enough). Shake and drink (that's shake the bottle, not yourself).

## Look what's in it!

Vitamin A, B and C, potassium, boron, carotenes, folic acid, manganese, calcium and iron.

How will this help to detox.? This light juicy water helps to flush the system of impurities while supplying the body with essential nutrients. Beetroot is nature's best blood builder, the lemon cleans the liver and kidneys. Apple is nature's best-known detoxifier.

This drink is also excellent for

pre –post workout as it's rich in potassium.



# Beyond Detox

Freshly Extracted apple, spinach, beetroot, cucumber and parsley juice blended with avocado and ice. Beyond Detox has all the vitamins, minerals and anti-oxidants you would expect in full – on detox.

**3 apples**

**1 large handful spinach**

**1 inch raw beetroot**

**1 inch slice cucumber**

**Parsley** (just a small amount – it's quite a powerful herb. Leave out if you have kidney problems or are pregnant)

**½ ripe avocado**

**Ice**

Before turning on your machine, place one whole apple into your whole fruit juicer, then push down and pack the spinach and parsley tight before adding the cucumber, beetroot and other apples. If there isn't enough room for the other apples, simply follow through with them afterwards. Place the avocado into the blender along with the juice and ice. Blend until smooth – drink slowly and brush your teeth afterwards!

## How will this help to detox?

Parsley is one of the nature's superherbs. It expels worms, relieves gas, stimulates normal activity of the digestive system and helps bladders, kidney, liver, lung, stomach and thyroid function. Not bad for a little herb. This gorgeous smoothie contains all eight essential amino acids – the building blocks for protein. Every cell in your body and mind will benefit from it.





# Super Detox Smoothie

Fresh Blueberries, blackberries and low- fat live yogurt all blended together with freshly extracted pineapple juice and ice

½ small **pineapple**

1 handful fresh **blueberries**

1 handful fresh **blackberries**

200g low- fat live **yogurt** (or soya yogurt or soya milk)

4 **ice** cubes

Juice the pineapple and pour into the blender along with the blueberries, blackberries, yogurt and ice. Blend until smooth.

Super Simple Version of this recipe You can make this recipe without a juicer if in a real hurry. You simply leave out the pineapple and place everything in the blender and blend until smooth. If too thick, add water or some soya milk.

## Ho will this help to detox?

Blueberries contain some nature's most powerful anti-oxidant and anti-ageing phytonutrients, which helps to destroy the free radicals that age the skin and cause premature wrinkles. Blackberries are antibacterial, they promote healing and are also good for treatment and prevention of diarrhoea. The live yogurt helps to maintain the healthy gut.

# Dreamy Detox

2 **apples** (Golden delicious or Royal Gala)

1 slice **lemon** with rind on (unwaxed where possible)

1 inch slice **cucumber**

1 stick **celery**

1 inch piece fresh **ginger**

**Ice**



Juice everything and place ice and juice in the blender. Blend until smooth. Remember that you can skip the blender if you wish and just add ice, but its better and smoother with the blender.

## How will this help to detox?

Apple and cucumber are amazing for flushing out and cleaning the system. The celery helps to flush the body of excess carbon dioxide and reduce acidity in the body. Ginger is a well- known natural antibiotic and superb decongestant. Lemon is particularly powerful at removing harmful bacteria and toxins from the intestinal tract and is also amazing at cleaning the liver and kidneys.