

Suggested eating plan whilst on the Fresh Start slim and cleanse 10 day program.

Remember that the diet plan below can be used on an ongoing basis as you continue your healthier eating regime.

Foods to INCLUDE while on the Slim & Cleanse formulas to support your cleanse

Fruit

Apples, oranges, pears, melons, strawberries, kiwi fruit, raspberries, nectarines, grapefruit, mango, blueberries... best to avoid bananas during a cleanse.

Fruit Juice

Best to make your own during a cleanse as many commercial brands incorporate sweeteners that are not suitable during a cleanse.

Vegetables

Carrots, turnip, cabbage, sweetcorn, peppers, leeks, broccoli, tomatoes, cauliflower... best to avoid potatoes during a cleanse.

Beans & Lentils

Fresh Fish

Especially white, fleshy fish.

Unsalted Seeds

Foods to INCLUDE while on the Slim & Cleanse formulas to support your cleanse

Fresh Herbs

Especially coriander, parsley and basil.

Honey

As a sweetener.

Water

At least 2 litres each day – add lemon to your water each morning as a great start to your day or herbal teas are a great way to support your cleanse.

Foods & stimulants to AVOID during your cleanse

- All meat products – red meat, chicken, turkey, sausages, paté
- Butter & margarine with the exception of coconut or nut butters
- Cheese
- Potatoes
- Breads & pasta made from wheat & white flour
- Chocolate, sweets, sugar
- Jam & other condiments
- Processed foods
- Alcohol
- Cigarettes, coffee,
- Milk with the exception of Oat, Soy & Almond Milk
- All fizzy drinks
- Salt

Suggested Breakfast, Lunch, Dinner over 10 days while on Slim & Cleanse formulas:

Breakfasts:

- Fresh fruit salad
- Fresh fruit smoothie
- Homemade muesli made from seeds & fruit
- Eggs – boiled or poached
- Spinach prepared with nut or coconut butter
- Brown rice with poached fruit
- Quinoa flakes / porridge or plain quinoa

Lunches:

- Vegetable soup
- Tuna salad
- Mediterranean salad without cheese
- Homemade dips – served with rice cakes
- Avocado & tomato salad
- Quinoa
- Eggs – boiled or poached

Dinners:

- Vegetable stir fry with coconut or nut butter
- Baked salmon & vegetables
- Bean casserole with vegetables

(Brown rice can be served with all your evening meals)

Suggested Breakfast, Lunch, Dinner over 10 days while on Slim & Cleanse formulas:

Snacks

- Plain popcorn
- Unsalted nuts & seeds
- Fresh Fruit
- Herbal Teas
- Carrot sticks & homemade hummus
- Celery sticks & cucumber dip



NB:

Peppermint tea, lemon tea, nettle tea and dandelion tea are a wonderful addition to any cleanse program of your choice.

Trying to walk as part of your 10 cleanse regime for at least 30 minutes each day will assist your health and ability to recharge your health daily.

Upon rising you may wish to squeeze ½ a lemon to warm water with 1 tablespoon of Manuka honey to a 200mL glass tumbler... this is known to support your daily cleansing regime.