

10-DAY DETOX CHALLENGE MEAL PLAN

This 10-day detox meal plan is designed to provide you with a basic understanding of how you can monitor your daily food intake to ensure healthy nutrition and to help you boost the performance of your body engine. A section of this plan is aimed to help you fight your body fat to reach your desired percentage.

It can be followed for 1 week every 4 weeks, or for a full 10 day period or right before starting a maintenance meal plan.

You could even follow this plan for 3 days at a time while building upon it as a habit.

While using the 10 days part or challenge, pay attention to the maintenance part and the additional plan consisting of a general eating approach to help you sustain balanced nutritional support for your body.

It is imperative that you strictly adhere to this plan during the 10 days period, to avoid reversing what the program is trying to achieve.

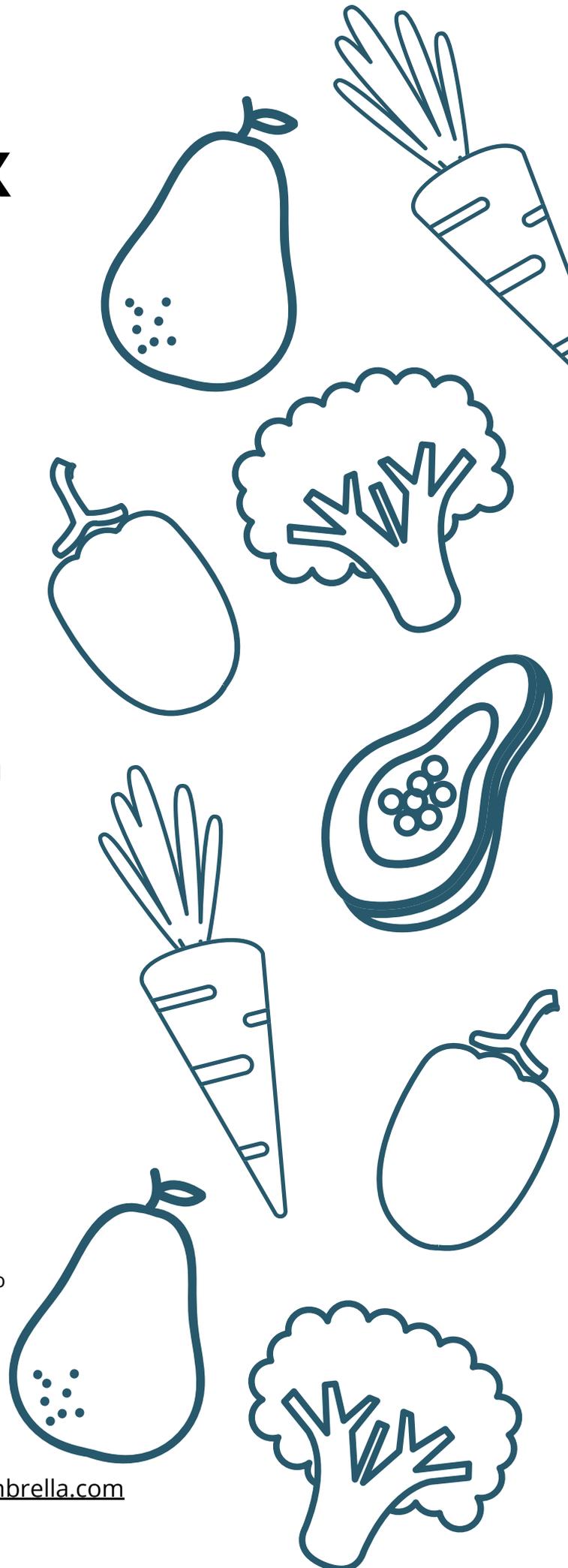
It is advisable to start with 5 days then build up to 10 days as you go, but if you are fully motivated to take the challenge you can, go on for the full 10 days.

DRINK LOTS OF WATER, 2 TO 3 LITRES A DAY

During this phase there will be no eating carbohydrates:

Fruits
Bread
Pasta
Rice
Potatoes
Certain vegetables
No dairy as it contains carbohydrates (Lactose)

From day 1 to day 10 the plan will be broken down to five portions a day including protein and healthy fats intake combined with the following vegetables, (you can mix your plate the way you want).



FOODS THAT CAN BE MIXED WITH PROTEINS AND FATS

- Broccoli
- Cauliflower
- Brinjal
- Marrows
- Patty Pans
- Asparagus
- Sprouts
- Pickled Cucumber
- Cucumber
- Carrots(in moderation)
- Onion
- Spring Onion
- Mushroom
- Tomato
- Lettuce
- Peppers
- Protein Choices
- Chicken Breasts
- Fillet of white fish
- Lean meat
- Ostrich
- Turkey
- Salmon 2x weekly
- Tuna fish
- Protein power (carbs and lactose-free)
- Cottage cheese
- Egg whites or full eggs

Your Daily Plan will be broken down into:

Meal 1: Breakfast
Protein with 1 tablespoon of Olive oil

Meal 2: Mid-morning
Protein

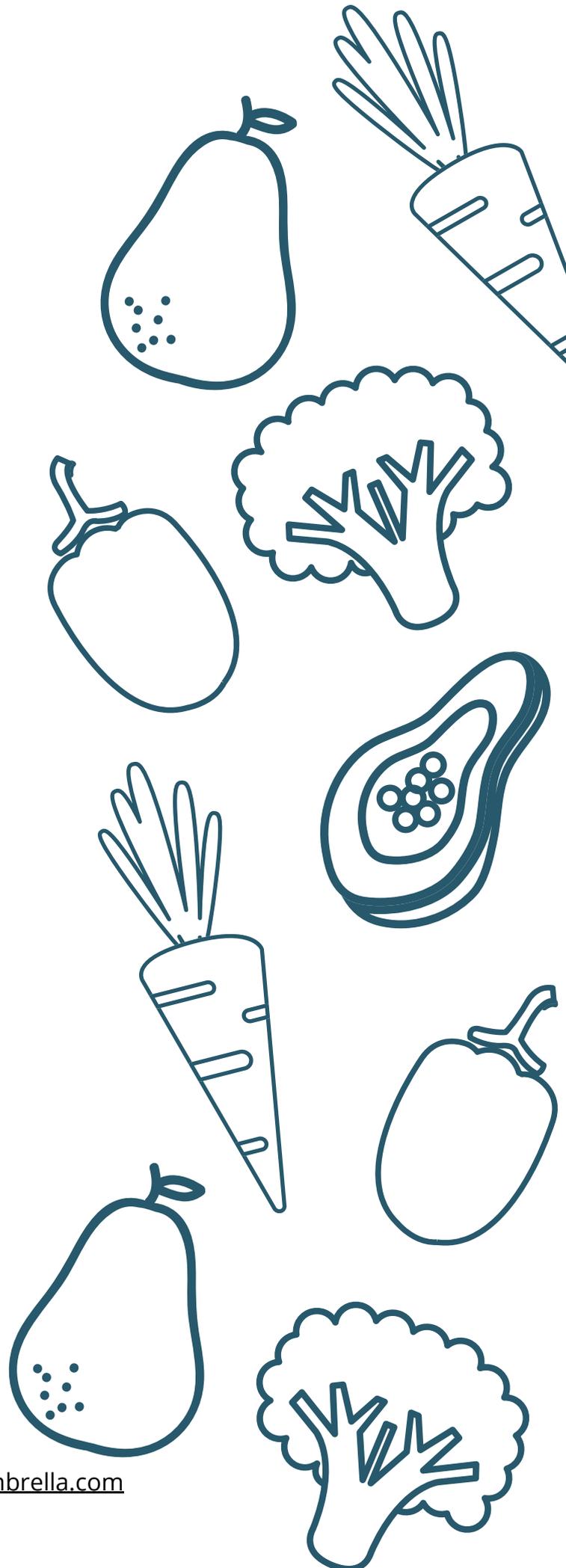
Meal 3: Lunch
Protein with 1 tablespoon of Olive oil

Meal 4: Mid-afternoon
Protein with 1 tablespoon of olive oil (men only)

Meal 5: Dinner
Protein

Write your shopping list from all the food sources you are allowed to intake for the next 10 days and omit the ones you are not supposed to intake. Use the veggies listed above to add with your protein choice to create your own plate.

You can use Botanicals and water to manage coffee/tea/ drinks cravings for the first 5 or 10 days of your program.



MAINTENANCE PLAN

Add the following to your 10-day plan, your protein and veggies part at the first 10 days.

Day 11

Add in 4 carbohydrates and have 4 fats

Day 12

4 carbohydrates and 1 fat

Day 13

0 carbohydrates have 4 fats

Day 14

2 carbohydrates have 3 fats

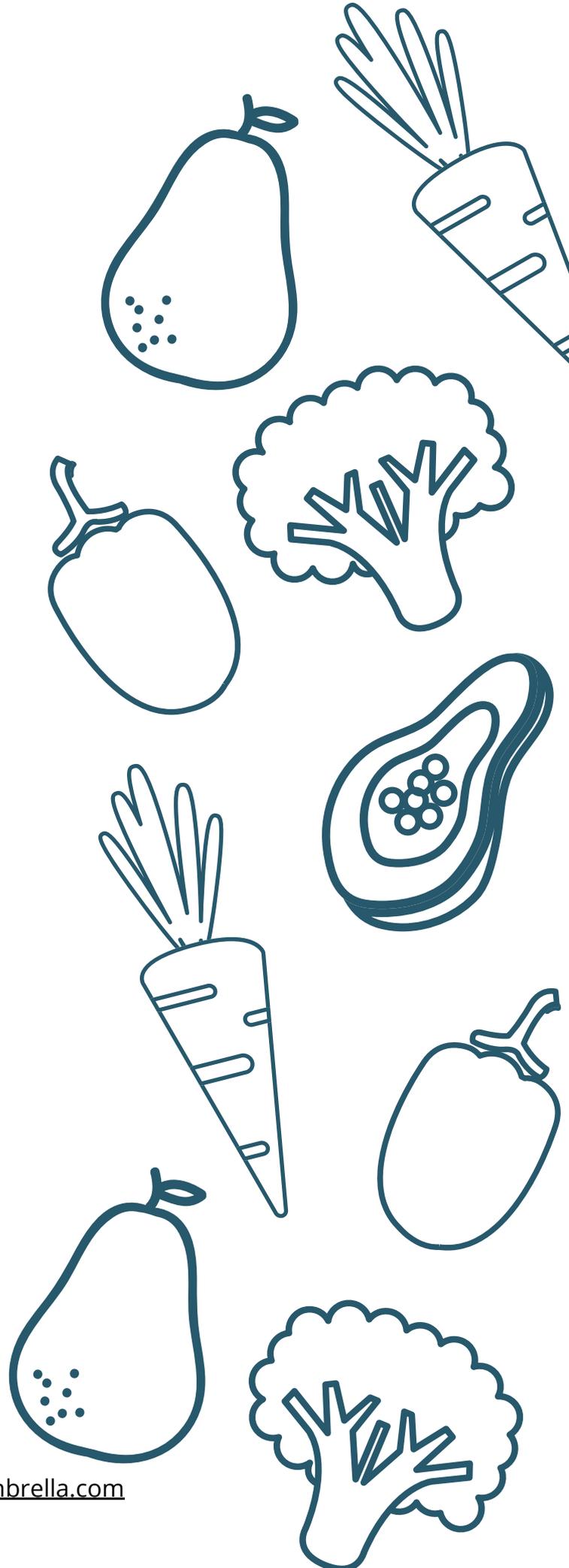
Day 15

4 carbohydrates and 1 fat

Day 16

0 carbohydrates have 4 fats

Then repeat from day 11 again.



MAINTENANCE PLAN

Carbs can be found in the general eating guide below:

A general guide for an easy approach to your plate

Basic Nutrition Advice (kitchen makeover)

Food combination rule: try and ensure that amino acids are consumed adequately.

Good ideas for putting together an AA (Amino Acids) balanced meal include mixing:

- Legumes (beans + split peas or lentils) or peanuts and grain products
- Samp and beans
- Rice and beans
- Peanut butter
- Legumes or peanuts with seeds and nuts
- Hummus (chickpeas and sesame seeds)
- Grain products and dairy products
- Macaroni and cheese
- Whole grain cereal and milk
- Cheese and crackers
- Nuts and seeds with dairy products
- Yoghurt with sunflower and pumpkin seeds
- Fruits and vegetables
- Eat to the rainbow (mixed colours in one plate)

Colour foods

Phytonutrients and possible actions

Red

Tomato, tomato products, watermelon, pomegranate, strawberries.

Lycopene: antioxidants help reduce cancer risk

Orange

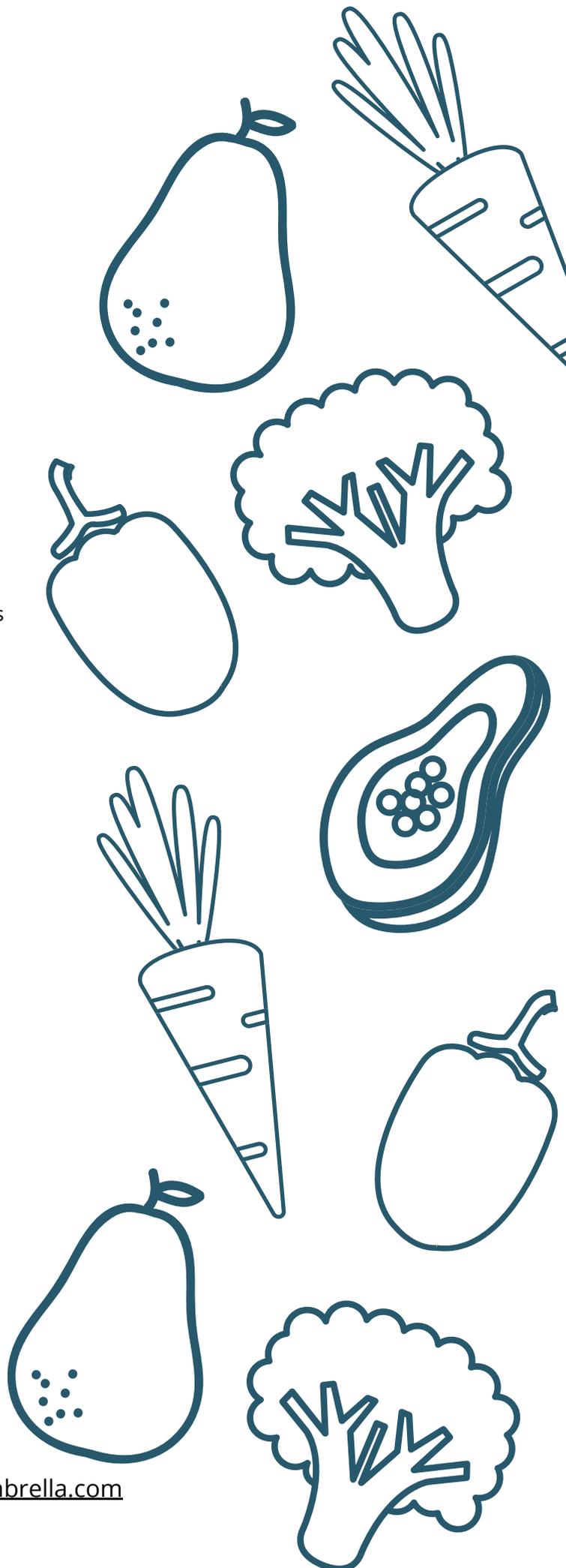
Carrots, sweet potato, mango, pumpkin, butternut. *Beta carotene, supports the immune system, Powerful antioxidant*

Yellow-Orange

Citrus fruits, orange, lemon, papaya, peach, nectarine, peppers, squash
Vitamin C, flavonoids: detoxify harmful substances

Green

Spinach, kale, collard, lettuce, basil, rocket and other greens
Folate: Builds healthy cells and genetic material



Green-White

Broccoli, Brussels-sprouts, cabbage, cauliflower
Isoflavones, indoles, lutein:
Eliminate excess oestrogen and carcinogens

White-Green

Garlic, onion, chives, asparagus
All sulfides: destroys cancer cells, reduce cell division, support immune function

Blue

Blueberries, purple grapes, plums
Anthocyanidins: destroy free radicals

Red-Purple

Grapes, berries, plums
Resveratrol: may decrease oestrogen production

Brown

Whole grain, legumes
Fibre: carcinogen removal

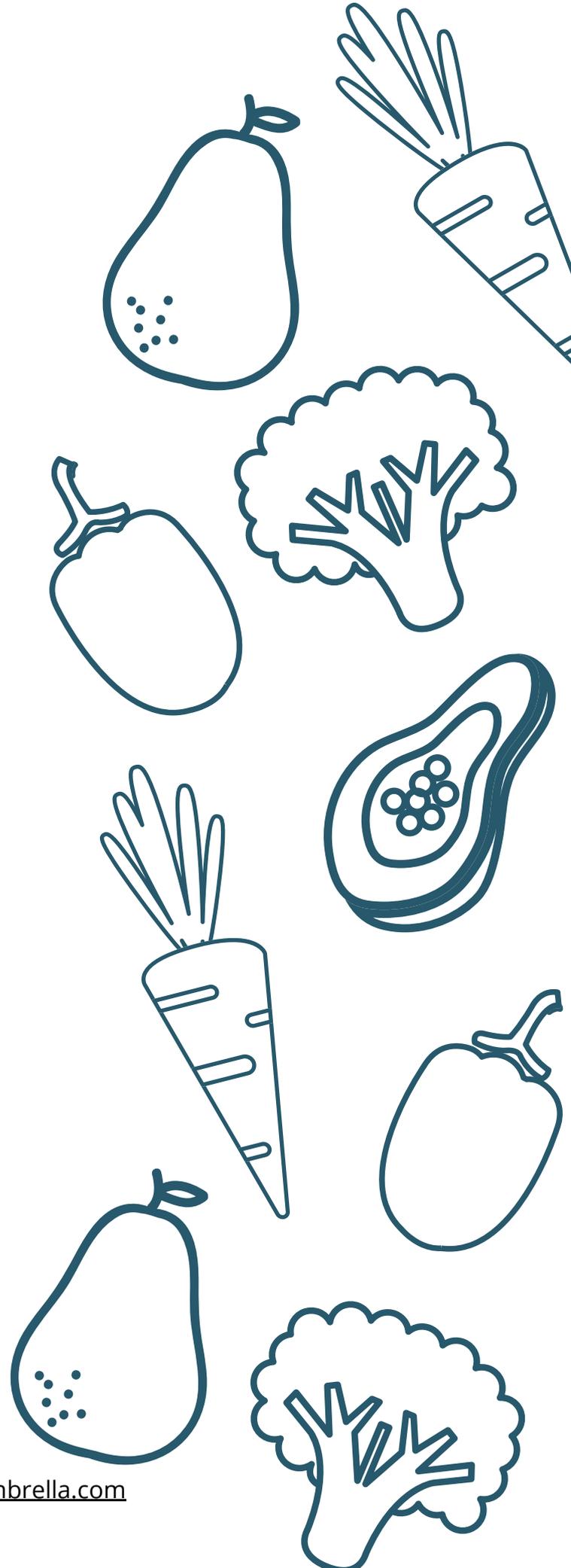
Dietary supplements

1. Omega 3 fatty acids: needed for most metabolic function and not made by the body
2. Multivitamin & mineral supplement with 400 mcg folic acid
3. Vitamin D and Calcium supplements: to build and keeping strong healthy bones
4. Antioxidants
5. Botanicals

Food sources of fibre

Ensure all foods are low GI

- All-Bran High Fibre or flakes
- Nutrific biscuits
- Baked beans
- Lentils
- Rye Bread
- Whole Wheat pasta
- Muesli
- Brown bread/ whole wheat
- Oats
- Orange/Grapefruit
- Apple Raw
- Raisins
- Pear, banana, peach, strawberries
- Fruit juice
- Broccoli
- Peas
- Butternut
- Baked potato
- Brinjal
- Green beans
- Carrots, spinach



Commonly eaten oils

- Fats
- Canola oil
- Butter
- Avocado oil
- Milk Fat
- Olive oil
- Stick margarine
- Safflower oil
- Partially hydrogenated oil
- Soybean oil
- Sunflower oil

Foods naturally high in oils

- Nuts and Seeds
- Olives
- Avocados

Commonly eaten Protein food sources

- Steak
- Tuna
- Chicken (Remove the skin)
- Soya beans, cooked
- Yoghurt
- Milk, Skim
- Peanut butter (Nuts)
- Cheddar cheese
- Eggs

