

HEALTHY DETOX DIGEST

WEEK 3- BREAKFAST AND LUNCH IDEAS



For the next two weeks, enjoy reading about some Healthy Detox Dishes!

Detox Plan Breakfasts

- **Banana porridge**
Porridge made with water and topped with natural yogurt, banana, raisins and honey.
- **Fruit salad with yogurt and oats**
Fresh fruit salad with natural yogurt and a sprinkling of oats.
- **Fresh fruit smoothie**
Fruit smoothie made from fresh fruit, natural yogurt and honey to sweeten if needed.
- **Muesli and yogurt**
Homemade muesli made from oats, seeds, nuts and dried fruit served with natural yoghurt.



Detox Plan Lunches

- **Vegetable soup and whole wheat baguette**
Large bowl of vegetable or lentil soup (either homemade or supermarket 'fresh') with whole wheat baguette.
- **Tuna and sweet corn baked potato and salad**
Baked potato topped with tuna (canned in water) mixed with sweet corn and natural yogurt and served with salad.
- **Mediterranean salad with rice cakes**
Rice cakes served with cucumbers, avocado, tomatoes, fresh basil and black pepper. Plus a handful of unsalted nuts.
- **Guacamole with vegetable sticks**
Homemade guacamole made from avocado, lemon juice, fresh chili, tomato and garlic served with carrot and celery sticks and whole wheat pita.
- **Tzatziki with vegetable sticks**
Homemade tzatziki made from natural yogurt, garlic, cucumber and lemon juice served with carrot and celery sticks and whole wheat pita.
- **Avocado and prawn salad**
Fresh avocado served with prawns, salad, balsamic vinegar and lemon juice.
- **Baked potato with grilled cod**
Grilled cod fillet served with baked potatoes and lightly steamed vegetables.

