

HEALTHY DETOX DIGEST

WEEK 4 – DINNER AND SNACK IDEAS



Here are some dinner and snack ideas to help you on your quest of choosing and combining some healthy foods!

Detox Plan Dinners

- **Chinese vegetable stir fry**

Stir fry a selection of vegetables such as bok choy, spring onions, mushrooms, bamboo shoots and beansprouts in a little olive oil with garlic and ginger. Serve with brown rice.



- **Sweet and sour stir fry with rice**

Gently fry a selection of chopped vegetables such as onions, peppers, corn and mushrooms. Add canned pineapple (in fruit juice), canned tomatoes, tomato purée, white wine vinegar and honey. Bring to the boil and simmer until the sauce has thickened. Serve with brown rice.

- **Tuna and prawns with noodles**

Gently fry a selection of vegetables such as onions, mushrooms, peppers, zucchini and leeks in olive oil. When lightly browned, add a handful of prawns. Cook for a few minutes, then add canned tomatoes, tomato puree, black pepper and tuna canned in water. Bring to the boil and simmer until the sauce thickens. Serve with rice noodles.



- **Baked salmon with baked potato**

Bake a salmon fillet and serve with a baked potato and steamed vegetables.

- **Potato and bean casserole**

Gently fry a selection of typical casserole vegetables such as onion, carrots and parsnip in a little olive oil with garlic. When browned, add diced potato and fry for a few minutes. Add fresh vegetable stock, black pepper and your favourite beans. Bring to the boil and simmer until the casserole thickens.

Detox Plan Snacks

- Fresh fruit or fresh fruit salad
- Natural yogurt mixed with honey
- Plain popcorn
- Handful of unsalted nuts or seeds



Contact your EWSNetwork wellness consultant for more information on
Healthy Detoxing for the Optimal YOU!

Resources: <http://www.weightlossresources.co.uk/>,
<http://bodyandhealth.canada.com/>, <http://www.canadianliving.com/>

