

HEALTHY DETOX DIGEST

WEEK 3 – DETOX MEAL IDEAS



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.



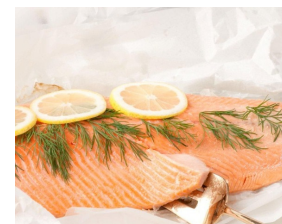
Detox Plan Lunches

- **Vegetable soup and whole wheat baguette**
Large bowl of vegetable or lentil soup (either homemade or supermarket 'fresh') with whole wheat baguette.
- **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.
- **Baked potato with grilled cod**
Grilled cod fillet served with baked potatoes and lightly steamed vegetables.



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.
- **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.



Contact your EWSNetwork wellness consultant for more information on
Healthy Detoxing for the Optimal YOU!
Email us at info@EWSNetwork.com