

Meal Plan

Detox Meal Plan

*SEVEN DAYS OF CLEANSING
RECIPES SEVEN DAYS OF
CLEANSING RECIPES*

Words: **STEPH LOWE** of The Natural Nutritionist

WEEK 1 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Summer smoothie bowl	Super-easy coconut yoghurt with fresh berries	Banana and berry chia pudding	Banana and berry chia pudding	Summer smoothie bowl	Summer scramble	Banana and berry chia pudding
Lunch	Banana and berry chia pudding	Raw cashew and avocado zucchini*	1 can tuna with simple beetroot, goat's cheese and walnut salad*	Tuna and salad wraps	1 can tuna with superfood salad with tangy tahini dressing*	Summer smoothie bowl	Tuna and salad wraps
Dinner	Simple sardine salad	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Clean snags with Paleo coleslaw	Salmon with superfood salad with tangy tahini dressing	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Clean snags with Paleo coleslaw	Raw cashew and avocado zucchini

WEEK 2 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Super easy coconut yogurt with fresh berries	Summer smoothie Bowl	Sweet potato and quinoa fritters	Summer smoothie Bowl	Banana and berry chia pudding	Super easy coconut yogurt with fresh berries	Sweet potato and quinoa fritters
Lunch	Tuna and salad wraps	Summer smoothie Bowl	Salmon with superfood salad with tangy tahini dressing	Tuna and salad wraps	Raw cashew and avocado zucchini	Clean snags with paleo coleslaw	Summer smoothie Bowl
Dinner	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Salmon with superfood salad with tangy tahini dressing	Tuna and salad wraps	Raw cashew and avocado zucchini	Clean snags with paleo coleslaw	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	1 can tuna with superfood salad with tangy tahini dressing

WEEK 3 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast antioxidant smoothie	Banana and berry chia pudding	Banana and berry chia pudding	Summer smoothie Bowl	Banana and berry chia pudding	Summer scramble	Banana and berry chia pudding
Lunch	Tuna and salad wraps	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Raw cashew and avocado zucchini	Salmon with superfood salad with tangy tahini dressing	Tuna and salad wraps	Summer scramble
Dinner	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Tuna and salad wraps	Raw cashew and avocado zucchini	Salmon with superfood salad with tangy tahini dressing	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Raw cashew and avocado zucchini	Clean snags with paleo coleslaw

WEEK 4 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sweet potato and quinoa fritters	Summer smoothie Bowl	Super easy coconut yogurt with fresh berries	Super easy coconut yogurt with fresh berries	Banana and berry chia pudding	Super easy coconut yogurt with fresh berries	Summer scramble
Lunch	Raw cashew and avocado zucchini	Tuna and salad wraps	Salmon with superfood salad with tangy tahini dressing	Raw cashew and avocado zucchini	Tuna and salad wraps	Raw cashew and avocado zucchini	Summer smoothie Bowl
Dinner	Tuna and salad wraps	Salmon with superfood salad with tangy tahini dressing	Raw cashew and avocado zucchini	Lamb cutlets with simple beetroot, goat's cheese and walnut salad	Raw cashew and avocado zucchini	Clean snags with paleo coleslaw	Sweet potato and quinoa fritters

SHOPPING LIST

FRUIT & VEG

2-3 punnets fresh berries
3 bananas
18 eggs
1 punnet cherry tomatoes
1 yellow capsicum
8 mushrooms
Basil
3 avocados
Garlic
4 lemons
3 fresh chilli
3 zucchini
1 head cabbage
1 carrot
2 tomatoes
1 pomegranate
1 fennel bulb
1 packet baby spinach
1 bunch celery
4 beetroots
Handful rocket leaves
1 bunch broccolini

FRIDGE

1 small tub natural/Greek yoghurt
6-8 grass-fed lamb cutlets
80 g goat's cheese
4 organic sausages
2 salmon fillets

PANTRY

3 tins coconut cream
3 probiotic capsules
½ cup tapioca starch
Rice malt syrup
1 tin (270 ml) coconut milk
1 jar coconut oil
1 jar tahini
Extra-virgin olive oil
Apple cider vinegar
Flax oil
Nut butter
Almond milk
Ground cinnamon
Vanilla extract
Mustard powder
Coconut flakes
Salt and pepper
Salt flakes
Quinoa
Buckwheat flour
Almonds
Walnuts
Pepitas
Flaked almonds
Chia seeds
Cashews
Tomato paste
1 tin tomatoes
4 small tins tuna
1 tin sardines

BREAKFAST

SUPER EASY COCONUT YOGHURT WITH FRESH BERRIES

SERVES 1

1 cup Super-Easy Coconut Yoghurt (see Condiments)
1 cup fresh berries
1 tsp cinnamon
1 tbsp rice malt syrup (optional)

Simply combine yoghurt and berries in a bowl, add toppings and enjoy.

SUMMER SMOOTHIE BOWL

SERVES 1

Smoothie

1 cup water
1 tsp chia seeds
¼ cup coconut milk
½ banana
Handful spinach
Handful raspberries
1 tsp cinnamon
1 tsp nut butter
2 free-range eggs
1 scoop/ serve protein powder
½ tray ice

Toppings:

Handful raspberries
Handful flakes almonds
Add water and chia seeds to the blender and let sit for 15 minutes for the chia seeds to go to work. Add milk, banana, spinach, raspberries, cinnamon, nut butter and eggs and blend well. Add protein powder and ice and blend until thick but smooth. Add more ice if desired. Pour into bowl and serve with toppings.

BANANA AND BERRY CHIA PUDDING

SERVES 1

Pudding

3 tbsp chia seeds
1 cup coconut milk
1 tsp organic vanilla extract
1 tsp cinnamon

Toppings

2 tbsp Super-Easy Coconut Yoghurt (see Condiments)
½ banana, chopped
Small handful strawberries, diced
Small handful coconut flakes
Combine all pudding ingredients in an airtight container, stir thoroughly and soak overnight in the fridge. You may need to check on it once or twice and stir again. Add toppings and enjoy.

SUMMER SCRAMBLE

SERVES 1

3 free-range eggs,
½ cup unsweetened almond milk
8 cherry tomatoes, halved
¼ yellow capsicum, diced
2 button mushrooms, diced
2 basil leaves, finely diced
1 tsp coconut oil
½ avocado
Sea salt, to taste
Black pepper, to taste
Beat eggs in a medium bowl with almond milk. Add tomatoes, capsicum, mushrooms and basil. Heat frypan with coconut oil and pour in egg mixture. Cook to your liking, flipping halfway. Serve with avocado and season with salt and pepper, to taste.





LUNCH

RAW CASHEW AND AVOCADO ZUCCHETTI

SERVES 2

Sauce

- ½ cup cashews
- ½ avocado
- 2 tbsp coconut oil
- 2 tbsp water
- Juice of 1 lemon
- 1 handful fresh basil
- 1 tbsp fresh chilli, finely chopped
- 2 tbsp nutritional yeast

- Sea salt, to taste
- Black pepper, to taste

Zucchini

- 1 large zucchini, spiralised
- 2 stalks celery, diced
- Sea salt, to taste
- Juice of ½ a lemon

Blend all sauce ingredients in a blender until smooth. Top spiralised zucchini and celery with sauce. Sprinkle sea salt on top and serve with lemon. Enjoy.

SIMPLE BEETROOT, GOAT'S CHEESE AND WALNUT SALAD

SERVES 4

- 4 beetroots (about tennis ball-size each)
- ¼ cup coconut oil
- 2 tbsp rice malt syrup
- 200 g rocket leaves
- 80 g goat's cheese, crumbled
- ½ cup walnuts
- 60 ml extra-virgin olive oil
- 1 tbsp apple cider vinegar
- ½ tsp sea salt flakes

Preheat oven to 180°C. Prick beetroot with a fork and place on a baking tray for 45 minutes or until tender. Set aside to cool. Peel and dice into medium-sized cubes.

Heat frypan lightly, add walnuts and rice malt syrup and toss well until lightly brown. Set aside to cool. Combine rocket and beetroot in a large bowl and top with goat's cheese and walnuts. Combine olive oil, apple cider vinegar and salt in a jug and dress salad before serving.

LAMB CUTLETS

SERVES 2

- 6–8 grass-fed lamb cutlets
- ¼ cup extra virgin olive oil
- Sea salt and pepper, to taste
- Simple Beetroot, Goat's Cheese and Walnut Salad

Marinate lamb cutlets in olive oil, sea salt and pepper for 1 to 2 hours. Drain marinade into a pre-heated frypan before adding cutlets and cooking on both sides to your liking. Serve with Simple Beetroot, Goat's Cheese and Walnut salad and enjoy.

SIMPLE SARDINE SALAD

SERVES 1

- ½ cup quinoa
- ½ bunch broccolini
- 1 celery stalk, chopped
- 8 almonds, chopped
- ¼ avocado, diced
- 1 tbsp flaxseed oil
- 1 small tin sardines, drained and chopped
- 1 tbsp natural yoghurt

Bring 1 cup of water to the boil. Add the quinoa and cook until the water has evaporated. Fluff halfway through with a fork for extra volume. Steam the broccolini and set aside to cool. In a large bowl, combine ½ cup cooked quinoa, chopped broccolini, celery, almonds and avocado. Dress with flaxseed oil. Top with yoghurt and sardines.

SUPERFOOD SALAD WITH TANGY TAHINI DRESSING

SERVES 1

- ½ cup quinoa
- 1 handful spinach
- ½ cup fennel, finely chopped
- 1 tbsp apple cider vinegar
- 2 tbsp cold-pressed extra-virgin olive oil
- ½ pomegranate, seeded
- 1 tsp pumpkin seeds
- Tangy Tahini Dressing (see Condiments)

Bring 1 cup of water to the boil. Add the quinoa and cook until the water evaporates, fluffing halfway through with a fork. Set aside to cool. In a large bowl, thoroughly combine the spinach and fennel. Mix the apple cider vinegar and olive oil together in a small bowl and dress the greens. Stir through the cooked quinoa. Top with the pomegranate, pumpkin seeds and Tangy Tahini Dressing, to taste.

GRILLED SALMON

SERVES 2

- 2 salmon fillets
- 1 tbsp coconut oil
- Sea salt and pepper, to taste
- Superfood Salad With Tangy Tahini Dressing

Heat frypan with coconut oil before adding salmon and cooking on both sides to your liking. Season with salt and pepper and serve with superfood Salad with Tangy Tahini Dressing and enjoy.

TUNA AND SALAD WRAPS

MAKES 3

- ¾ cup buckwheat flour
- 1 tbsp tapioca
- 1 pinch Himalayan crystal sea salt
- 2 tbsp coconut oil
- 3 eggs
- 1 cup unsweetened almond milk

Filling (per wrap)

- ½ avocado
- 1 tin tuna in olive oil, drained
- 1 tomato, sliced
- 1 large handful of spinach

Add flour, tapioca, salt and 1 tablespoon oil to a small mixing bowl and combine thoroughly. Beat eggs and add to the above mixture. Add milk in two lots and combine well. Heat coconut oil in a large non-stick pan and slowly pour in one third of the batter. Cook until lightly brown on both sides. Repeat for two more wraps. You may like to add a touch more coconut oil to the pan before each wrap. Allow to cool, setting aside wraps you will use another day. To each wrap add avocado, tuna, tomato and spinach and roll before serving.

CLEAN SNAGS WITH PALEO COLESLAW

SERVES 2

- 1 tbsp cold-pressed extra-virgin coconut oil
- 4 organic sausages
- 1 large carrot, grated
- ½ cabbage head, finely sliced
- Paleo Mayo

Sugar-Free Tomato Sauce

Heat coconut oil in a pan and cook sausages for 6 to 8 minutes on each side. To make coleslaw: add carrot, cabbage and paleo mayo to a large bowl and combine well. Serve sausages topped with Sugar-Free Tomato Sauce alongside coleslaw.

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CONDIMENTS

SUPER EASY COCONUT YOGHURT

1 tin full-fat coconut cream
1 probiotic capsule
1 tbsp tapioca/arrowroot flour

Firstly, chill your coconut cream in the fridge. I usually pop mine in overnight, but a few hours will do. Combine coconut cream, powder from inside of probiotic capsule and tapioca in a sterilised jar. Stir well and seal the lid. Turn your oven light on and leave the jar in overnight. Do not turn the oven on. The heat from the light is sufficient to incubate the yoghurt and allow it to thicken. The longer you leave it, the thicker it becomes. Remove from the oven and leave on the bench for another few hours. Store in the fridge for a week.

SUGAR-FREE TOMATO SAUCE

400 g can tomatoes (100 per cent tomatoes)
1 sachet tomato paste (salt reduced)
½ cup apple cider vinegar
1 garlic clove, finely chopped or crushed
¼ tbsp sea salt

Bring all ingredients to the boil in a saucepan. Reduce the heat and simmer until thick. Cool and store in the fridge.

TANGY TAHINI DRESSING

2 tbsp tahini
2 tbsp extra-virgin olive oil or coconut oil
2½ tbsp apple cider vinegar
Juice of half a lemon or lime
Sea salt and pepper to taste
Dash of water

Put all ingredients except for water in a small jar. Thoroughly mix together with a spoon. Add the water only if you would like the dressing thinner. Best to add one tablespoon at a time until the desired consistency is reached. Two tablespoons

works nicely in my opinion. Pop the lid on and store in the fridge. A delicious salad dressing and just perfect with chopped vegies.

PALEO MAYO

1 large egg
1 tbsp lemon juice
1 tbsp apple cider vinegar
1 tsp mustard powder
¾ cup macadamia/olive oil
¼ tsp salt

In a blender or food processor, blend egg, lemon juice, vinegar and mustard powder.

Slowly* add in oil, one tablespoon at a time, continuing to blend. Add the salt once a creamy mayo has formed. Transfer into a jar and store up until the use-by date on your carton of eggs.

*The secret to this mayo is patience. Otherwise, it will split and you will be left with liquid rather than a thick creamy blend. 

