Week 1: Detox Diet Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-breakfast	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water
Breakfast	**Avo Toast** ½ an avocado on toast with a sprinkle of hemp seeds and a side of sauteed spinach/kale	**Pineapple Turmeric Smoothie** 1 cup plant-based milk, ½ cup fresh pineapple, ½ tsp turmeric, ½ tsp ginger and 1 tbsp hemp seeds	**Pear Chia Porridge** 1/3 cup oats, milk of choice, 1 tbsp chia seeds and grated pear topped with LSA and berries	**Green Smoothie** 1 cup plant-based milk, ¼ avocado, 1 small banana, 1/3 cup blueberries and handful spinach	**Pear Chia Porridge** 1/3 cup oats, milk of choice, 1 tbsp chia seeds and grated pear topped with LSA and berries	**Avo Toast** ½ an avocado on toast with a sprinkle of hemp seeds and a side of sauteed spinach/kale	**Egg & Veggie Scramble** 2 scrambled eggs with mushrooms, spinach/kale, tomatoes and herbs and an optional slice wholegrain toast (can use tofu instead of eggs)
Snack	Piece of seasonal fruit and ¼ cup raw nuts/seeds	100-150g sheep's milk yoghurt with berries and LSA (coconut yoghurt for V)	Piece of seasonal fruit and ¼ cup raw nuts/seeds	100-150g sheep's milk yoghurt with berries and LSA (coconut yoghurt for V)	Piece of seasonal fruit and ¼ cup raw nuts/seeds	Piece of seasonal fruit and ¼ cup raw nuts/seeds	Piece of seasonal fruit and ¼ cup raw nuts/seeds
Lunch	**Wholegrain wrap** With hummus, grated beetroot, grated carrot, sprouts, tomato, spinach and 30g cheese/tuna or chicken (or can use hemp seeds in replace of animal protein)	**Chickpea and Pumpkin Salad** ½ cup chickpeas, ½ cup roasted pumpkin, rocket, tomato, olives, cucumber with a tahini dressing (1 tbsp tahini, ½ tbsp lemon juice, 1 clove garlic, salt and pepper, water to thin)	**Leftover Baked Chicken** Add some fresh rocket/ spinach leaves.	**Roasted Vege Pasta Salad** ½ cup cooked brown rice/ spelt pasta tossed with 1 cup roasted vegetables, 1 cup rocket leaves, tomatoes and 30g goat/ sheep cheese or nuts/seeds	**Wholegrain Wrap** With hummus, grated beetroot, grated carrot, sprouts, tomato, spinach and 30g cheese/tuna or chicken (or can use hemp seeds in replace of animal protein)	**Nourish Bowl** Mushrooms sauteed with garlic and ginger, kimchi, avocado, ½ cup steamed brown rice, cucumber, rocket, coriander and sesame seeds. Drizzle with olive oil and lemon.	**Fresh Prawn, Mango and Avocado salad** With olive oil/lemon dressing (chickpeas for V)
Snack	Freshly squeezed veggie juice	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	Freshly squeezed veggie juice	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	100-150g sheep's milk yoghurt with berries and LSA	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	Freshly squeezed veggie juice
Dinner	**Parcel Baked Fish** With lemon, ginger, turmeric, and herbs and steamed veggies drizzled with olive oil (Tofu for V)	**Baked Chicken** Served with olives, tomato, herbs, roasted sweet potato, steamed greens and steamed brown rice (chickpeas/cannellini beans for V)	**Tofu Rice Paper Rolls** Bake tofu marinated in soy, ginger and garlic and use avocado, cucumber, carrot, lettuce, herbs (dipping sauce: 1 tbsp. olive oil, ½ tbsp soy sauce, ½ tbsp lime juice, 1-2 tsp sesame oil)	**Baked Eggs** Sauté kale, tomatoes and mushrooms with garlic and herbs, top with eggs and bake (can use legumes instead of eggs if preferred)	**Salmon with Peach Salsa** Salmon/fish with avocado and peach/mango salad and leafy rocket salad. Olive oil and lemon dressing (Replace fish with black beans for V)	**Thai Chicken Salad** Chicken breast grilled and sliced, tossed with rocket, tomato, cucumber, capsicum, cashews, sliced chilli, fresh coriander/mint and dressing (½ tbsp. rice vinegar, 2 tsp fish sauce, 1 tbsp. lime juice, ½ crushed garlic clove) (tofu for V)	**Pumpkin and macadamia Soup** Pumpkin, macadamia nuts, herbs and spices served with seeded bread
Post-dinner	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

Week 2: Detox Diet Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-breakfast	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water	½ a lemon juiced or 1 tbsp apple cider vinegar, in water
Breakfast	**Apple Chia Porridge** 1/3 cup oats, milk of choice, 1 tbsp chia seeds and grated apple topped with LSA and berries	**Fruit Yoghurt** 200g sheep's milk yoghurt topped with grated apple, berries and 1-2 tbsp LSA (coconut yoghurt for V)	**Avocado Smash** ½ avocado mashed with diced cherry tomatoes and herbs topped sprinkled with pumpkin seeds on toast	**Strawberry Smoothie** 1 cup plant-based milk, ½ cup strawberries, ½ tsp ginger, 1 tbsp hemp seeds, 2 fresh dates and optional ice	**Apple Chia Porridge** 1/3 cup oats, milk of choice, 1 tbsp chia seeds and grated apple topped with LSA and berries	**Avocado Smash** ½ avocado mashed with diced cherry tomatoes and herbs topped sprinkled with pumpkin seeds on toast	**Green Bowl** 2 boiled eggs served with cooked quinoa, sauteed spinach, steamed broccolini, and 30g goat/ sheep cheese (can use hummus and nuts/seeds instead of eggs/cheese)
Snack	Piece of seasonal fruit and ¼ cup raw nuts/seeds	Piece of seasonal fruit and ¼ cup raw nuts/seeds	Piece of seasonal fruit and ¼ cup raw nuts/seeds	100-150g sheep's milk yoghurt with berries and LSA (coconut yoghurt for V)	Piece of seasonal fruit and ¼ cup raw nuts/seeds	100-150g sheep's milk yoghurt with berries and LSA (coconut yoghurt for V)	Piece of seasonal fruit and ¼ cup raw nuts/seeds
Lunch	**Leftover Pumpkin and Macadamia Soup**	**Leftover Tofu, Eggplant and chickpea Curry**	**Wholegrain Wrap** topped with hummus, grated beetroot, grated carrot, sprouts, tomato, spinach and 30g cheese/ tuna or chicken (or can use hemp seeds in replace of animal protein)	**Leftover Lentil Bolognese**	**Leftover Cauliflower and Cashew Soup**	**Wholegrain Wrap** topped with hummus, grated beetroot, grated carrot, sprouts, tomato, spinach and 30g cheese/ tuna or chicken (or can use hemp seeds in replace of animal protein)	**Cannellini Bean, Avocado & Orange Quinoa Salad** combine 1/3 cup cannellini beans, ½ cup cooked quinoa, ¼ avocado, ½ orange sliced, olives, tomatoes, rocket/spinach and herbs. Dress with olive oil/lemon.
Snack	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	Freshly squeezed veggie juice	100-150g Sheep's milk yoghurt with berries and LSA (coconut yoghurt for V)	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	Freshly squeezed veggie juice	Raw vegetables (e.g. cucumber, carrot and capsicum) with hummus or mashed avocado	Freshly squeezed veggie juice
Dinner	**Tofu, Eggplant and Chickpea curry** Green curry paste and coconut milk served with steamed brown rice	**Turkey San Choy Bow** Turkey mince sauteed with diced mushrooms, garlic, ginger, red chilli, sesame oil, soy sauce and cashews, served in lettuce cups (add chopped walnuts for V)	**Lentil Bolognese** Lentils, mushrooms, tomato passata and herbs served with brown rice/ wholemeal pasta	**Cauliflower and Cashew Soup** Roasted cauliflower, cashew nuts, herbs and spices served with seeded bread	**Nut Crusted Fish** Crust fish with nuts and bake, serve with sweet potato mash using olive oil and steamed veggies (tofu for V)	**Spiced Chicken** Marinate in paprika, cumin, coriander and oregano baked/grilled served with avocado salsa, roasted sweet potato and steamed broccolini (tofu for V)	**Prawn Stir-fry** Prawns, veggies of choice, garlic, ginger, red chilli, sesame oil, soy sauce served with soba noodles or rice (mushrooms for V)
Post-dinner	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea