

HELLO, SEXY  
NEW YOU!

**DETOX!**

CLEANSE YOUR BODY IN JUST 2 WEEKS!

***BODY&FIT***<sup>®</sup>

# THE BODY & FIT DETOX!

Body & Fit's 24HR Detox cleanses your body, boosts your energy levels and leaves you feeling radiant!

## Hello, sexy, new you!

Two weeks isn't very long, but you'll be astonished at what you can achieve in that time!

Combine 24HR Detox with our detox and flush out all the toxins from your body.

After only two weeks, you'll be bursting with energy and feeling more vital than ever, not to mention having a more radiant complexion and perhaps even being a few pounds lighter.

## Why detox?

Your body is constantly

exposed to damaging external influences. Examples include electronic devices, exhaust fumes, polluted drinking water, pesticides on fruit and veg, cleaning products, and even skincare products.

These toxins can accumulate in your body.

## 24HR DETOX BOOSTS YOUR ENERGY LEVELS AND LEAVES YOU FEELING RADIANT

It's important that your body cleanses itself of these contaminants, and a healthy diet plays a major role in this process.

Antioxidants have a beneficial effect on your body because they help neutralize and eliminate free radicals. They therefore protect your body and prevent toxins from accumulating as quickly.

A detox is a quick and effective way to cleanse your body. You only need to do a detox week once or twice a year to benefit all year round.

We recommend 24HR Detox as a supplement to your diet to help your body cleanse itself of toxins.

*Detox!* lasts two weeks in total and consists of three clearly defined phases.

FLUSH OUT  
ALL THE TOXINS  
FROM YOUR  
BODY

DETOX!  
CONSISTS OF THREE  
CLEARLY DEFINED  
PHASES



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## 3 PHASES

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### Phase 1 – *Pre-cleanse!*

In Phase 1, we'll be cutting back slowly on eating solids. This is preparation for the next phase so that switching to liquids isn't too much of a shock to your system. The more gradually you do this, the better for your body. The *Pre-cleanse!* phase lasts five days and should help you start losing a few extra pounds!



### Phase 2 – *Cleanse!*

Phase 2 is where the real cleansing takes place. You'll only be consuming liquids in the form of smoothies, juices and soups at four points throughout the day. If you'd rather do a milder detox, you could add some extra snacks to your daily menu. The *Cleanse!* phase lasts five days.



### Phase 3 – *Post-Cleanse!*

This phase is just as important as the previous two. Each day, you'll gradually reintroduce solids back into your diet to allow your body to get used to a higher intake. Build it up slowly and gradually to get the most benefit from the detox. The *Post-Cleanse!* phase lasts four days.

**IT'S REALLY IMPORTANT TO COMPLETE EACH OF THE THREE PHASES TO GET THE BEST RESULTS.**

SAY YES  
TO A RADIANT  
COMPLEXION!



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# 24HR DETOX

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## 24HR Detox

Healthy nutrition is essential for cleansing your body properly. Antioxidants play a key role because they help neutralize and eliminate free radicals. It can sometimes be tricky getting enough antioxidants in your daily diet, but we've got the solution – 24HR Detox!

Take just one capsule in the morning and one in the evening! 24HR Detox is crammed with vitamins, antioxidants and fibre.



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## 24HR Detox AM

Take one 24HR Detox AM capsule as soon as you get up.

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## 24HR Detox PM

Take one 24HR Detox PM capsule before you go to bed.

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# EXTRA INFORMATION

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## Juicer or blender

A juicer or blender is going to be your best friend during a detox – they make preparing the tastiest smoothies and juices a breeze.

A juicer isn't essential, but the recipes in this *Detox!* guide do rely on the use of a blender. If you use a juicer to make your juices, bear in mind that you'll end up with less juice!



## Motivation

The right motivation can help you move mountains. Picture what you can achieve on the *Detox!* cleanse and keep your eye on the prize!

More energy and a radiant complexion are certainly worth the effort.

If you find it tough going, or you simply need some advice, please feel free to contact one of dieticians at: [customerservice@bodyandfit.com](mailto:customerservice@bodyandfit.com).



## Supplements

We highly recommend supplementing your diet with fish oil during the detox to make sure you're getting enough essential omega-3 fatty acids, which are good for your brain and heart.

A multivitamin is also worth thinking about.

These will help you get enough nutrients while cleansing.

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# SUPERFOODS TO SUPERCHARGE YOUR DETOX

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## Spirulina

Spirulina comes from freshwater algae. It contains a lot of chlorophyll – a natural cleanser that is good for your intestines, blood and oxygen absorption.

Chlorophyll also contains magnesium, which stimulates the brain and nervous system and helps prevent toxins accumulating in the central nervous system.



## Chlorella

Chlorella is a single-cell, green algae. It can justifiably be called a true superfood because it's crammed with B vitamins, vitamins C and E, calcium, iron, amino acids, omega-3 fatty acids, trace elements and anti-oxidants.

Like spirulina, it's also rich in chlorophyll.



## Wheatgrass

Wheatgrass powder is made by pressing wheat stems to extract their juice. It's rich in healthy nutrients – just 100 g has the same amount of nutrients as 2.3 kg of vegetables.

Proteins, amino acids, antioxidants and chlorophyll make wheatgrass a super superfood!



## Barley grass

Barley grass is a powerful superfood that contains a protein that is very easy for the body to digest. It's also crammed with vitamins, minerals, enzymes, phytonutrients and carotenoids.

Besides bursting with chlorophyll, barley grass contains no less than eighteen amino acids, including the eight essential amino acids that our bodies can't produce themselves.



## Aloe vera

Aloe vera is a medicinal plant with edible leaves. The core of its stems contains a gel that's also edible. Aloe vera is particularly healthy and contains a lot of phytonutrients and B vitamins, including vitamin B12.

On top of this, it contains minerals such as calcium, zinc, iron and magnesium, as well as twenty amino acids that are important for our bodies. Aloe vera helps cleanse the body, stimulates the gallbladder and supports the liver.

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# DETOX FOODS

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## Cleansing foods

Various vegetables, herbs and spices help cleanse the body.

You can help flush your body of toxins by adding alfalfa sprouts, artichoke, coriander, dandelion, garlic, lemon, nettles, parsley and green vegetables to your daily diet.

It's worth putting these natural cleansers on your shopping list every once in a while!



## Warming foods

Warming foods are comforting during a cleanse because you're likely to feel colder quicker.

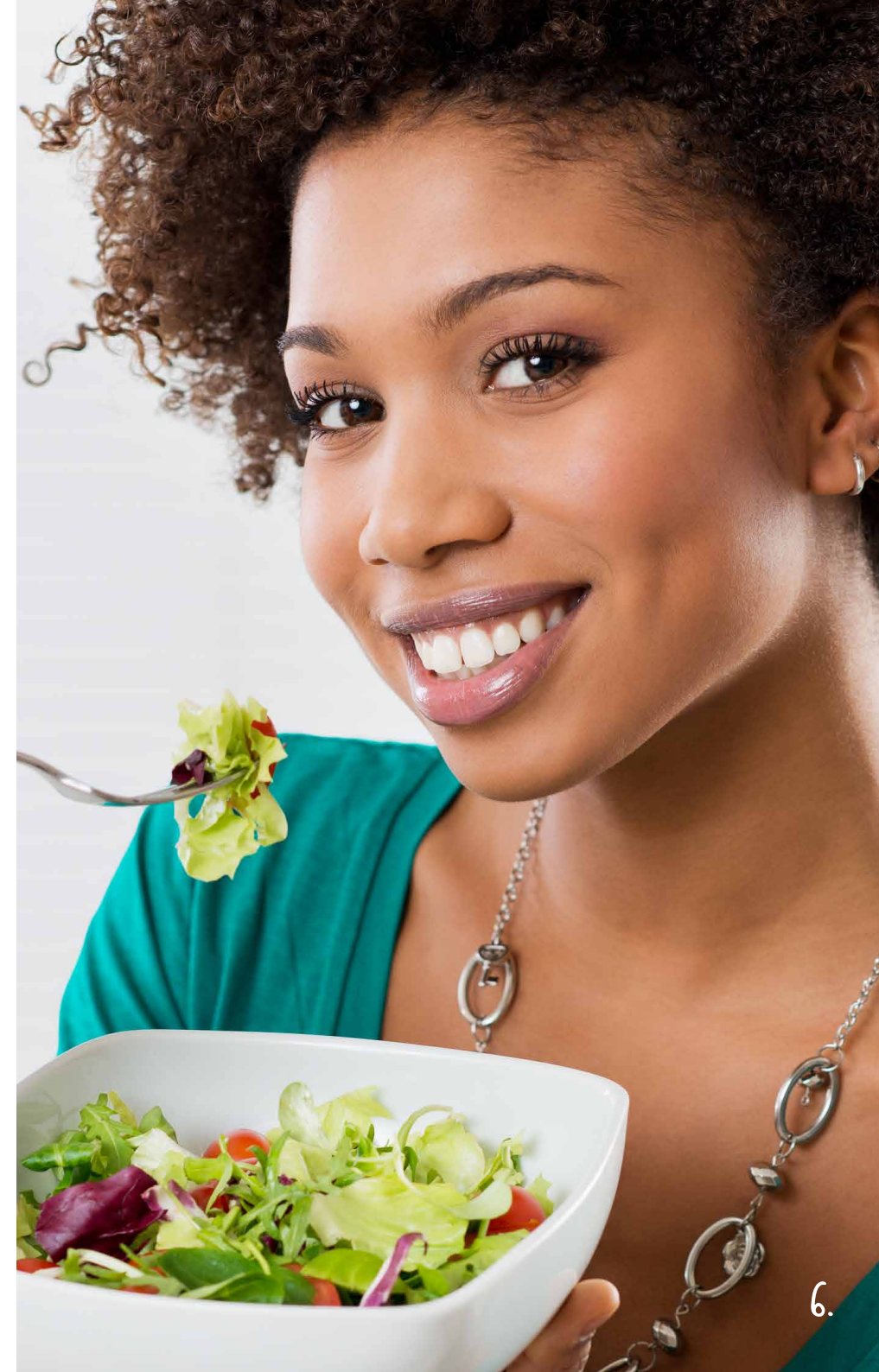
Ginger, cinnamon and curcuma contain warming extracts that taste great in tea, smoothies and juices.



## Healthy bacteria

After the cleanse, you could opt to take extra pre- and pro-biotics (healthy bacteria). These restore the natural balance in your gut.

Alternatively, you could eat raw sauerkraut, kombucha or kefir, or take a supplement.



# TIPS & TRICKS



## Eat at regularly & chew well

It's very important to chew your food well. This may sound odd during the cleansing phase, when you're only drinking liquids, but nonetheless it aids proper digestion.

Chewing releases saliva, which contains amylase, which starts breaking down carbohydrates even while they're still in your mouth. You could use a spoon to eat your smoothie, making it easier to chew.



## Fluids help eliminate toxins

Drinking sufficient fluids is always sensible, but especially so while cleansing.

Fluids aid the elimination of toxins from your body and help make you feel less hungry, as we often confuse hunger and thirst signals.

Try to drink at least 2 litres of water a day. Also avoid drinking at mealtimes, as nutrients then absorb into your bloodstream more easily.



## Get plenty of sleep & rest

Sufficient sleep is extremely important at any time, but especially if you're looking to lose weight.

Too little sleep causes your body to produce stress hormones, which in turn cause food cravings. What's more, when you're tired, you're less motivated and more likely to fall back into old habits.



## Be well prepared

Start only once you're ready and properly prepared. Make sure you have the right groceries at home or enough time to get them.

It's vital that you complete each of the three phases – they're all equally important for a good result.

Being well prepared also gives you peace of mind and the motivation to see it through.

## Don't forget to keep active

Staying active is important during the detox. It's not sensible to do prolonged or intensive activity, but there are several forms of lower-intensity exercise that are perfect while cleansing. Physical movement also gives your immune system a boost. Take a look at the yoga exercises suggested by Laura Brijde (page 32).



# WHAT TO AVOID



## Gluten

Our bodies sometimes have problems breaking down gluten. We recommend not eating any bread, pasta, biscuits or other wheat products during your detox.

## Dairy

The lactose in dairy products is a source of protein that's difficult for our bodies to digest. It's best to switch to plant-based milk substitutes such as almond or other nut milks.



## Refined sugar & sweeteners

Refined sugars and sweeteners are hard for our bodies to deal with and break down. Enjoy eating natural sugars instead in the form of fruit (dates, bananas, figs or mulberries).

## Coffee, black tea & caffeine

Caffeine is a stimulant present in coffee, black tea, soft drinks and energy drinks and can have negative side effects. We also recommend cutting it out slowly to avoid withdrawal symptoms.



## Yeast

A healthy body contains as much yeast as it does healthy bacteria. If you disturb this balance, through stress or an unhealthy diet, then it's wise to cut back on your yeast intake.

## Meat

Meat is one of the heaviest solids our bodies have to deal with, especially red meats. Gradually reducing your meat consumption will make your cleansing period easier.



## Refined, processed foods, additives, preservatives, ...

During your cleanse, you'll want to ingest as few chemical additives as possible. These are generally present in ready-made meals and products. Try to avoid these.

## Fatty foods (deep-fried or fried)

Fatty foods are also difficult for our bodies to digest and are heavy on your stomach. Skip fatty foods during your detox.



## Alcohol

Alcohol absorbs directly into your bloodstream from your digestive system as soon as you drink it. This means that if you eat and drink alcohol at the same time both are absorbed or digested more slowly, and your body absorbs and processes the alcohol before it starts digesting the food.

Worse still, alcohol contains a lot of calories. If this weren't already enough, it also makes you feel drained and less motivated the next day to eat healthily and keep physically active.



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# PRE-CLEANSE!

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The first phase prepares you for the actual cleansing stage. You slowly cut back on solids so that the transition to liquids isn't too much of a shock to your system. This will make it easier to stay the course and make your detox a huge success.

## Freshly squeezed lemon juice

Start your day with a glass of lukewarm water with freshly squeezed lemon juice. This stimulates your liver's cleansing function and your metabolism. Lemon is also rich in vitamin C, lightening that bloated feeling and giving you a radiant complexion.

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## 24HR Detox

Start taking the detox capsules in this phase. One capsule in the morning and one before you go to bed.

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## A green smoothie every day!

Fruit and vegetable juices are packed with vitamins and minerals, as well as readily digestible carbohydrates. These help transport fats to your liver, which regulates the breakdown of fatty tissue. The minerals in these juices also form an important source of alkaline substances that neutralize acidic toxins. This method helps ensure that you'll have fewer issues with unpleasant detoxification symptoms.

A juicer or blender is going to be your best friend during a detox. These in effect 'pre-chew' your juices and smoothies, which means your body can digest and absorb the vitamins and minerals more easily. Good for your body and beneficial to you and your detox!

THE TASTIEST  
GREEN SMOOTHIES  
IN THE BLINK OF AN EYE!  
SEE PAGE 10.



START YOUR  
DAY WITH A GLASS OF  
LUKEWARM WATER WITH  
FRESHLY SQUEEZED  
LEMON JUICE

# PREPARE THE TASTIEST GREEN SMOOTHIES



**1.**

## **CHOOSE A LIQUID**

- water
- coconut water
- fruit juice
- plant-based milk substitute
- green tea

**2.**

## **CHOOSE A FRUIT**

- banana
- mango
- peach
- pear
- apple
- kiwi
- berries
- lemon
- pineapple
- orange
- lime

**3.**

## **CHOOSE A SOURCE OF HEALTHY FAT**

- avocado
- coconut oil
- hempseed
- linseed
- superfood oil
- Omega 369 oil

**4.**

## **CHOOSE A FLAVOUR**

- herbs & spices
- dates
- parsley
- ginger
- basil
- goji berries
- mulberries
- figs
- coriander
- mint

**5.**

## **CHOOSE A VEGETABLE**

- spinach
- kale
- rocket
- lettuce
- endive
- turnip tops
- courgette
- cucumber
- carrot
- tomatoes

**6.**

## **CHOOSE AN ADDITIVE**

- proteins
- vitamins
- superfoods
- nuts
- seeds

HELLO, SEXY  
NEW YOU!

# PHASE 1

PRE-CLEANSE!

The first phase prepares you for the actual cleansing stage. You slowly cut back on solids so that the transition to liquids isn't too much of a shock to your system. This will make it easier to stay the course and make your detox a huge success.

# PHASE 1 – SAMPLE MENU

## PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

## BREAKFAST

### Cereal

- 40 g spelt flakes
- 150 ml plant-based milk substitute
- 1 piece of fruit
- 1 tbsp dried fruit (goji berries, raisins, mulberries)
- 1 tsp seeds (hempseed, chia seed, linseed)

Cook the spelt flakes in the milk. Add the fruit and seeds. Add spices to taste (cinnamon, cardamom, ginger or vanilla).

**Tip:** You can also use oatmeal, buckwheat, barley or teff. Boil the grains or soak them overnight in the fridge.

## SNACK

### Green smoothie (1 glass)

- ½ banana
- 1 handful spinach
- 1 handful pineapple
- 150 ml water

Cut the fruit into pieces and add all the ingredients into a blender. Mix until smooth.

## LUNCH

### Healthy salad

- 75 g lettuce or leaf lettuce
- ½ cucumber
- 1 tomato
- 100 g chickpeas
- ½ avocado
- 4 tbsp cottage cheese
- 1 sprig alfalfa sprouts (optional)
- salt & pepper
- 1 tbsp paprika powder

Place the lettuce on a plate and cut the vegetables into small pieces. Season the chickpeas with paprika powder. Serve the vegetables, chickpeas and cottage cheese on top of the lettuce. Add the alfalfa sprouts (optional) and salt and pepper to taste.

## SNACK

### Green smoothie (1 glass)

- ½ cucumber
- ½ apple
- 1 handful grapes
- 150 ml plant-based milk substitute

Cut the fruit into pieces and add all the ingredients into a blender. Mix until smooth.

## DINNER

### Spicy chicken, broccoli & quinoa

- 150 g broccoli (steamed)
- sesame seed oil
- 1 tbsp sesame seeds
- 75 g chicken breast (grilled)
- 1 tbsp sambal
- 50 g quinoa (boiled)

Serve the steamed broccoli on a plate and sprinkle with sesame seed oil and sesame seeds. Coat the grilled chicken breast in sambal and serve on a plate with the quinoa. Add salt and pepper to taste.

## DINNER

- 1 handful unsalted, unroasted nuts

## BEDTIME SNACK

- 1 capsule 24HR Detox PM

DON'T FORGET TO DRINK PLENTY OF FLUIDS DURING YOUR DETOX!



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# BREAKFAST VARIATION

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## CHIA SEED PUDDING & RED FRUIT

- 100 ml plant-based milk substitute
- 2 tbsp chia seed
- fruit of your choice (blueberries, kiwi or banana)

Pour the milk and chia seed into a bowl or glass jar. Leave in the fridge overnight. The seed will absorb the liquid and take on a pudding-like consistency. Use fresh fruit as a topping.

## FROMAGE FRAIS & SUPERFOOD MUESLI

- 200 g low-fat fromage frais
- 1 piece of fruit or fresh berries
- 30 g Superfood Muesli (or handful nuts)
- 1 tsp cinnamon

Put the fromage frais in a bowl and sprinkle with fruit, Superfood Muesli and cinnamon.

## BUCKWHEAT PANCAKES

- 50 g buckwheat flour
- 1 egg
- 150 ml milk
- salt
- coconut oil

Beat the buckwheat flour, egg and a pinch of salt together in a bowl. Mix well until the batter is smooth. Heat the coconut oil in a frying pan and fry the pancakes, turning until golden-brown on both sides. Delicious with ground coconut, fresh fruit and a drop of honey.

## MUG CAKE

- 1 banana
- 1 egg
- 5 tbsp Ultra Fine Oats
- 1 tbsp chia seed or linseed
- salt

Beat all the ingredients together in a bowl. Pour the mix into a microwave-proof mug. Heat in the microwave for 1½ to 2 minutes until cooked. Turn the mug cake over onto a plate and allow to cool briefly. Delicious with fromage frais or Greek yoghurt and fresh fruit.



# LUNCH VARIATION

## GOAT'S CHEESE & STRAWBERRY SALAD

- 50 g mixed rocket salad
- 2 tomatoes
- ½ cucumber
- 1 handful strawberries
- ½ avocado
- 50 g goat's cheese
- 2 tbsp balsamic vinegar
- salt & pepper

Put the lettuce on a plate. Chop the veggies and serve on the lettuce. Crumble the cheese over the salad and add balsamic vinegar, salt & pepper to taste.

## TROPICAL SPINACH SALAD

- 50 g fresh leaf spinach
- 75 g smoked chicken
- 1 tomato
- ½ mango
- ¼ cucumber
- 4 tbsp cottage cheese
- 1 sprig alfalfa sprouts

Rinse the leaf spinach in a sieve. Cut the smoked chicken into strips and the fruit and vegetables into small pieces. Mix the spinach with the fruit, vegetables and cottage cheese on a plate. Add salt and pepper to taste. Scatter the alfalfa sprouts over the salad.

## SCRAMBLED EGG & HUMMUS ON TOAST

- 2 slices spelt bread
- 2 eggs
- 2 tbsp hummus
- almond milk
- 1 tomato (chopped)
- curry powder
- salt & pepper

Toast the spelt bread in a toaster. Scramble the eggs, a dash of milk and the chopped tomato in a frying pan until the egg has solidified. Add the

spices and keep stirring until all the moisture has evaporated. Spread the toast with the hummus and then serve the scrambled egg on the toast. Also tasty with fresh herbs, such as cress or chives.

## PEAR & LENTIL SALAD

- 100 g lentils
- 50 g lamb's lettuce
- ½ avocado (sliced)
- ½ small red onion (finely chopped)
- 6 cherry tomatoes (halved)
- 50 g feta cheese
- 1 tbsp coriander
- salt & pepper

Drain the lentils well and rinse in cold water. Place the lettuce on a plate with the lentils, avocado, red onion and tomatoes. Crumble the cheese over the salad and add coriander, salt and pepper to taste.



# DINNER VARIATION

## FRESH SALMON, GREEN ASPARAGUS & QUINOA

- 40 g quinoa
- 250 g green asparagus
- ½ tbsp olive oil
- 1 fresh salmon fillet
- ½ orange
- salt & pepper

Cook the quinoa, following the instructions on the packaging. Remove the base of the asparagus and cut into pieces about 2 cm in length. Heat the olive oil in a wok and stir-fry the asparagus for about 4 minutes. Meanwhile, cut the salmon into pieces. Stir-fry the salmon with the asparagus for another 2 minutes. Grate the peel of the orange and then squeeze out the juice. Add the rind and juice to the salmon and asparagus. Stir in the quinoa and add salt and pepper to taste.

## COURGETTE & PEA SOUP

- 1 courgette
- ½ red onion
- 1 clove garlic
- 2 handfuls peas (frozen)
- salt & pepper
- small handful cashew nuts

Chop the courgette into chunks, chop the red onion into small pieces and press the garlic. Put all the ingredients in a saucepan with 250 ml of water. Boil the vegetables for 15 minutes. Add salt and pepper to taste. Remove the pan from the heat and puree the vegetables with a hand blender until smooth. Serve the soup in a bowl and garnish with the cashew nuts.

*Other tasty soup combinations include pumpkin & sweet potato, courgette & red onion, spinach & broccoli, carrot & tomato and fennel & asparagus.*

## GRILLED CHICKEN BREAST, SPINACH & KAMUT PASTA

- 50 g kamut pasta
- 100 g chicken breast
- ½ tbsp olive oil
- 150 g fresh spinach
- ½ pepper (chopped)
- 1 tbsp home-made pesto
- salt & pepper

Cook the kamut pasta, following the instructions on the packaging. Cut the chicken breast into small cubes. Heat the olive oil in a wok and stir-fry the chicken breast until golden-brown. Add the spinach and peppers and briefly stir-fry with the chicken. Drain the pasta well. Mix the pasta and pesto in well with the vegetables in the wok. Serve on a plate. Try with a few leaves of basil.

## SWEET GOAT'S CHEESE, PEPPER & COUSCOUS

- 50 g wholewheat couscous
- ½ pepper
- ½ small red onion
- 3 handfuls raw spinach
- 50 g goat's cheese with honey
- 1 tbsp raisins
- 1 tbsp cashew nuts
- salt & pepper

Cook the couscous, following the instructions on the packaging. Chop the pepper and red onion into small pieces. Place the spinach on a plate and crumble the goat's cheese over the spinach. Add the couscous, vegetables, raisins, cashew nuts and salt and pepper to taste.



## HEALTHY WALNUT PESTO

Mix 100 g of fresh basil, a pinch of salt, ½ clove of garlic, 100 g walnuts, 5 tbsp of olive oil and grated lemon rind in a blender or food processor until creamy and smooth. Store the pesto in a sealable jar or container.

# SNACKS

## SUPERFOOD CRACKER WITH ...

- nut spread
- hummus & avocado
- home-made guacamole
- peanut butter & banana
- soft goat's cheese & goji berries
- cottage cheese & tomato
- avocado & hard-boiled egg or smoked salmon

## A HANDFUL OF ...

... unsalted, unroasted nuts (mixed) or roasted chickpeas.

## SNACK VEGGIES & HEALTHY DIP

For example, carrots, tomatoes, cucumber, celery or radish with cottage cheese, guacamole, hummus or yoghurt dip.



### ROASTED CHICKPEAS

Mix 200 g of chilli powder with 1 tsp of paprika powder, a pinch of chilli powder and ½ tbsp of olive oil. Roast the chickpeas in a preheated oven at 200 °C for about 25 minutes. Keep a close eye on the chickpeas for the last 10 minutes and shake well so that they turn an even golden-brown.



### YOGHURT DIP

200 ml Greek yoghurt | 1–2 tsp mustard | 1 tbsp chives | 1 clove garlic | salt & pepper

Mix the yoghurt with the crushed garlic. Add the mustard, salt, pepper and chives and stir well.

Store in a sealable container in the fridge.





# SMOOTHIE VARIATION

## CREAMY SMOOTHIE

- 2 oranges
- ½ banana
- ½ avocado
- handful strawberries

## HEALTHY BOOST

- 1 banana
- 1 pear
- ½ cucumber
- 4 mint leaves
- ½ lime juice
- 1 sprig parsley
- 150 ml almond milk

## GREEN ENERGY

- handful kale
- 1 apple
- 1 kiwi
- 1 cm ginger
- 1 tbsp freshly squeezed lemon juice

## GLOWING COCONUT

- ½ banana
- ½ courgette
- handful pineapple
- handful mango
- 150 ml coconut milk

## PREPARATION

Put all the ingredients in a blender and mix until creamy smooth. Serve the smoothie in a glass and drink with a straw or eat with a spoon. Using a spoon makes you slow down. Oh! And don't forget to chew your smoothie!

# SMOOTHIE TIPS!

## CHOCOLATE SMOOTHIE

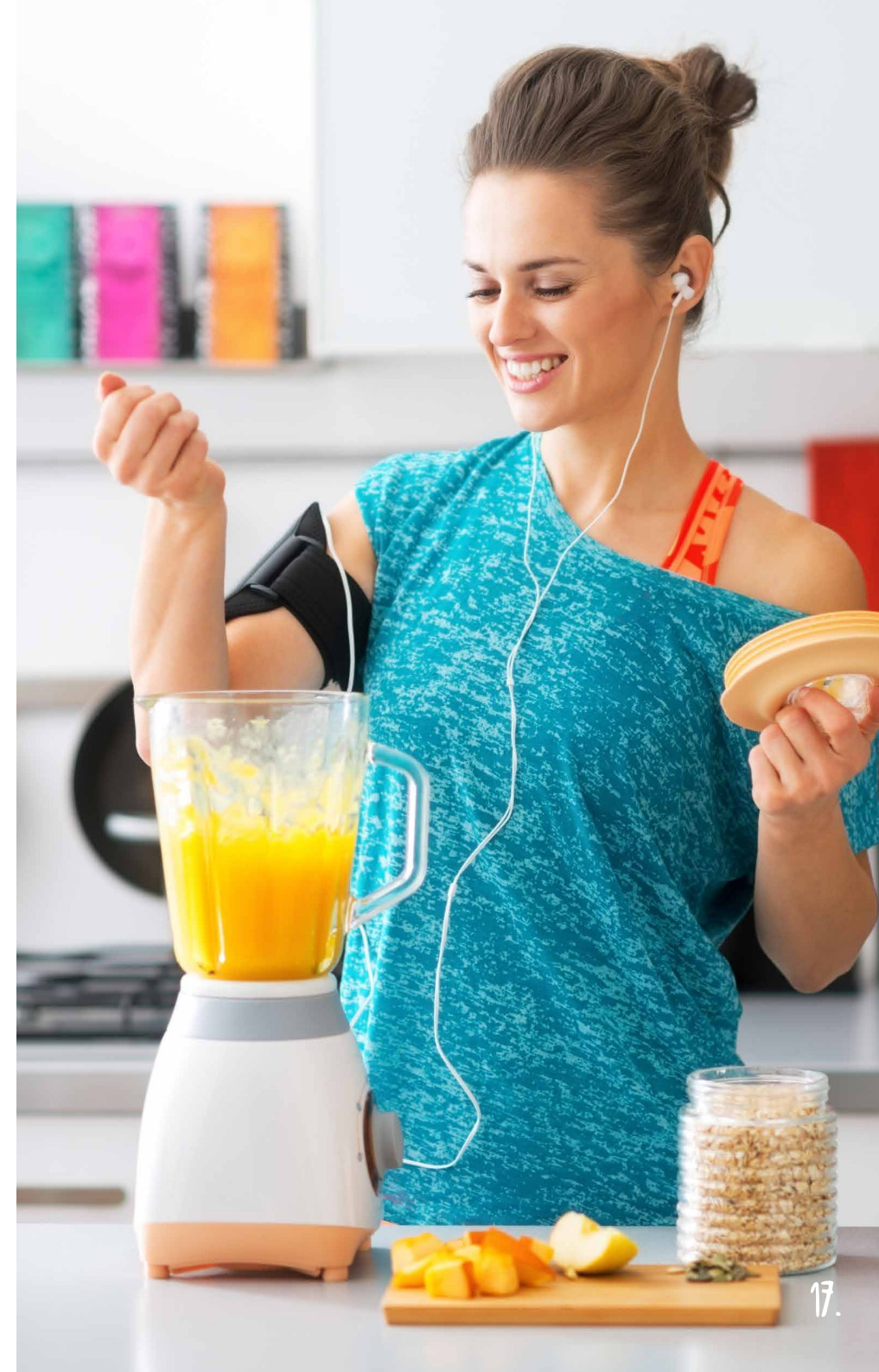
- 1 banana
- 1 pear
- 2 dates
- 1 tbsp cocoa powder
- 200 ml almond milk

## MANGO-ORANGE SMOOTHIE

- 1 banana
- ½ mango
- 2 oranges
- 150 g fromage frais
- milk

## OATMEAL-BERRY SMOOTHIE

- 250 ml almond milk
- 1 banana
- handful raspberries
- handful strawberries



HELLO, SEXY  
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# PHASE 2

CLEANSE!

Now you're ready to start the detox for real. Phase 1 got your body ready for this phase. During this *Cleanse!* phase, you'll be drinking juices, smoothies and soups to help your body flush out all the toxins – leaving you feeling fit, energetic and radiant!

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## PHASE 2 – CLEANSE!

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It's possible to follow this detox in one of two ways – strictly as explained in the sample daily menus or less strictly. Less strictly means you can eat two additional 'detox-proof snacks' per day. You can eat these snacks whenever you want, when you feel you need a boost.

Opt for a healthy nut- or dried-fruit-based bar such as our Rocket Fuel, Energy Bar or Primal Pantry bars. Alternatively, grab a handful of nuts with dried fruit or make yourself a tasty detox snack ball!

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## DETOX SNACK BALLS

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### WHAT DO YOU NEED?

- 175 g dates
- 75 g mixed nuts
- 2 tbsp cocoa
- 100 g quinoa flakes

Remove the pits from the dates and mix the dates with the nuts in a blender or food processor. Grind well until they turn to paste. Don't worry about any small pieces of nuts – this will give your snack a bit of a crunch. Put the date and nut paste in a bowl and mix in the cocoa powder and quinoa flakes. Knead everything together well. Roll the dough into small balls and place on a flat board. Allow to harden in the refrigerator for about 2 hours.

You can also deep-freeze the snack balls so you've always got healthy snacks available should you get a little peckish!

A HANDFUL OF NUTS  
WITH DRIED FRUIT OR  
A HOME-MADE DETOX  
SNACK



# PHASE 2 – DAY 1

## PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

## BREAKFAST

8 am – noon

### *Kale-pineapple smoothie*

- 1 banana
- handful pineapple
- handful mango
- handful strawberries
- 250 ml coconut water
- 2 handfuls kale

## LUNCH

noon – 4 pm

### *Beetroot juice*

- 4 beetroots
- 2 apples
- 2 handfuls blackberries
- 2 cm fresh ginger
- water

## AFTERNOON

4 – 6 pm

### *Celery juice*

- 3 celery stalks
- 2 pears
- handful pineapple
- 3 mint leaves
- ½ lime
- water

## DINNER

6 – 8 pm

### *Carrot & pumpkin soup*

- 150 g carrots
- 150 g pumpkin
- 1 onion
- 2 cloves garlic
- 1 tbsp linseed/psyllium husk powder
- water

*Preparation* Chop the carrots into small pieces. Peel the potatoes and cut into chunks. Chop the onion into small pieces

and crush the garlic. Bring a pan with 250 ml of water to the boil. Add the vegetables and boil for 15 minutes until cooked. Serve the soup in a bowl and garnish with linseed or psyllium husk powder.

## BEFORE BED

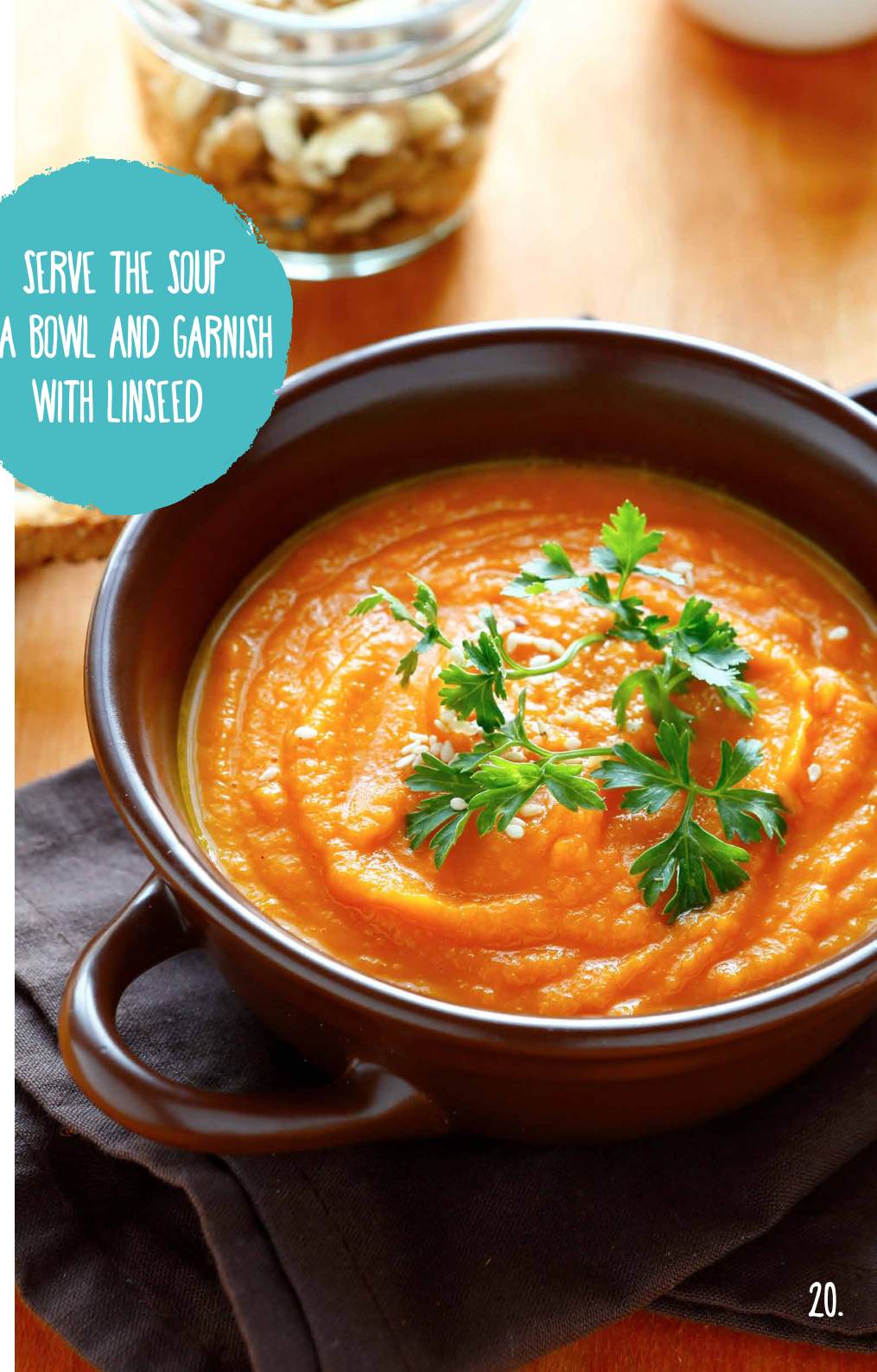
9.30 – 10 pm

- 24HR Detox PM

### *Tip*

Drinking a cup of camomile tea before you go to bed can be extremely relaxing and help you sleep more soundly.

SERVE THE SOUP  
IN A BOWL AND GARNISH  
WITH LINSEED



## PHASE 2 – DAY 2

### PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

### BREAKFAST

8 am – noon

#### **Carrot-banana smoothie**

- 300 ml almond milk
- 1 banana
- 1 apple
- 2 carrots
- cinnamon
- water

### LUNCH

noon – 4 pm

#### **Spinach juice**

- 2 handfuls spinach
- ½ cucumber
- 2 pears
- 3 mint leaves
- handful mango
- water

### AFTERNOON

4 – 6 pm

#### **Carrot juice**

- 3 carrots
- 2 green apples
- 2 cm ginger
- ½ lemon

### DINNER

6 – 8 pm

#### **Broccoli soup**

- 1 broccoli
- 1 red onion
- 2 cloves garlic
- 1 tbsp Italian herbs
- 1 tbsp linseed/psyllium husk powder
- water

#### *Preparation*

Cut the broccoli florets off the stalk. Chop the onion into small pieces and crush the garlic. Bring a pan of water to the

boil and add the vegetables. Cook the vegetables for about 15 minutes until done. Use a hand blender to puree the vegetables. Serve the soup in a bowl and garnish with the Italian herbs and linseed or psyllium husk powder.

### BEFORE BED

9.30 – 10 pm

- 24HR Detox PM

TREAT YOURSELF  
TO A DELICIOUS  
SPINACH JUICE!



## PHASE 2 – DAY 3

### PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

### BREAKFAST

8 am – noon

#### *Fresh melon smoothie*

- ¼ melon
- ½ cucumber
- 1 banana
- 200 ml almond milk
- cinnamon

### LUNCH

noon – 4 pm

#### *Apple-pineapple juice*

- ½ green apple
- handful pineapple
- 3 mint leaves
- ½ lemon juice

### AFTERNOON

4 – 6 pm

#### *Rocket-orange juice*

- 2 handfuls rocket
- 2 oranges
- ½ mango
- ½ lime juice

### DINNER

6 – 8 pm

#### *Tomato-fennel soup*

- 5 tomatoes
- ½ fennel
- 1 onion
- 2 cloves garlic
- 1 tbsp chives
- 1 tbsp linseed/psyllium seed

#### *Preparation*

Cut the tomatoes and fennel into small pieces. Chop the onion into small pieces and crush the garlic. Bring a pan with 250 ml of water to the boil.

Add the vegetables and boil for 15 minutes until cooked. Puree the soup with a hand blender until smooth. Serve the soup in a bowl and garnish with the chives and linseed or psyllium seed.

### BEFORE BED

9.30 – 10 pm

- 24HR Detox PM

#### *Fact*

Fennel has a powerful flavour that is similar to aniseed. Like artichoke, it's a great ingredient to help resolve digestion problems. It also has a calming effect on your stomach lining and other organs.

FENNEL  
IS EFFECTIVE FOR  
DIGESTION PROBLEMS



## PHASE 2 – DAY 4

### PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

### BREAKFAST

8 am – noon

#### ***Banana-orange smoothie***

- 200 ml almond milk
- 2 oranges
- 2 handfuls blueberries
- 1 banana
- cinnamon

### LUNCH

noon – 4 pm

#### ***Celery-pear juice***

- ½ cucumber
- 2 pears
- 2 celery stalks
- 1 tbsp parsley
- ½ lemon

### AFTERNOON

4 – 6 pm

#### ***Fennel-carrot juice***

- 1 fennel
- 2 apples
- 4 carrots
- ½ lime
- 2 cm ginger

### DINNER

6 – 8 pm

#### ***Courgette soup***

- ½ courgette
- ½ red onion
- salt & pepper
- 1 tbsp linseed/psyllium seed

#### ***Preparation***

Cut the courgette and red onion into small pieces. Bring a pan with 250 ml of water to the boil. Cook the vegetables for about 15 minutes until done. Puree

until smooth using a hand blender. Stir in the Italian herbs, linseed or psyllium seed and serve in a bowl.

### BEFORE BED

9.30 – 10 pm

- 24HR Detox PM

#### ***Did you know ...***

... parsley is perfect for a detox?

It not only gives juices and smoothies a tasty twist, but it also has a positive effect on your digestive system by killing bacteria.

PUREE UNTIL  
SMOOTH USING A HAND  
BLENDER



## PHASE 2 – DAY 5

### PRE-BREAKFAST

- 1 glass lukewarm water & freshly squeezed lemon juice
- 24HR Detox AM

### BREAKFAST

8 am – noon

#### **Raspberry-banana smoothie**

- 250 ml soya milk
- 1 banana
- 1 handful raspberries
- 1 orange
- 1 avocado
- cinnamon

### LUNCH

noon – 4 pm

#### **Apple-cucumber juice**

- 3 apples
- 1 cucumber
- 3 mint leaves
- ½ lime

### AFTERNOON

4 – 6 pm

#### **Carrot-pear juice**

- 4 carrots
- 2 pears
- handful pineapple
- 2 celery stalks
- 2 cm ginger
- 1 tbsp parsley

### DINNER

6 – 8 pm

#### **Spinach soup**

- 300 g spinach
- 1 pepper
- 1 onion
- 1 clove garlic
- 1 tsp rosemary
- 1 tbsp linseed/psyllium husk powder

#### **Preparation**

Rinse the leaf spinach in a sieve.  
Chop the pepper and onion

into small pieces and crush the garlic. Bring a pan of water to the boil and add the pepper, onion and garlic. Boil the vegetables for about 10 minutes until done. Add the spinach and briefly boil with the pepper and onions. Puree the soup with a hand blender until smooth. Serve the soup in a bowl and garnish with the rosemary and linseed or psyllium husk powder.

### BEFORE BED

9.30 – 10 pm

- 24HR Detox PM

DID YOU KNOW ...  
... THE SMALLER GARLIC  
CLOVES ARE JAM-PACKED  
WITH NUTRIENTS?





HELLO, SEXY  
NEW YOU!

# PHASE 3

POST-CLEANSE!

It would be totally understandable if you'd been fantasizing about all the tasty things you'll be eating again soon.

But hang in there – you're almost done! It's just as important to ease back into solids as gradually as you cut them out in the *Pre-cleanse!* phase. Doing so will prevent any unpleasant side effects and will allow your body to get used increased food intake.

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## PHASE 3 - EASE BACK IN SLOWLY

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Easing back into eating solids as gradually as you can is a vital part of this detox. The best way to do this is to start by trying pieces of fruit – preferably organic. Eat them slowly and chew them very well, as your enzymes will help break down the food. If this goes well, then you can progress to home-made vegetable soups with rice crackers. Next, slowly reintroduce grains, dairy and, lastly, meat and fish.

Wait a while before you start eating fatty, spicy foods, legumes and red meat. These can cause unpleasant side effects after a cleanse, because they're particularly difficult for your body to digest.

Pre- and pro-biotics help restore your gut flora and are therefore an effective option in the *Post-Cleanse!* phase. These include raw sauerkraut, kombucha and kefir.

THE BEST  
WAY TO DO THIS IS  
TO START BY TRYING  
PIECES OF FRUIT

---

## SAUERKRAUT

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### WHAT DO YOU NEED?

- 2 white cabbages
- 2 tbsp salt

Remove the tough stalk and core from the cabbages and cut the cabbages into thin strips. Mix the cabbage and salt. Put the cabbage into a clean preserving jar or special-purpose sauerkraut crock. Compact the cabbage well using a masher until it releases moisture. Add a little water or a dash of buttermilk if no moisture emerges. Seal the jar or crock so that it's airtight. Keep at room temperature for the first few days to initiate the fermentation process. Compact the sauerkraut again a few times during these first days. After three days, check whether the liquid in the jar has doubled in volume and then place in a dark, cool location. Check every three days and scoop off any mould that may have formed on top. The sauerkraut will be ready after about 4 to 6 weeks.



# PHASE 3 – DAY 1

## BREAKFAST

### *Kiwi-pineapple smoothie*

- ½ pineapple
- 1 banana
- 1 kiwi
- ½ lemon
- 1 tsp wheatgrass
- 250 ml coconut water

#### *Preparation*

Put all the ingredients in a blender and mix well until creamy and smooth. Serve in a glass with a straw.

## SNACK

1 piece of fruit (a pear, for example)

## LUNCH

### *Pesto salad*

- 75 g salad mix
- ½ cucumber (sliced)
- 1 tomato

- 2 spring onions
- 2 tbsp home-made pesto (see recipe on page 15)
- 1 tbsp pine nuts

#### *Preparation*

Place the lettuce on a plate and cut the vegetables into small pieces. Serve the vegetables and pesto on the lettuce and mix everything together. Sprinkle the pine nuts over the salad.

## SNACK

- 2 rice crackers & banana slices

## DINNER

### *Pumpkin & cumin soup*

- 200 g pumpkin
- ½ onion
- 1 clove garlic
- 250 ml water
- 1 tsp cumin

- 1 tbsp cashew nuts
- 1 sprig alfalfa sprouts
- salt & pepper

#### *Preparation*

Peel the pumpkin and cut into chunks. Boil the pumpkin, onion, garlic and water in a saucepan for about 15 minutes until done. Add cumin, salt and pepper to taste. Remove the pan from the heat and puree until creamy and smooth. Serve the soup in a bowl and garnish with the cashew nuts and alfalfa sprouts.

#### *Tip*

If you've opted for the milder detox, then grab a handful of nuts as a snack.

REMOVE THE PAN FROM THE HEAT AND PUREE UNTIL CREAMY AND SMOOTH



## PHASE 3 – DAY 2

Today, you can reintroduce a small portion of grains into your salad, for example, couscous, quinoa, brown rice or wholewheat pasta. If this goes well, then you can add a bowl of fromage frais or yoghurt as a snack.

### BREAKFAST

#### *Rocket-orange smoothie*

- 1 orange
- 1 pear
- 1 kiwi
- 2 handfuls rocket
- 250 ml coconut water

Put all the ingredients in a blender and mix well until creamy and smooth. Serve in a glass with a straw.

### SNACK

- 1 piece of fruit & handful nuts

### LUNCH

- 2 superfood or brown rice crackers with ½ avocado & 1 tbsp hummus
- 2 superfood or brown rice crackers with 2 tbsp cottage cheese & 1 tomato

### SNACK

- 200 g low-fat fromage frais
- 1 tbsp linseed
- 1 tbsp dried fruit
- 1 tsp cinnamon

### DINNER

#### *Spelt & walnut salad*

- 50 g spelt or wholewheat couscous
- ½ red onion
- 1 pepper
- 2 handfuls rocket

- 1 tbsp raisins
- 1 tbsp freshly squeezed lemon juice
- 1 handful walnuts

#### *Preparation*

Cook the couscous, following the instructions on the packaging. Chop the onion and pepper into small pieces. Mix the rocket, vegetables, raisins, couscous and lemon juice on a plate. Sprinkle the walnuts over the salad. Add salt and pepper to taste.

ADD A SMALL  
PORTION OF GRAINS  
TO YOUR SALAD, E.G.  
COUSCOUS



## PHASE 3 – DAY 3

Today, you can gradually reintroduce animal products into your diet. It's best to start with a piece of fish, as this is easier for your body to digest. Possibilities include cod, salmon, tuna or dorado with a green salad and a grain. A piece of chicken, turkey breast or egg is also an option.

### BREAKFAST

#### Avocado-kiwi smoothie

- ½ avocado
- 1 banana
- 2 kiwis
- 200 ml almond milk

#### Preparation

Put all the ingredients in a blender and mix well until creamy and smooth. Serve in a glass with a straw.

### SNACK

2 superfood crackers & 1 tbsp peanut butter & cinnamon

### LUNCH

#### Savoury oatmeal

- 40 g oatmeal
- 200 ml almond milk
- 2 dried apricots
- 1 tbsp walnuts
- 2 tbsp feta cheese
- 1 tsp olive oil

#### Preparation

Boil the oatmeal and milk for about 5 minutes. Put the oatmeal in a bowl. Cut the apricots into small pieces and sprinkle over the oatmeal with the walnuts, crumbled feta and olive oil.

### SNACK

Fromage frais, 1 tbsp linseed, handful strawberries & pinch of cinnamon

### DINNER

#### Grilled fish & quinoa

- 50 g quinoa
- ½ tbsp olive oil
- 120 g white fish
- ½ lemon
- 250 g spinach
- 1 clove garlic
- 1 tomato
- 1 red onion
- salt & pepper

#### Preparation

Cook the quinoa, following the instructions on the packaging. Heat the olive oil in a pan. Drizzle the lemon juice over the fish and add salt and pepper to taste. Grill the fish in the pan. Meanwhile, stir-fry the spinach in a wok with the garlic and tomato. Mix the quinoa in with the spinach mix in the wok and then serve on a plate with the grilled fish.

IT'S BEST TO  
START WITH A PIECE OF  
FISH, AS THIS IS EASIER  
FOR YOUR BODY TO  
DIGEST



## PHASE 3 – DAY 4

It's sensible to wait until the last day to reintroduce heavier meats such as beef and pork.

You'll know yourself how your body's been responding to the reintroduction of solids. If you start to feel bloated, then you can best wait a while and stick to fish and poultry before moving onto meats.

### BREAKFAST

#### *Pineapple-kale smoothie*

- ½ mango
- 2 slices pineapple
- 2 handfuls kale
- ½ lemon
- 150 g low-fat fromage frais
- 100 ml water

Put all the ingredients in a blender and mix well until creamy and smooth. Serve in a glass with a straw.

### SNACK

2 superfood crackers or rice crackers, 2 tbsp cottage cheese, 1 tbsp blueberries & pinch of cinnamon

### LUNCH

2 slices of spelt bread, hummus and fried egg (see page 15)

### SNACK

1 apple, handful unsalted, unroasted nuts

### DINNER

#### *Stuffed courgette*

- 1 courgette
- 75 g lean minced beef
- 1 clove garlic (crushed)
- 50 g mushrooms (chopped)
- 1 tomato (chopped)
- 1 tsp Italian herbs
- 30 g feta or grated 30% reduced-fat cheese
- salt & pepper

#### *Preparation*

Preheat the oven to 200° C. Cut the courgette lengthwise down the middle. Scoop out the centres of the courgettes using a spoon and place the courgette halves in a baking dish. Briefly stir-fry the garlic and mushrooms with the minced beef in a frying pan or wok. Add the chopped tomato and Italian herbs to the minced beef and continue frying. Add salt and pepper to taste. Spoon the minced beef mix into the two halves of the courgette and crumble the blocks of feta cheese or sprinkle the grated cheese over the meat. Bake the stuffed courgettes in the middle of the oven for about 30 minutes. Delicious with a green salad or a portion of pasta.

YOU'LL KNOW  
YOURSELF HOW YOUR  
BODY WILL RESPOND  
TO MEAT



HELLO, SEXY  
NEW YOU!

# YOGA GUIDE

## DETOX EXERCISES

Did you know that physical activity boosts your immune system? Even less intensive forms of physical exercise, such as yoga, have an effect. Yoga is ideal during your cleanse – it helps you relax and feel rejuvenated.

# YOGA EXERCISES BY LAURA BRIJDE

Staying active is important during the detox.

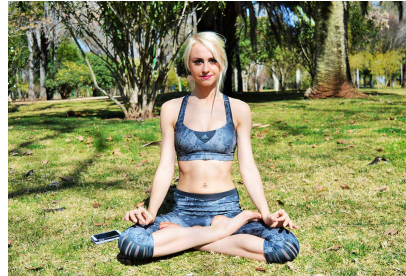
It's not sensible to do prolonged or intensive exercise, but there are several forms of lower-intensity exercise that are perfect while cleansing, e.g. yoga.

Laura has shared her favourite yoga poses to help you relax. Time to give your body something back for all its hard work!

[www.laurabrijde.com](http://www.laurabrijde.com)

## Yoga exercises by ...

Laura Brijde is a total fitness freak and a high-profile health blogger!



## BREATH OF FIRE

Sit upright in lotus position. Focus on your underbelly and tense these muscles fleetingly, yet powerfully while breathing out through your nose. This ensures that the air in your lungs flows from your lungs and out through your nose. Once you've released your stomach muscles again, breathe in. Close your eyes and repeat ten times. Concentrate on your breathing and the effect it creates.



## BOAT

From a normal sitting position, slowly raise your outstretched legs while supporting yourself with your hands on the ground behind your hips. Once your legs are in the air, point to your feet with your hands while carefully leaning backwards. The trick is to keep your back straight at all times. Open your shoulder blades, straighten your back and extend your neck. Breathe in and out slowly. Try to hold this position for 10 to 20 seconds.



## PLOUGH

Raise your outstretched legs above you and allow them to descend slowly to the ground behind your head. Touch the ground with your toes and place your arms flat on the ground alongside your upper back to maintain balance. Push your torso up off the ground and try to reach further with your heels away from your body. Breathe in deep into your stomach and hold the pose for one to two minutes. Slowly raise your legs, bringing them carefully back over your head.



## CAT

Get on all fours. Breathe out slowly while arching your back, creating as much length in your lower back as you can. Curl your chin in towards your chest. Breathe out slowly, returning to a neutral spine position. Repeat three or so times.

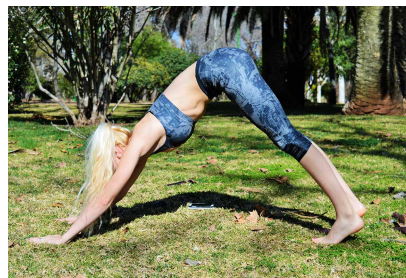


# YOGA EXERCISES BY LAURA BRIJDE



## COBRA

Lie on your stomach with your hands next to your shoulders. Breathe in and out slowly while pulling back your shoulders and straightening your arms as much as possible, arching backwards without loading your lower back. Hold the position for 15 to 30 seconds.



## DOWNWARD-FACING DOG

Get on all fours with your hips above your knees and your shoulders above your hands. Spread your fingers wide for more balance. Raise your hips up into the air, extending both your arms and legs, while pushing your heels down to the ground. Keep your knees slightly bent if it's not possible for you to straighten them fully. Breathe in and out slowly and hold the position for 1 to 3 minutes.



## KNEES TO CHEST

Lie on your back with your arms at your sides and gently pull in your knees towards your chest. Breathe out slowly. Embrace your legs with your arms and carefully roll your back to and fro over the ground. If need be, move your legs carefully from left to right to relieve your back of any cramps or aches. Do what feels good and you'll soon notice the tension leaving your body.



## REVERSE BOAT POSE

Lie on your stomach with your arms and legs outstretched behind you. Slowly raise your head and legs. Keeping your pelvis and stomach flat on the ground, next raise your chest and knees slightly from the ground. Focus on your breathing and hold the position for 20 to 30 seconds before releasing.

## Yoga is a mental detox!

Laura Brijde has written a special yoga guide for us that fits in perfectly with *Detox!* It consists of 27 different poses (or asanas), including clear photos and descriptions so that it's easy even for beginners to follow. [Download Laura's yoga guide for free!](#)

HELLO, SEXY  
NEW YOU!

**BODY&FIT**<sup>®</sup>