



Working out has never been so enjoyable...

10 Day Detox

Kick start and cleanse!

New Year Detoxification

Pure Fitness Manly's 10 day detox is designed to cleanse your body of toxins, increase your levels of vitality and improve your general well being – leaving you feel leaner and more energetic!

In brief, the idea is to greatly increase your consumption of fresh, seasonal vegetables and to drink lots of filtered or spring water. Your aiming to minimise your consumption of foods that don't serve your health – caffeine, alcohol, gluten, sugar, processed foods, commercially raised, pasteurised dairy foods and processed fats such as margarine.

During the detox:

- Drink plenty of spring or filtered water. Keep a jug on your sink or desk so that you know how much water you are drinking
- Chew well and eat slowly, and don't drink with meals. Drink 15 minutes prior or 1 hour after
- Do a shopping list and shop prior to starting and plan ahead for meals
- Sleep for 7.5 to 8 hours per night. Rest will help your body detoxify
- Exercise regularly. Exercise is essential to get the most out of your 10 day detox!

Foods to eat:

Vegetables – these should form the basis of your diet. Particularly nutritious vegetables include broccoli, cauliflower, sprouts, spinach, kale, onions, garlic, artichokes, beets and red and green vegetables.

Fish, chicken and eggs – these animal foods are allowed on the detox as they are easy to digest. Stick to free range/wild sources.

Fruit – berries are particularly beneficial as they are low in sugar and high in nutrition. Apples and pears are also fairly low in sugar. Stick to 2 pieces per day.

Healthy Grains – Quinoa, amaranth, millet and buckwheat can be used. These are gluten free and more nutritious than other grains. They can be purchased at a health food store or in some grocery stores. Rice is also allowed here however keep in to a minimum as it is higher in energy than the other grains.

Beans – split yellow and green peas and lentils are easiest to digest and require the least soaking time. Other good options include kidney beans, pinto beans, mung beans and chickpeas.

Nuts and Seeds – unsalted, raw nuts or seeds can be sprinkled over salads or eaten as a snack. Good options include flaxseed, chia seeds, pumpkin seeds, sunflower seeds, almonds, pecans and walnuts.

Oil – extra virgin olive oil is the preferred at low temps and coconut oil or organic butter for higher temps. Add organic butter to steamed vegies to satisfy your hunger.

Condiments – vegetable salt, sea salt, vinegar, soy sauce or tamari, all herbs and spices

Water – spring or filtered water is preferable. To calculate an approximate amount of litres of water to consumer per day, multiply your weight in Kilos by 0.033.

Foods to avoid

Sugar – includes sugar, products containing sugar, and hidden forms of sugar such as sucrose, dextrose, corn syrup, brown sugar and turbinado. Artificial sweeteners are not recommended. Stevia is a natural sweetener that is allowed.

Wheat – wheat and products containing wheat such as pasta and bread.

Gluten – all gluten containing grains: wheat, rye, oats and barley.

Coffee – although most detox diets recommend avoiding coffee, 1 cup a coffee a day is acceptable. Espresso is the best form.

Other foods to avoid – yeast, alcohol, food additives and preservatives, chocolate.

Red meat – can be harder to digest than chicken and fish. If you really don't want to avoid it go for organic, free range.

Detox Food Plan

Breakfast suggestions

Start each day with 2 glasses of water with the juice of a lemon or lime to cleanse the liver

You may then choose any of the following:

Poached eggs, avocado, mushrooms and spinach using preferably organic range eggs.

Home-made cereal – ½ cup almonds, ½ cup pecans, ½ banana, ¼ teaspoon ground cinnamon, small pinch of sea salt, ¼ cup of almond milk/coconut milk. Pulse all ingredients in a food processor or blender until desired consistency is reached. Warm the cereal on the stove and add fresh berries and more coconut milk if desired.

Organic plain yoghurt with berries and LSA

Rice porridge, rolled quinoa, rice bubbles or unsweetened gluten free muesli, use around ½ cup to 1/3 cup of cereal. Add LSA, almond milk or rice milk and fresh fruit as you desire eg banana, strawberries, blue berries

2-4 rice thins with avocado, salmon, cashew or almond spread

Boiled eggs with avocado and tomato

Energy shake – 1 cup of almond or rice milk with 1 cup of fresh blueberries or frozen blueberries, ½ banana, plus 1-2 tablespoons of LSA.

Recommended supplements

Psyllium husk to encourage a healthy bowel movement daily. This is really important as you need to keep your bowels working

A good quality whole food multivitamin to correct deficiencies and provide essential nutrients for proper detoxification

Inner health capsules

Fish oil (mercury tested) to ensure you receive essential fatty acids

Recipes

LSA

Linseed, sunflower and almond meal

The Large Salad

Throw some greens (eg spinach, lettuce and rocket) into a bowl, add a handful of veggies that you have pre-chopped (eg steamed snow peas and broccoli), top it off with a handful of raw nuts (eg cashews and walnuts) toss with a generous dressing of olive oil and lemon or avocado...and add your lean meat protein choice (eg chicken, tuna, salmon, goats cheese or chick peas). You now have yourself a large salad that is high in nutrition, low in calories and that will really fill you up.

Salad Dressing

In a small glass container put good quality extra virgin olive oil and fresh squeeze of lemon and a pinch of sea salt and pepper to taste.

Hummus

Tin of chickpeas, 3 cloves garlic, ½ cup of extra virgin olive oil, 2tbs tahini paste, 1tsp ground cumin, 1 tspn paprika, juice of 1 lemon. Pop all the ingredients into a blender and mix them up till smooth. Serve with freshly sliced carrots, celery, cherry tomatoes, and cucumber. Store in the fridge and use for wraps, salads and snacks.

Steamed greens

Chop your favourite veggies (snow peas, broccoli, cauliflower) and lightly steam. Add a tbspn of organic butter and a pinch of salt and serve with a lean protein choice (chicken, tuna, salmon or egg) and you have got yourself a super healthy meal!

Baked Chicken

Squeeze 2 oranges and 2 lemons over a free range chicken, place the left over rind and some garlic inside the chicken, cover with alfoil and cook as usual

Salmon Burgers

700grams skinless, boneless salmon, 2 tspn Dijon mustard, 2 tbspn dill, 1 tbsn capers, 1 capsicum finely chopped, 2 tbsn finely chopped red onion, ¼ tspn salt, lemon cut into wedges for a garnish.

Cut the salmon into chunks and put ¼ of it in the food processor with the mustard. Pulse until the salmon forms a smooth paste. Add the remaining salmon and ingredients and pulse to break up the salmon into small chunks but not so long that it becomes smooth. Shape the salmon into four burgers. Grill the burgers for 3-5 minutes until the burgers are firm and easy to flip. Continue cooking on the other side for 3-5 minutes. Serve with wedges of lemon and large salad/steamed greens.

Vegetable Curry

1 cup brown rice, ½ tspn coconut oil, ¼ onion sliced, 1 clove garlic chopped, 1 cup mixed chopped

vegetables eg potato, sweet potato, pumpkin, ½ tspn ground corriander, ground cummin and ground tumeric, ¼ can chopped tomatoes, ¾ cup of stock, ¾ cup of coconut milk, salt and pepper, 1 tspn cornstarch.

Set the rice to cook in pan of boiling water as per the packet instructions while you prefer the rest of the dish. Heat oil, add onion, garlic and chilli and sauté for 5 minutes. Add the remaining ingredients, cover and bring to the boil, then reduce the heat and simmer for 30-40 minutes or until the vegetables are cooked right through and tender. Serve over the rice.