

START YOUR WEIGHT-LOSS JOURNEY WITH A DETOX TO NATURALLY CLEANSE YOUR SYSTEM.

DETOX



GUIDELINES TO FOLLOW WHILE DETOXING:

By Carla Smith - The Fitness Expert

- Monitor everything that you eat.
- Drink about 2 litres of water per day. It is important to flush your system to eliminate toxins.
- Decaffeinated Green tea, herbal tea and hot water with lemon may be added for variety.
- To make this eating plan work for you, a good idea is to mix and match the different options of the plan to suit your needs!

Always consult your healthcare practitioner before you start a detox plan. Remember to plan your detox so that it is done at a convenient time. Once you have decided to spring-clean your system, it is best to begin your detox by making gradual changes so as not to shock your body.

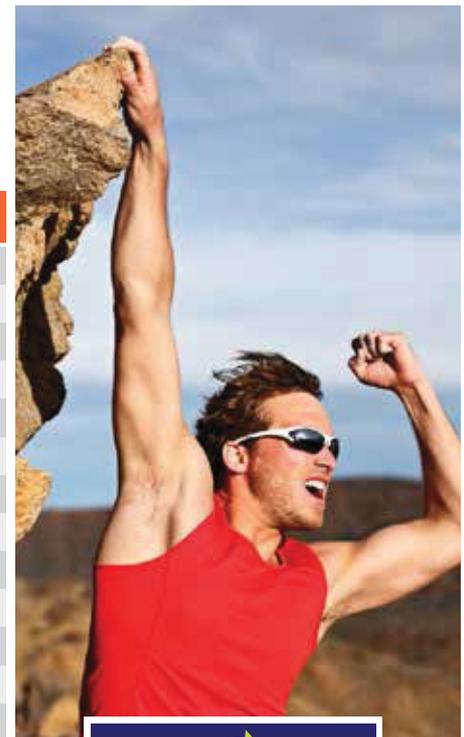
FOLLOW OUR 3-DAY DETOX EATING PLAN AND THEN MOVE ONTO OUR 10-DAY HEALTHY EATING PLAN.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1 cup of oats (measured after cooking), topped with 1 tablespoon chopped walnuts and 1 cup of fresh or frozen berries.	½ cup plain fat free yoghurt mixed with ½ a banana, sliced, and 2 tablespoons of any high-fibre cereal.	Washed baby spinach leaves (or other dark green salad greens) topped with 60 g of grilled chicken, 8-10 sliced red grapes, sliced red onion and 1 tablespoon slivered almonds. Dress salad with fresh lemon juice and 2 teaspoons olive oil. Serve with ½ a 15 cm whole-wheat pita pocket.	Sliced green apple with 28 g of cheddar cheese.	Bake a 100 g piece of Kingklip or Kabeljou (or other white flaky fish). Place fish in a baking dish, top with 1 teaspoon olive oil, fresh lemon juice and a pinch of sea salt and pepper. Bake at 180 degrees for 10-12 minutes, or until cooked through. Serve with ½ cup brown rice and steamed broccoli.
DAY 2	Combine 1 cup of plain fat free yoghurt (look for Greek yoghurt if available), 1 tablespoon of flax seeds, 1 cup of fresh or frozen berries and 2 tablespoons of any high-fibre breakfast cereal.	1 hard-boiled egg and a handful of baby carrots.	100 g salmon fillet grilled or poached (can use canned salmon if easier) served over a bed of baby rocket (or other dark green lettuce) and topped with ½ cup of chickpeas (or garbanzo beans), fresh lemon juice and 1 teaspoon olive oil.	1 cup of skim or soy milk and 30 g of raw almonds (about 15 almonds).	Grill a lean 120 g ground sirloin burger (or lean ground turkey burger) and serve it on a whole-wheat English muffin topped with sautéed mushrooms and onions. Serve burger with a large mixed green salad dressed with balsamic vinegar and 1 teaspoon olive oil.
DAY 3	In a non-stick frying pan coated with cooking spray, make a 3-egg-white omelette filled with 2 tablespoons grated parmesan cheese and ½ cup of sliced tomatoes and onions (or other vegetable of choice). Serve omelette with an orange or half a grapefruit.	1 slice of whole-grain bread topped with 1 tablespoon all-natural peanut butter or almond butter.	Top a 30 cm whole-wheat tortilla with half an avocado, 2 slices of tomato, 2 slices of low fat mozzarella cheese, 1 teaspoon Dijon mustard and Romaine lettuce leaves. Wrap up and enjoy with a handful of fresh green or red grapes (about 15-20 grapes).	½ cup plain fat free yoghurt topped with ½ cup of fresh or frozen berries.	Bake a 150 g boneless, skinless chicken breast with fresh lemon juice, 1 teaspoon of olive oil and 1 tablespoon of capers or sliced green olives (in an oven-proof baking dish at 180 degrees for about 20 minutes or until cooked through). Serve chicken with a corn salad comprised of 1 cup of frozen, thawed corn kernels, 1 diced plum tomato, ¼ cup black beans, topped with a pinch of sea salt and pepper. Dress salad with fresh lemon juice and 1 teaspoon of olive oil.

TO HELP COMBAT SIDE EFFECTS SUCH AS RECURRING HEADACHES AND FATIGUE, TRY THE FOLLOWING:

- Add an extra piece of fruit or a ½ small glass of fruit juice if you are feeling extremely lethargic.
- Get at least seven to eight hours of sleep per day.
- Engage in light exercise such as walking, yoga and stretching.
- Try and substitute common foods wherever possible. See table below.

INSTEAD OF THIS:	TRY THIS:
Sugar, fructose, sweetener	Xylitol
Breads/pastas	Rye bread, brown/basmati rice, potatoes, corn, legumes, barley
Red meat	Chicken, fish, legumes, nuts, soya
Chocolate, cake, brownies, biscuits	Carob truffles
Concentrated fruit juice	Fresh fruit and vegetable juice
Refined cereals/porridges	Raw organic oats/high fibre cereal (such as All-Bran flakes and homemade granola)
Milk	Rice milk or soy milk
Spices	Fresh herbs, chillies, garlic and ginger
Crisps	Raw vegetables
Sunflower oil for cooking	Olive oil/canola oil for cooking
Sweets	Goji berries, fruit, raw dates
Butter/margarine	Hummus/fresh guacamole/seed butter/nut butter
Tea/coffee	Decaffeinated Green tea/Rooibos tea/herbal tea



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Get slim. Start today!

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.