



DETOX

10 DAY EATING PLAN

START HERE 

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Herbex recommends **BOOSTER DETOX DROPS** together with our dietician-approved eating plan.

HOW TO USE:
45 drops three times a day in a glass of water - before breakfast, lunch and dinner.



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

DETOXIFICATION

The basic idea of detoxification is to cleanse your body. Your liver is the detox organ and your body will naturally detox itself on a daily basis. However, what we eat can put strain on (or alternatively improve) the detox system. The best way to detox your system is to eat foods that are as close to their natural state as possible as well as increasing your fruit and vegetable intake and drinking plenty of water. The foods that you should avoid on a detox diet are those that add extra toxins to your body such as caffeine, alcohol, foods high in unhealthy (saturated) fat, sugar, salt and processed foods.

Also important is to remember that the detox diet should not be severely restrictive or a 'fast', as this restricts your intake of energy and important nutrients needed for the detoxification process. If you are getting tired you are probably not eating enough calories and should increase your intake. If you are trying to lose weight eat a balanced diet, stick to moderate portion sizes and stay active – this is still the best formula for weight loss.

The eating plan is approximately 1,200 calories per day. If you require more calories, you can alter the portion sizes, but do not skip any of the meals or snacks. It is important that you eat frequently to keep up your energy.

GUIDELINES TO FOLLOW WHILE DETOXING:

- Drink about 2 litres of water per day. It is important to flush your system to eliminate toxins.
- Herbal teas as well as decaf green tea can be used freely (no milk or sugar).
- Hot water with lemon can be added for variety.
- This eating plan eliminates red meat, dairy, wheat, caffeine and alcohol.
- Choose predominantly unprocessed foods to ensure that no unnecessary toxins are introduced into the body.
- Try to keep some light exercise going while detoxing your body. Yoga, Pilates and walking are excellent exercise to incorporate into your day.

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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	<p>¼ cup raw oats (can use steel cut oats if desired), cooked in water</p> <p>+ 1 small banana</p> <p>+ 2 tsp. peanut butter</p> <p>+ cocoa powder</p>	<p>1 cup paw paw</p> <p>+ 3 tbsp. sunflower seeds</p>	<p>Baked potato:</p> <p>1 fist size potato</p> <p>+ 4 tbsp. hummus</p> <p>+ 1 fistful leafy greens</p> <p>+ tomato, onion</p> <p>Dressing:</p> <p>lemon juice</p> <p>+ mustard</p> <p>+ salt and pepper to taste</p>	<p>2 cups popped popcorn</p>	<p>100g white fish (hake, kingklip) grilled with spices</p> <p>+ 1 cup butternut/pumpkin</p> <p>+ 2 cups salad (salad dressing using no oil)</p> <p>OR 1 cup cooked green veggies</p>
DAY 2	<p>1½ cups fruit, (alternate option: stewed; stew with no added sugar; ~ ¾ cups once stewed)</p> <p>+ 2 tbsp. nuts/seeds</p>	<p>2 rice cakes</p> <p>+ ½ avocado</p>	<p>Salad:</p> <p>½ cup cubed, cooked butternut/ pumpkin</p> <p>+ ½ cup cooked brown rice</p> <p>+ finely sliced spinach/kale, leeks and basil</p> <p>+ 1 tbsp. dried cranberries</p> <p>Dressing:</p> <p>2 tsp. olive oil</p> <p>+ 2 tsp. balsamic vinegar</p> <p>+ salt and pepper to taste</p>	<p>20g dried fruit</p>	<p>Chicken soup:</p> <p>onion, celery, ginger, garlic (sauté in 2 tsp. olive oil)</p> <p>+ 100g chicken breast (raw = 120g)</p> <p>+ 2 cups vegetable/chicken stock</p> <p>+ ½ cup carrots</p> <p>+ apple cider vinegar, turmeric (boil ~ 25 minutes; remove chicken and shred)</p> <p>+ 1 cup broccoli</p> <p>+ ¼ cup peas (frozen)</p> <p>(boil ~ 15 minutes; add back chicken)</p>
DAY 3	<p>1 cup cooked sweet potato (diced and stir fried with some spinach)</p> <p>+ 2 fried eggs (salt, pepper, chili flakes to taste)</p> <p>(can use up to 2 tsp. olive/canola oil)</p>	<p>1 apple</p> <p>3 tsp. peanut butter</p>	<p>Tomato and lentil soup:</p> <p>celery, garlic, leek, onion, parsley, ginger (sauté in 2 tsp. oil)</p> <p>+ ½ cup cooked red lentils; or ¼ cup dry</p> <p>+ ½ cup sweet potatoes</p> <p>+ chopped tomato + 1 tsp. tomato puree</p> <p>+ 2 cups vegetable stock</p> <p>+ tabasco sauce, paprika, cumin, salt and pepper</p>	<p>1 cup pineapple</p>	<p>100g chicken breast grilled with spices (use max 1 tsp. olive/canola oil)</p> <p>+ ½ cup brown rice</p> <p>+ 2 cups salad (salad dressing using no oil)</p> <p>OR 1 cup cooked green veggies</p>

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 4	<p>¼ cup raw oats (can use steel cut oats if desired), cooked in water</p> <p>+ 1 apple</p> <p>+ 2 tbsp. nuts/seeds</p> <p>+ cinnamon</p>	<p>1 tbsp. raisins</p> <p>+ 3 tbsp. peanuts</p>	<p>Cauliflower and beetroot salad:</p> <p>1 cup cauliflower</p> <p>+ ½ cup diced beetroot</p> <p>+ ½ cup chickpeas (roast or steam the veg)</p> <p>+ chopped tomato</p> <p>+ 1 handful leafy greens</p> <p>+ 2 tbsp. sunflower seeds</p> <p>Dressing:</p> <p>Lemon juice</p> <p>+ salt and pepper to taste</p> <p>+ 2 tsp. balsamic vinegar</p> <p>+ salt and pepper to taste</p>	<p>2 rice cakes</p> <p>+ marmite</p>	<p>Fish cakes:</p> <p>1 tin tuna</p> <p>+ ½ cup mashed potato or sweet potato</p> <p>+ ½ egg</p> <p>+ any veg such as onions, parsley etc.</p> <p>+ salt and pepper to taste (bake at 220°C for 15-20 minutes)</p> <p>Serve with 2 cups salad (salad dressing using no oil) OR 1 cup cooked green veggies</p> <p>+ 1 cup broccoli</p> <p>+ ¼ cup peas (frozen)</p> <p>(boil ~ 15 minutes; add back chicken)</p>
DAY 5	<p>2 eggs, scrambled</p> <p>+ vegetables e.g. tomatoes, mushrooms; serve on a grilled portabella mushroom</p> <p>+ ½ cup beans/lentils or ¼ cup baked beans</p> <p>+ ½ avocado</p>	<p>1 ½ cups fruit salad</p> <p>+ 2 tbsp. nuts/seeds</p>	<p>Vegetable and barley soup:</p> <p>onion, carrot, leek, zucchini (sauté in 2 tsp. oil)</p> <p>+ 1 cup butternut</p> <p>+ ½ cup cooked barley (or ¼ cup dry)</p> <p>+ 2 cups vegetable stock</p> <p>+ paprika, cumin, parsley, basil, garlic powder, salt, pepper</p>	<p>1 cup carrots</p> <p>+ 2 tbsp. hummus</p>	<p>Stir fry:</p> <p>2 cups vegetables</p> <p>+ 100g cooked chicken cut into strips</p> <p>+ ½ cup brown rice</p>
DAY 6	<p>Omelette:</p> <p>2 eggs</p> <p>+ veggies such as spinach/ kale, peppers and tomato (can use up to 2 tsp. olive/ canola oil)</p> <p>Serve on ½ cup brown rice</p>	<p>1 ½ cups fruit salad</p> <p>+ 3 tbsp. nuts/seeds</p>	<p>Stuffed sweet potato:</p> <p>1 fist size sweet potato</p> <p>+1-2 cups spinach/ kale/ mix of both (use either raw or lightly wilted)</p> <p>+ finely sliced onion/ spring onion</p> <p>+ ¼ avocado</p> <p>Dressing:</p> <p>salt and pepper to taste</p> <p>+ 1 tbsp. hummus</p> <p>+ 1 tbsp. lemon juice</p>	<p>2 rice cakes</p> <p>+ marmite</p>	<p>100g white fish grilled with spices</p> <p>+ ½ cup mashed potato</p> <p>+ 2 cups salad (salad dressing using no oil)</p> <p>OR 1 cup cooked green veggies</p>
DAY 7	<p>¼ cup raw oats (can use steel cut oats if desired), cooked in water</p> <p>+ ½ cup berries (can use the frozen variety)</p> <p>+ 2 tsp. nuts/seeds</p> <p>+ vanilla essence</p>	<p>2 rice cakes</p> <p>+ 4 tbsp. hummus</p>	<p>Potato and chickpea salad:</p> <p>½ cup potatoes</p> <p>+ ½ cup chickpeas</p> <p>+ celery, onion, dill</p> <p>Dressing:</p> <p>4 tbsp. hummus</p> <p>+ lemon juice</p> <p>+ mustard</p> <p>+ salt and pepper to taste</p>	<p>1 tbsp. raisins</p>	<p>Chicken stew:</p> <p>onion, celery, garlic (sauté in 2 tsp. olive oil)</p> <p>+ ½ cup carrots</p> <p>+ 100g cooked chicken</p> <p>+ ¼ cup cannellini beans</p> <p>+ tomato, spinach basil</p> <p>+ salt, pepper and chili flakes to taste</p>
DAY 8	<p>4 rice cakes</p> <p>+ 2 eggs, scrambled or dry fried</p> <p>+ ½ avocado</p>	<p>1 apple</p> <p>+ 3 tsp. peanut butter</p>	<p>Bean lettuce wraps:</p> <p>½ cup cooked brown rice</p> <p>+ ½ cup beans (e.g. black, cannellini etc.)</p> <p>+ ¼ cup sweet corn</p> <p>+ tomato</p> <p>+ diced onion</p> <p>Dressing:</p> <p>2 tsp. olive oil OR ½ avocado</p> <p>+ lemon juice</p> <p>+ salt and pepper to taste</p> <p>Wrap in lettuce leaf (optional)</p>	<p>2 cups popped popcorn</p>	<p>Fish Soup:</p> <p>2 tomatoes, garlic, onion, basil, salt, pepper</p> <p>+ ½ cup vegetable/ fish stock (combine and bring to the boil)</p> <p>+ baby marrows, fennel</p> <p>+ 100g white fish (120g raw)</p> <p>(cook until fish is cooked)</p> <p>+ ½ cup cooked brown rice (mix in)</p>
DAY 9	<p>Pancakes:</p> <p>2 eggs</p> <p>+ 2 small bananas (mix the eggs and bananas together; cook in a pan)</p> <p>serve with 2 tsp. peanut butter (can add 1 tsp. honey)</p>	<p>1 cup carrots</p> <p>½ cup guacamole (use ½ avocado)</p>	<p>Roasted sweet potato soup:</p> <p>1 cup sweet potato</p> <p>+ onion</p> <p>+ curry powder, cumin, ginger, salt, pepper</p> <p>+ 2 cups vegetable stock</p>	<p>20g dried fruit</p>	<p>100g white fish grilled with spices</p> <p>+ ½ cup mealies and peas mix</p> <p>+ 2 cups salad (salad dressing using no oil)</p> <p>OR 1 cup cooked green veggies</p>
DAY 10	<p>Baked apple:</p> <p>1 apple (slice off the top and scoop out the core)</p> <p>2 tbsp. oats</p> <p>+ 2 tbsp. nuts</p> <p>+ 1 tbsp. honey (combine oats, nuts and honey; Fill the apple; microwave for 2-4 minutes, until tender; allow to stand for a couple of minutes before serving)</p>	<p>1 tbsp. raisins</p> <p>+ 3 tbsp. peanuts</p>	<p>Vegetable soup:</p> <p>onion, garlic (sauté in 2 tsp. oil)</p> <p>+ mushrooms, tomatoes</p> <p>+ ½ cup can cannellini beans</p> <p>+ 1 cup spinach/ kale</p> <p>+ ½ cup sweet potato</p> <p>+ dried oregano, basil, salt, pepper</p> <p>+ 2 cup vegetable stock</p>	<p>1 cup paw paw</p>	<p>Chicken burger:</p> <p>120g chicken mince</p> <p>+ ½ egg</p> <p>+ salt, pepper</p> <p>+ any veggies such as onion, peppers, mushrooms etc.</p> <p>(combine ingredients; form patties; grill 5-10 minutes per side)</p> <p>Serve with ½ cup mashed potatoes</p> <p>+ 2 cups salad (salad dressing using no oil)</p> <p>OR 1 cup cooked green veggies</p>



* We ALWAYS recommend talking to your doctor before you start any new exercise routine.

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