



13 SIGNS YOU NEED TO DETOX

SLUGGISH METABOLISM

UNEXPECTED WEIGHT GAIN

BLOATING

INDIGESTION

FREQUENT HEADACHES

SKIN RASHES AND DANDRUFF

FOOD INTOLERANCES AND HYPERSENSITIVITIES

CONSTANT FATIGUE

BAD BREATH

URINARY INFECTIONS

GASTRIC REFLUX/ACIDITY

JOINT PAINS

CONSTANT SWEET CRAVINGS



Welcome to your 10 Day Detox

Each day we are exposed to pollutants in air, water, food, beauty and household products. Over the years, these everyday toxins can accumulate in body tissues, preventing the cells from functioning at their best.

Even though our bodies cleanse naturally, if the levels of toxins exceed the capacity to get rid of them, symptoms of toxicity and oxidative stress can start to develop. Additional pressures such as stress or insomnia can aggravate and further manifest evidence of the toxic overload. This may lead to many chronic health issues, skin and digestive disorders, excessive weight or frequent headaches. It can affect our mood, emotional wellbeing and energy levels.

The Organic Pharmacy's 10 Day Detox Kit is a complete programme designed to help gradually and gently cleanse and replenish the body with essential nutrients.

This easy to follow and effective plan is designed to fit around any modern lifestyle and is rewarding to do without you having to fast or put any more unnecessary pressure on your body.

More focus on self-care and a balanced diet, together with the right herbs, vitamins and nutrients will help support your body and optimise the results. The information in this booklet will provide you with a nutrition plan and guide you on this ten day journey of wellness.

The Organic Pharmacy

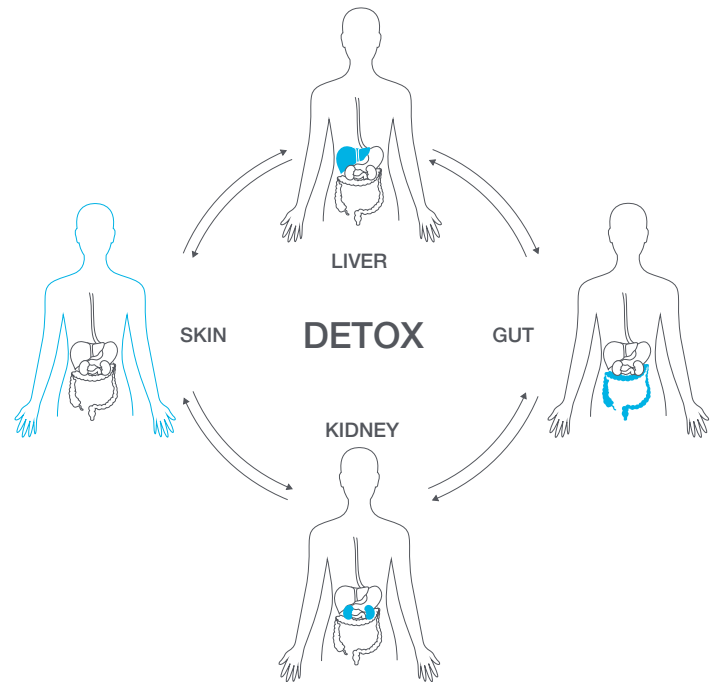
Made in 
London
with Love
Since 2002



How Detox works

The major organs involved in detoxification

LIVER GUT KIDNEY SKIN



Detoxification is a multi-organ process where the single organs work in synergy to get rid of unwanted, harmful compounds.

During detoxing even more free radicals are released so it is important to support the body with a source of phytonutrients, antioxidants, essential fatty acids, vitamins and minerals. To achieve the best results, a healthy diet and lifestyle are recommended in conjunction with supplementing.

Detox

A powerful formula designed to support the whole body through different cellular mechanisms:

- Digestion enhancers
- Gut repairers
- Colon cleansers
- Liver detox promoters
- Kidney drainage stimulators
- Sugar/Carbohydrates metabolisers



Phytonutrients + MSM

A combination of supergreens, herbs and fruit extracts, immune stimulating mushrooms, digestive enzymes, adaptogens and MSM from natural sources that support body functions:

- Digestion
- Nutrients absorption
- Skin, nail and hair growth
- Toxin drainage
- Immune health
- Anti-ageing
- Stress relief
- Hormonal balance



Superantioxidants

A vitamin, mineral and herbal blend of antioxidants – molecules that neutralise free radicals and delay or inhibit cellular damage to reduce inflammation and enhance immunity. Oxidative stress has been linked to chronic conditions like heart disease, Alzheimers and cancer, as well as premature ageing.



Essential Fatty Acid + B Complex

A formulation containing plant based essential fatty acids from linseed and evening primrose to improve skin's health and maintain integrity and functionality of cell membranes. Blended with B complex and vitamin C to support skin collagen production, nervous system and boost energy levels.



Sources of toxins

Over the past 60 years there has been a tremendous increase in industrialisation and toxic chemicals in our food and the environment. Despite regularly cleaning our homes, cars and clothes and just about everything around us (though often with chemicals!), we pay little attention to our internal cleansing. Imagine your body as a sink and the toxins you put in it as water. In an ideal world your body can clean itself – just like the sink can empty the water. But when your system is overloaded, your “sink” overflows and that is when symptoms of toxicity appear. Identifying and reducing individual toxic load is the first step to a successful detox.

Food

Growth hormones, antibiotics, pesticides, artificial preservatives, flavours and colourants can be unknowingly part of your diet. Pesticides and herbicides that were virtually unknown 70 years ago are now widely used. Freshly cooked food with seasonal, local ingredients has been replaced with fast and refined foods that lack nutrients while also being high in sugar and fat. However there are things that you can do right now. Make considered choices when food shopping. Read the ingredient lists of all products, especially ready-made meals. You will be surprised how many unnecessary (and often unhealthy) additives can be found in seemingly simple products. Avoid processed foods. Eat more seasonal vegetables and fruit and wherever possible go organic.

Cosmetics

An average consumer uses between 10-30 products a day, in some cases exposing themselves to a cocktail of hormone disrupting and carcinogenic ingredients. Reading ingredient labels, choosing products with ‘cleaner’, organic actives will help to minimise any exposure to potential toxins.

Household products

We can be exposed to a number of volatile chemicals every day in our homes. Make your home a less toxic environment by avoiding harsh, antibacterial chemicals to clean your living space. Buy ‘clean’ household products, air your house regularly.

Alcohol

Excessive alcohol consumption can increase risk of health conditions such as bowel cancer, liver or heart disease.

Heavy Metals

Aluminium in deodorants, mercury in dental amalgams and oily fish, lead in petrol fumes and make-up are all heavy metals that are toxic to us. Avoid these and eat plenty of green foods rich in chlorophyll to help cleanse the body.

Air

Motor exhaust fumes, paint, industrial emissions all pollute our environment, but we also contaminate our homes with air fresheners, scented candles and room fragrances, which can be a source of toxic volatile organic compounds (VOCs). Use organic, soy wax candles with lead-free cotton wick or natural essential oil based air fresheners instead of synthetically scented reed diffusers. These contain allergens that may cause allergic skin reactions, eye irritation and are toxic and harmful to aquatic life with long-lasting effect.

Smoking

Tobacco smoke contains thousands of chemicals, including at least 70 known carcinogens e.g. formaldehyde, cyanide and benzene. Most of the harmful substances that can cause heart and lung disease come from the burning of tobacco leaves themselves and not from additives included in cigarettes.

Water

Tap water contains industrial, agricultural and pharmaceutical waste as well as chlorine, hormones, heavy metals and pesticides. Invest in a good water filtering system.

Metabolism

Toxic substances that are not eliminated properly after metabolic processes can cause further toxicity. It is known as autointoxication i.e. “self-poisoning” from the absorption of waste products.

Starting the Detox

The first three days of the programme are the hardest, so if you work conventional hours, start your detox on a Friday morning and try to plan as little as possible for that weekend. This will allow you to spend the weekend completely focused on yourself. Remember you need lots of energy for detoxification, so rest is vital. If you feel tired, then sleep. Set daily menu plans in advance and make sure you have everything you need before you start the programme. If possible, prepare your meals in advance, particularly lunches for work days.

Gentle Exercise

Exercise is vital for a healthy body and mind. However, during a detox, it is important that you don't put undue stress on the body by undertaking a gruelling exercise routine, which would take energy away from the detoxification process and may leave you feeling weak. Instead, switch to a more gentle, relaxing form of fitness, such as Tai Chi, Yoga or walking. This will help to focus the mind and to give the body the gentle form of exercise it needs at this time.

Massage

Massage is a powerful and important tool during a detox. Like exercise, it 'moves' the body allowing it to throw off toxins and improve oxygenation.

Directions

Morning, before breakfast

Upon waking, drink a glass of hot water with half a lemon squeezed in it. This helps break down mucus and makes the body more alkaline. Take three Detox capsules with a full glass of water at least 30 minutes before breakfast.



GLASS OF HOT WATER

LEMON JUICE

DETOX

WATER

With breakfast, take the following supplements



PHYTONUTRIENTS
+ MSM

SUPERANTIOXIDANTS

ESSENTIAL FATTY ACID
+ B COMPLEX

WATER

Evening, at least one hour after eating

Take three Detox capsules with a full glass of water before bed.



DETOX

WATER

What to expect

How your body behaves and responds to detox can vary from person to person and is dependent on several factors e.g. how toxic your body is to begin with, your general health etc. However, you could expect the following:

Day one to three

You may feel tired and need to rest more. Go to bed early and rest as much as you can. Your skin may break out, but this will diminish over the next few days. Some people may get a slight headache. However, if you decide to cut back on caffeine, the headache may be the result of this withdrawal rather than detox itself.

Day four to seven

Gradually any initial tiredness will subside. You should feel more energised and your skin will look more clear. Your sleep and mood should also improve.

Day eight to ten

Towards the end of the course you should feel great. A clearer mind and improved digestion will make you feel lighter and rejuvenated. Remember that if you continue with the healthier habits the results will be enhanced and prolonged.



Skin Brush & Detox Body Oil

Skin brushing stimulates the whole body, helps to improve circulation and remove dead skin cells. Detox Body Oil contains invigorating juniper, rosemary, fennel, eucalyptus and grapefruit. The natural tampico fibre bristles of the Skin Brush help to condition and gently exfoliate.

After showering, gently dry brush the skin using circular anti-clockwise movements. Brush the entire body, starting from the feet and always working towards the heart.



Farm Girl Meal Plan



FARM GIRL x **The Organic Pharmacy**

The Organic Pharmacy have partnered with Farm Girl to create a nutritious meal plan for your 10 Day Detox. Farm Girl introduced Melbourne's vibrant brunch culture, with its fresh, nourishing and honest approach to food in London.

"Farm Girl prides itself on serving honest food. We don't hide ingredients such as preservatives in order to drive up our profit margins. Honesty is something I am so passionate about when it comes to wellness, which is why I feel I can really trust The Organic Pharmacy. I am so honoured and excited to work with a brand that values the same things."

Rose Mann, Founder of Farm Girl

FARM GIRL'S HEALTHY EATING TIPS

OUR ESSENTIAL TIPS TO HELP ACHIEVE YOUR ULTIMATE DETOX.

Shop seasonal, local and organic.

Choose a varied diet and not the same things every day.

Empty your cupboard of tempting food and drinks.

Digestion starts in the mouth. Chew every mouthful properly, mixing it thoroughly with saliva.

Choose quality over quantity.

Listen to your body.

Reduce alcohol and coffee.

Eliminate sugar and replace with a small dose of honey or agave.

Eliminate all refined carbohydrates and replace with small portions of whole grains.

Meal plan ingredients

Please note, the suggested portion sizes can and should be adjusted to suit your individual needs based on your lifestyle. You may also mix and match the recipes from different days and substitute ingredients depending on your nutritional choices.

- | | |
|--------------------------|--|
| 1 orange | 1 bunch of rosemary |
| 5 dates | 1 bunch of coriander (cilantro) |
| 1 apple | 1 bunch of mint |
| 3 bananas | 1 small packet of chia seeds |
| 1 punnet of blueberries | 1 small packet of pumpkin seeds |
| 2 lemons | 1 small packet of sesame seeds |
| 1 lime | 1 small packet of almonds |
| 2 avocados | 1 small packet of ground cinnamon |
| 2 cucumbers | 1 small bottle tamari soy sauce or a gluten free soy sauce |
| 1 bag of spinach | 1 packet of feta |
| 5 new potatoes | 1 tub of Greek yoghurt |
| 6 cherry tomatoes | 1 litre of almond milk |
| 1 aubergine | 1 litre of coconut milk |
| 1 sweet potato | 1 bottle of cold pressed olive oil |
| 1 red onion | 1 jar of cold pressed coconut oil |
| 1 ginger root | 1 tub of vegan kimchi |
| 11 carrots | (original or plain spicy flavour) |
| 1 bunch of asparagus | 1 wild cod fillet |
| 1 can of chickpeas | 3 free range chicken fillets |
| 1 bunch of spring onions | 2 wild salmon fillets |
| 1 red pepper | 1 packet of ground Himalayan salt |
| 1 baby gem head | 1 packet of ground black pepper |
| 1 courgette | 1 jar of wholegrain mustard |
| 1 head of broccoli | 1 jar of white seed tahini |
| 1 leek | 1 jar of mayonnaise or vegemaise |
| 1 pumpkin | 12 organic free range eggs |
| 1 pomegranate | 1kg of gluten free oats |
| 1 fresh chilli | 360g or 4 cups of quinoa |
| 2 garlic cloves | |
| 1 bunch of parsley | |
| 1 bunch of thyme | |

Day one

Breakfast

Fried eggs **V**

2 eggs

1 *tablespoon olive oil*

Add 1 *tablespoon* of cold pressed olive oil to a frying pan and heat on high for 30 seconds to 1 minute. Crack both the eggs side by side and fry for between 5 and 6 minutes or until they are cooked to your liking.

Lunch

Veggies Tacos **V**

1/4 *grated cucumber*

3 *baby gem leaves*

2 *tablespoons mayonnaise*

1/4 *red onion*

1/4 *avocado*

1 *tablespoon kimchi*

1/4 *carrot*

Finely chop or grate cucumber, avocado, red onion and the carrot. Mix the kimchi, mayonnaise, olive oil, carrot, avocado and cucumber together in a small bowl. Spoon these ingredients into the baby gem leaves.

V = suitable for vegetarians

Vg = suitable for vegans

Dinner

Chicken & Veg

1 *small chicken fillet*

1 *tablespoon tamari*

2 *rosemary sprigs*

1 *handful spinach*

1/2 *carrot*

1/2 *courgette*

1 *tablespoon olive oil*

Set the oven to 180 degrees. Cover the chicken breast in the tamari, rosemary and olive oil. Cover with baking paper and cook for approximately 30 minutes. Check it after 20 minutes to see how cooked it is. Chop the carrot and courgette into small pieces. Add to a pot of boiling water and boil for 7-8 minutes. Then add the spinach for another 2 minutes. Strain all the vegetables. Once the chicken is cooked, add the vegetables and enjoy hot.

Snack

Hummus & Carrot **Vg**

1/2 *can chickpeas*

1 *tablespoon olive oil*

1 *teaspoon tahini*

Juice from 1/2 lemon

1 *carrot*

Add the chickpeas, olive oil, lemon juice and tahini to a blender and blend until smooth. Peel and slice the carrot into thin sticks. Dip the carrots into the hummus and enjoy.





Day two

Breakfast

Island Breakfast V

2 eggs

50g or 1/2 chopped sweet potato

1/2 avocado

2 large tablespoons Greek yoghurt

1 tablespoon olive oil

Black pepper

Pre-heat the oven to 180 degrees.

Slice the sweet potato into thin discs, approximately 1cm in depth. Bake in the oven for approximately 20 minutes or until cooked through. Slice the avocado. Add the yoghurt to a plate and place the cooked sweet potato and avocado on top of the yoghurt. Poach or fry the eggs. Place on top of the avocado and sprinkle with black cracked pepper.

Lunch:

Chicken Bowl

1 small chicken fillet

30g or 1/4 cup quinoa

Small handful almonds

Handful of spinach

1/4 chopped cucumber

1 tablespoon mustard

3 slices orange

2 tablespoons olive oil

Set the oven to 180 degrees. Cover the chicken breast and drizzle with olive oil. Place on a baking tray and bake for 20-25 minutes. Check the chicken is cooked through. Rinse quinoa with cold water and boil for 10-12 minutes. Once the quinoa is cooked, set aside and allow to cool. Add the chicken, almonds, cucumber, spinach, orange and quinoa into a bowl. Mix the mustard and rest of the olive oil together until smooth. Drizzle the dressing over the rest of the ingredients and enjoy.

Dinner

Pumpkin Soup Vg

1/2 small pumpkin

5g or 1/4 fresh chilli

50ml or 1/2 cup coconut milk

Pumpkin seeds

1/2 chopped garlic clove

Chop the pumpkin into small chunks and add to hot water. Boil for approximately 15 minutes or until soft. Once cooked, strain the water and add the coconut milk, and garlic. Blend all together until smooth. To serve, sprinkle the chilli and pumpkin seeds on top.

Snack

Toasted Seeds Vg

1 tablespoon tamari

30g or 1/4 cup pumpkin seeds

30g or 1/4 cup sunflower seeds

Preheat the oven to 180 degrees. Place the seeds onto an oven-safe tray and drizzle the tamari over them. Mix slightly so all seeds are covered. Bake for 10 minutes. Wait until they cool down and enjoy.

Day three

Breakfast

Porridge Vg

60g or 1/2 cup gluten free oats
100ml or 1/2 cup coconut milk
20g or handful blueberries
2 tablespoons chia seeds
1 teaspoon cinnamon

Add the oats, cinnamon and coconut milk into a small saucepan and cook for 5-6 minutes on medium-high heat. Once oats are soft and cooked, place the blueberries and chia seeds on top and enjoy hot.

Lunch

Salmon Bowl

1 small salmon fillet
1 handful spinach
Handful cherry tomatoes
2 tablespoons kimchi
2 tablespoons olive oil
Juice from 1/2 lemon
1/2 avocado
Small handful pumpkin seeds

Preheat oven to 180 degrees. Squeeze the lemon juice onto the salmon fillet and place on baking tray. Cover with baking paper and cook in oven for 10-12 minutes. Chop the tomatoes and avocado into small pieces. Once salmon is cooked, let it cool down and then add all the ingredients to the bowl. Drizzle the olive oil over the top and enjoy.

Dinner

Quinoa Risotto Vg

60g or 1/2 cup quinoa
2 thyme sprigs
1 tablespoon coconut oil
40g or 2 broccoli heads
20g or 1/2 asparagus
1/2 clove garlic
2 rosemary sprigs

Rinse quinoa with cold water and boil for 10-12 minutes. Finely chop rosemary, garlic, asparagus, broccoli and thyme. Heat a pan and add the coconut oil and garlic. Once sizzling add the other chopped ingredients and sauté for around 6-7 minutes. Add the veggies to the cooked quinoa and stir for 1-2 minutes. Serve and enjoy hot.

Snack

Sweet Gem Cups V

2 baby gem leaves
30g or 1/4 cup feta
1 tablespoon olive oil
40g or 1/4 grated cucumber

Grate or finely chop the cucumber. Mix feta, olive oil and cucumber together in a small bowl. Spoon these ingredients into the baby gem leaves and enjoy.





Day four

Breakfast

Chia Pudding Vg

- 1/2 cup white chia seeds*
- 1/2 cup almond milk*
- 20g or handful blueberries*
- 1 teaspoon cinnamon*
- 1/2 banana*

Add the chia seeds, cinnamon and almond milk to a small bowl and let it sit until the chia seeds become soft.

This can take up to 30 minutes or you can also soak them overnight. Slice the banana into pieces. Once the chia seeds have absorbed the almond milk and become soft, place the rest of ingredients on top and enjoy cold.

Lunch

Veggie Salad V

- 1/2 red pepper*
- 1/2 aubergine*
- 1/2 courgette*
- Small handful almonds*
- 60g or 1/2 cup quinoa*
- Juice from 1/2 lemon*
- 1/4 cup feta*
- Mint leaves*

Preheat the oven to 160 degrees.

Cut red pepper, aubergine and courgette into thin pieces then put into a baking tray and roast in oven for 10-12 minutes. Rinse quinoa with cold water and boil for 10-12 minutes. Once both the quinoa and the veggies are cooked, allow them to cool down and then add to a bowl. Squeeze the lemon juice, add mint, feta, almonds and enjoy.

Dinner

Chicken Broth

- 1 egg (soft boiled)*
- Handful spinach*
- 1 chicken fillet*
- 1 carrot*
- Small bunch parsley*
- 2 thyme sprigs*
- 1/2 clove garlic*
- 1 tablespoon tamari*

Cut the chicken breast into small pieces, 2cm in size. Add 200ml of water to a pot and boil the chicken, carrot, garlic, thyme and tamari for 25 minutes. In a separate pot, boil the egg for 5-6 minutes. Once boiled, peel the egg and cut in half. Add spinach to the large pot with the chicken and veg and stir for 2 minutes. Finely chop the parsley. Pour chicken mixture into a bowl and place the egg and parsley on top.

Snack

Sliced apple & tahini Vg

- 1 apple*
- 1 tablespoon tahini*

Slice apple and cover in the tahini.

Day five

Breakfast

Fruit & Yoghurt V

- 1/2 banana
- 1/2 apple
- 20g or handful of blueberries
- 2 slices orange
- 2 heaped tablespoons Greek yoghurt

Slice the fruit into small pieces. Add yoghurt to a small bowl and place the fruit on top and enjoy.

Lunch

Veggie Bowl V

- 60g or 1/2 cup quinoa
- 1/2 carrot
- 1/4 chopped cucumber
- 2 stems asparagus
- 2 tablespoon kimchi
- 4 baby gem leaves
- 1 egg

Rinse quinoa with cold water and boil for 10-12 minutes. Place all the ingredients over the cooked quinoa, finish with poached egg. Season to taste and enjoy.

Dinner

Vegan Curry Vg

- 1/2 can chickpeas
- 60g spinach
- Small bunch parsley
- 1/2 carrot
- 1 teaspoon coconut oil
- 1 tablespoon fresh ginger
- 1 teaspoon of fresh chilli
- 1 teaspoon tamari
- 40g or 1/2 courgette
- 40ml or 1/4 cup coconut milk
- Pumpkin seeds

Open the chickpeas and rinse thoroughly. Finely chop parsley, carrot, ginger and courgette. Bring coconut milk to boil on low heat. Add ginger, coconut oil, tamari, garlic and cook for 10 minutes. Add carrot, courgette, parsley and chickpeas. Let it cook for 30 minutes on a low heat, stirring occasionally. Sprinkle chilli and pumpkin seeds on top.

Snack

Energy Balls (makes 2) Vg

- 1 tablespoon coconut oil
- 4 dates
- 40g or 1/4 cup gluten free oats
- 1 teaspoon cinnamon
- 1 teaspoon sesame seeds

Blend all the ingredients together until a thick dough is formed. Take the dough and roll it into small balls. Place in fridge for 10-15 minutes until they have become firm.





Day six

Breakfast

Overnight Oats Vg

60g or 1/2 cup gluten free oats
100ml or 1/2 cup of coconut milk
1 teaspoon cinnamon
1 teaspoon sesame seeds
1/2 banana

Mix the oats with the cinnamon, sesame seeds and coconut milk and soak overnight. In the morning, slice the banana and add on top. Enjoy cold.

Lunch:

Kimchi Sweet Potato Toast V

50g or 1/2 chopped sweet potato
50g or 1/2 chopped cucumber
40g or 1/2 cup kimchi
Mint leaves
5g or 1/4 chopped fresh chilli
2 large tablespoons Greek yoghurt

Heat the oven to 180 degrees. Slice sweet potato into 1cm discs and bake for 20 minutes. Slice cucumber into thin round discs. Put yoghurt on a plate and then stack ingredients on top.

Dinner

Cod Bowl

80-100g or 1/2 fillet cod
5g or 1/4 fresh chilli
30g or 1/4 cup quinoa
3 stems asparagus
Handful of spinach

Rinse quinoa with cold water and boil for 10-12 minutes. Chop fresh chilli and sprinkle on top of cod. Pre-heat the oven to 180 degrees. Cover cod with baking paper and place in the oven. Cook for 8-10 minutes. Steam asparagus and spinach for 3-4 minutes. Add to cod and enjoy.

Snack

Guacamole & Veggies Vg

60g or 1/2 cup avocado
10g or 1/4 red onion
Small handful coriander (cilantro)
Sprinkle fresh chilli
2 carrots
Juice of 1/2 lime
3 cherry tomatoes

Peel and slice carrots into thin sticks. Chop red onion, fresh chilli and coriander into small pieces. Add avocado, chilli, red onion and coriander to a small bowl and mash until smooth.

Day seven

Breakfast

Avocado on Sweet Potato Toast *Vg*

- 1/2 avocado*
- Juice from 1/2 lemon*
- Small handful fresh coriander (cilantro)*
- Drizzle of olive oil*
- 50g or 1/2 sweet potato*

Pre-heat oven to 180 degrees.
Slice sweet potato into thin discs, 1cm in depth and bake in the oven for 20 minutes until cooked all the way through. Slice avocado and place on top of baked sweet potato. Drizzle olive oil and lemon juice on top, add coriander and enjoy.

Lunch:

ABC Bowl *Vg*

- 1/2 carrot*
- 3 broccoli heads*
- Small handful pumpkin seeds*
- 2 baby gem leaves*
- 1/4 cucumber*
- Pomegranate seeds*
- 2 tablespoons olive oil*
- 1 boiled egg*

Boil water and add the broccoli. Boil for 2-3 minutes, strain and allow to cool. Boil an egg for 5-6 minutes. Allow to cool. Peel and chop in half. Chop carrot, baby gem and cucumber into small bite size pieces. Mix all ingredients in bowl and drizzle olive oil and enjoy.

Dinner

Wild Salmon & Stewed Veg

- 1 small salmon fillet*
- 1 teaspoon coconut oil*
- 1 handful spinach*
- 1 potato*
- Juice 1/2 lemon*
- Small bunch parsley*
- Handful cherry tomatoes*

Preheat oven to 180 degrees. Squeeze lemon juice on salmon fillet and place on baking tray. Cover with baking paper and cook in the oven for 10-12 minutes. Chop potato into small pieces and boil until soft. Heat coconut oil in a pan. Add cooked potatoes, spinach and tomatoes. Stew on low heat for 15 minutes. Add salmon fillet and stew for another 5 minutes. Add to a bowl and sprinkle the parsley. Enjoy hot.

Snack

Date Smoothie *Vg*

- 1 date*
- 150ml or 1/2 cup almond milk*
- 1 tablespoon tahini*
- 1/2 banana*
- 1/2 avocado*

Add ingredients to a blender and blend for 1 minute or until smooth. Add ice if you prefer it cold.





Day eight

Breakfast

Oat Smoothie Vg

*1/2 banana
25g or 1/4 cup of almonds
1 teaspoon cinnamon
100ml or 1/2 cup almond milk
1/2 or 30g peeled orange
25g or 1/4 cup gluten free oats*

Peel and slice orange. Add ingredients to a blender and blend for 1 minute or until smooth. Add ice if you prefer it cold.

Lunch

Pumpkin Soup Vg

*1/2 small pumpkin
5g or 1/4 fresh chilli
50ml or 1/4 cup coconut milk
Pumpkin seeds
1/2 garlic clove
1 spring onion
1 teaspoon olive oil*

Preheat the oven to 180 degrees. Chop pumpkin into small pieces and place on baking tray, drizzle with olive oil and roast for 20 minutes. Once cooked, add chopped spring onion and garlic, coconut milk and pumpkin seeds to a pot and using a hand blender, blend until smooth. Sprinkle with chilli and enjoy hot.

Dinner

Cod Bowl

*80-100g or 1/2 fillet cod
5g or 1/4 fresh chilli
30g or 1/4 cup quinoa
3 stems asparagus
60g or 1/2 cup steamed spinach*

Rinse quinoa with cold water and boil for 10-12 minutes. Preheat the oven to 180 degrees. Place cod on baking tray. Chop fresh chilli and sprinkle on top of cod. Cover cod with baking paper and place in the oven. Cook for 8-10 minutes. Steam asparagus and spinach for 3-4 minutes. Add to cod and enjoy.

Snack

Half an Avocado Vg

*1/2 avocado
1 teaspoon olive oil*

Remove avocado skin and pip. Drizzle with olive oil and salt and pepper and enjoy.

Day nine

Breakfast

Berry Smoothie **Vg**

20g or handful of blueberries

1/2 banana

1 tablespoon chia seeds

100ml or 1/2 cup coconut milk

Juice from half a lemon

Add ingredients to a blender and blend for 1 minute or until smooth. Add ice if you prefer it cold.

Lunch

Carrot Soup **Vg**

3 carrots

30g or 1/4 cup feta

5g or 1/4 fresh chilli

60ml or 1/4 cup almond milk

Mint leaves

1/2 clove garlic

Chop carrots into small chunks and boil for 10 minutes. Once soft, drain water. Add almond milk, garlic and chilli to carrots and blend until smooth. To serve, sprinkle feta and mint leaves on top and enjoy.

Dinner

Veggie Bowl **Vg**

60g or 1/2 quinoa

1/2 carrot

1 egg

60g or 1/2 leek

1 teaspoon sesame seeds

50ml or 1/4 cup coconut milk

50g or 3 broccoli heads

1 tablespoon tamari

20g or 1/4 cup grated ginger

1/2 clove garlic

Rinse quinoa with cold water and boil for 10-12 minutes. In a shallow pan, put coconut milk on low heat and bring to boil. Add ginger, tamari and garlic and cook for 10 minutes. Add leek, sesame seeds, carrot and broccoli. Cook for 30 minutes on low heat and stir occasionally. Pour veggies over cooked quinoa. Place boiled egg and parsley on top.

Snack

Boiled Eggs **V**

2 boiled eggs

Thyme to garnish

Place eggs in boiling water.

Boil for 6-7 minutes. Place eggs in cold water. Then peel, garnish and enjoy.





Day ten

Breakfast

Green Smoothie Vg

50g or 1/4 cucumber

20g or 2 handfuls spinach

1/2 avocado

100ml or 1/2 cup coconut milk

1 teaspoon pumpkin seeds

1/2 an apple

Juice 1/2 lemon

Add ingredients to a blender, blend for 1 minute or until smooth. Add ice if you prefer it cold.

Lunch

Chicken Broth

1 egg (soft boiled)

1 handful spinach

1 small chicken breast

1 carrot

Small bunch parsley

2 sprigs thyme

1/2 clove garlic

1 tablespoon tamari

Cut chicken fillet into 2cm sized pieces. Add 200ml of water to a pot and boil chicken, chopped carrot, garlic, thyme and tamari for 25 minutes. In a separate pot, boil egg for 3-4 minutes. Once boiled, peel the egg and cut in half. Add spinach to the pot with chicken and veg and stir for 2 minutes. Finely chop parsley. Add ingredients to a serving bowl, place egg and parsley on top and enjoy.

Dinner

Potato Soup Vg

3 small potatoes

60g or 1/2 a leek

60ml or 1/4 cup coconut milk

5g or 1/4 fresh chilli

2 sprigs rosemary

Chop potatoes into 2cm sized pieces. Boil for 25 minutes. Chop leeks into 1-2 cm discs and boil for 2-3 minutes. Once both the potatoes and leeks are cooked, strain and place in pot. Add coconut milk, fresh chilli and chopped rosemary. Using a hand blender, blend until smooth.

Snack

Toasted Almonds Vg

60g or 1 cup of almonds

Preheat the oven to 180 degrees. Place almonds onto an oven-safe tray and bake for 15 to 20 minutes. Wait until cooled and enjoy.



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