

# Biggest Ever Community Detox!



15th - 21st Feb



## Sample eating plan

### MONDAY

Breakfast..... Poached Egg on toasted sprouted bread with Avocado and baby spinach  
Lunch..... Lentil and Roast Vegetable Soup  
Dinner..... Grilled Salmon with a Lemon Miso dressing on Organic Brown Rice with steamed asparagus, snow peas and wilted spinach  
Snacks..... Activated Nut Mix

### TUESDAY

Breakfast..... Rolled Oat Bircher muesli with Natural Yoghurt and fresh blueberries  
Lunch..... Gluten Free Wrap with Salad, Sustainably-fished Tuna and hommous  
Dinner..... Poached Chicken on Inca Grains Salad with baby spinach salad, roast sweet potato and currants  
Snacks..... Fresh summer stone fruits

### WEDNESDAY

Breakfast..... Fresh Fruit and Berry salad with ricotta and honey  
Lunch..... Cold Soba Noodle Salad with Rocket, Tomato, Sustainably-fished Sardines and sesame seeds  
Dinner..... Raw Green Soup: Blend 1 avocado, a handful of baby spinach, ¼ Spanish onion, a handful of raw almonds, a squeeze of lemon juice and a dash of tamari with enough water (or fresh coconut water) to make it smooth and creamy. Garnish with shallots and a sprinkle of chili.  
Snacks..... Rice crackers and hommous, babaganoush and pesto

### THURSDAY

Breakfast..... Rolled quinoa porridge with goats yoghurt & agave sweetened poached rhubarb  
Lunch..... Mediterranean Spiced Tofu on herbed rice pilaf  
Dinner..... Organic Chicken Chili con Carne with fresh green salad  
Snacks..... Home-made 'Power Balls' – a mix of tahini, agave, coconut, cacao, flax meal and dried fruit

### FRIDAY

Breakfast..... Egg White omelette with chopped coriander, sundried tomato and Champions 'spicy salad' mix  
Lunch..... 'Mushroom Medley' on gluten-free wholemeal toast. Use a mixture of mushrooms: button, shiitake, enoki and wood-ear and stir-fry with garlic and parsley.  
Dinner..... Lemongrass and Chilli Fish Balls in broth with steamed asian-style vegetables  
Snacks..... Agave and Banana Muffins

### SATURDAY

Breakfast..... Buckwheat Toast with avocado, grilled zucchini, fresh tomato, chopped coriander and organic olive oil  
Lunch..... Roast Chicken Breast with blanched baby vegetables & pear and rocket salad  
Dinner..... Green Curry of seasonal vegetables with Blue Eye Cod and brown Basmati rice  
Snacks..... Mini Frittatas

### SUNDAY

Breakfast..... Rolled Amaranth Bircher Muesli with apple and strawberry compote  
Lunch..... Smoked Salmon Frittata and roast vegetable salad  
Dinner..... Char-grilled Prawn, Avocado and Ruby Grapefruit salad  
Snacks..... Toasted nuts and Yoghurt