

One Day Detox Plan



Breakfast:

Something light for breakfast is all we need on detox day.

Why not try smoked salmon, cucumber and light cream cheese with two rice cakes and a glass of apple juice to get you started for the day?

Between breakfast and lunch it's really important to keep fluid intake high, but caffeine is out so choose something like a flavoured tea; ginger, peppermint or something fruity if the stronger flavours are not to your liking.

Lunch:

The salad is the mainstay of a detox diet. Ditch the deli counter version and make your own.

Throw together as many colours as possible and some vegetarian protein. We chose a salad with carrots, cucumber, sweet potato, scallions, cherry tomatoes, peppers, steamed broccoli, feta cheese and kidney beans (vegetarian proteins) and a drizzle of balsamic vinegar.

1. Peel the sweet potato before cooking.
2. Steam the broccoli on top of the sweet potato while it's cooking.
3. Prepare the rest of the salad vegetables while you wait for the sweet potato and broccoli to cook.
4. Once cooked, drain the sweet potato and allow to cool.
5. Dice the sweet potato and mix all the salad ingredients together.
6. Add some balsamic vinegar and you're ready to go!

This is one lunch you can't over eat on, even on a detox, it's bursting with vitamins, minerals and fibre. Feta cheese is included as it is a source of calcium and protein (and it's lactose free).

Top Tips:

- If you're taking this salad to work make sure you keep it fresh, keep it in the fridge or a cooler bag, there's nothing worse than warm salad!
- Prepare the salad the night before so all you have to do is grab and go in the morning, otherwise, maybe it's best to make your detox day a weekend day!

Don't be afraid to snack between lunch and dinner too, choose any of the snacks we've listed below. Remember, keep the fluid intake up to keep you hydrated throughout the day.

Dinner:

A light dinner on detox day is key to making you feel like the detox is doing its job, similar to lunch, lots of fibre from vegetables is the way to go and it's important to also include a source of protein, like nuts, lentils or chickpeas.

Try something like a vegetable stir-fry with a handful of nuts (cashews are great for flavour) to keep your protein intake up throughout the day. Sesame seeds are also really good in a stir-fry for added crunch and extra nutrition. Try vegetables like beansprouts, carrots, celery, peppers, broccoli, cauliflower, sweetcorn, bamboo shoots and courgette.

1. Put on 75g of brown rice or basmati rice to cook (the boil in the bag kind are great for helping you out with portion control)
2. Prepare the vegetables by washing and slicing
3. Heat soya sauce in a frying pan or wok
4. Once heated, add in the veg
5. When the veg have heated up and softened add the nuts (or chickpeas or pre-cooked lentils) and sesame seeds.
6. Strain the rice once it's cooked and serve alongside the stir fried veg.

By teaming the stir-fry with brown or basmati rice you're helping to provide your body with slow release carbohydrate that will carry you through the rest of the evening.

Snacks:

Savvy snacking on detox day is key to ensuring you get from one end of the day to the other without caving, particularly if you plan on detoxing for a few days.

- Carrot and celery sticks with hummus
- Natural yogurt with fruit and seeds
- A handful of nuts (no more)
- Two rice, corn or oat cakes with peanut butter
- A piece of fruit- chopped up melon is a really refreshing one that's low in calories
- A smoothie
- Sushi

Remember!

A detox day doesn't have to be a day of deprivation, consider it your day to **get as much fruit and veg into your diet as possible**. Fruit and veg are full of vitamins, minerals and fibre. Remember, frozen is as good as fresh and tinned fruit and veg can be a good option too, just choose fruit in their natural juices and pick vegetables that aren't canned in brine.

If you're following a gluten free diet, remember to make sure your detox day is gluten free too!

It's important to note that the detox diet described above should not be followed on an ongoing basis as it doesn't contain the correct balance of vitamins and minerals to meet all of our bodies needs over a prolonged period of time.