

7-DAY SMOOTHIE PROGRAM

DETOX & WEIGHT LOSS



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DISCLAIMER

You should consult your physician or other health care professional before starting the 7-Day Smoothies Detox Program to determine if it is right for your needs.

This is particularly true for people who suffer from chronic disease (diabetes, colitis, cardio-vascular, Chron's or Celiac disease, etc).

Do not start this detox program if your physician or health care provider advises against it. You might feel a little bit tired and hungry in the first phase, but this is expected, and we encourage you to continue, as the results are becoming noticeable in the second and third phases. For prolonged and more serious and/or severe symptoms, do not hesitate to consult your physician or a healthcare professional.

This program offers safe and healthy detox and weight loss way is designed for personal dieting usage only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health-related advice from your healthcare professional regarding your personal reaction to this program. The use of any information provided on this site is solely at your own risk.

If you are in the United States and think you are having a medical or health emergency, call your healthcare professional, or 911, immediately.

CAUTIONARY NOTES:

- **Not recommended for pregnant and breastfeeding women!**
- **Not recommended for kids under 16.**
- **People with certain chronic diseases (diabetes, colitis, cardio-vascular, Chron's or Celiac disease, etc.), gastrointestinal issues, or people taking medications that interact with foods (ex: grapefruit) should consult their healthcare provider first.**
- **The recommended frequency of this detox program is twice annually - once every six months and no more.**

During this liquid detox, please avoid sports, jogging, or any other physical activity, as this is a low-calorie diet and does not support such efforts.

We do recommend the following activities: yoga, walking, and meditation.

The daily calorie intake of this diet is about 1500kcal, which makes it a restricted diet. The detox program contains allergenic foods!

If you are allergic or intolerant to some of the ingredients, exclude them, or consider the offered substitutes. If you are not sure if the substitutes are safe for you as well, then please consult your physician or health-care professional for advice!

Ingredient	Substitution
Almond milk	Coconut milk/Cow Milk
Lactose (Milk, Kefir, Plain Yoghurt, Whey)	Coconut milk/Almond Milk
Nuts (Cashews, Almonds, Hazelnuts)	Seeds (Sunflower, Pumpkin Seeds, Sesame, Flax Seeds)
Strawberries	Chokeberry/Aronia
Berries (general)	Peach, Appricot, Mango, Pineapple, Beetroot
Banana	Pineapple, Melon, Mango

ABOUT US

Welcome to our special corner devoted to the fans of our smoothies!

We are a handful of hardcore smoothie enthusiasts, making, experimenting with, and improving flavors on a daily basis, all with the goal of achieving that perfect combination of colors, flavors, and health benefits!

healthyner.com team invites you to take a peek inside our smoothie world, where we share our thoughts and ideas about making healthy and tasty smoothies. We want to bring you the very best smoothie recipes by combining healthy and tasty ingredients packed not only with nutrients but with flavor as well.

Our team is in everlasting love with smoothies since we consider them to be far more than a healthy drink or a substitute snack, but a healthier lifestyle, to be sure! Our mission is to give you an honest opinion and personal advice on how to make the best smoothie choice based on purpose and to simply spread our love for smoothies worldwide.

Have fun, and stay healthy!



WELCOME TO OUR 7 – DAY DETOX SMOOTHIE PROGRAM!

WHY DETOX? DO I NEED IT?

Life in the 21st century is completely different from life in the past in many ways. The most important aspect of all is the nutrition. The food we eat, and the way we do it. Lately it's becoming difficult to avoid heavily processed food, or fast food. Even if you cook for yourself and your family, buy fresh and possibly locally grown ingredients and avoid processed foods.

Alas, add the fast life, the hi-tech environment and the consequential air and water pollution, the possibilities to avoid toxins of any kind are not just limited, but critically reduced as well.

Since we can't personally influence or avoid most of these factors, the least we can do is take proper care of the food we consume. Making proper combinations and choosing the right ingredients is probably an impossible everyday task for most people.

- neutralize and eliminate toxins;
- provide the necessary hydration;
- provide energy boost;
- a feeling of freshness and health;
- 3 lbs weight loss;

Caution: You might feel a little bit tired and hungry at the first phase, but we encourage you to continue, as the results are becoming noticeable in the second and third phase.

ABOUT THIS DETOX

This is a 7-day detox, divided in 3 phases:

	Phase	Description	Possible Manifestations	Duration
1	Elimination	Elimination of toxins, through digestive and urinary system.	• Less Energy • Mild Hungry • Weight Loss • Increased Defecation and Urination	3 days
2	Stagnation	The body is getting used to the new diet.	• No Defecation • Increased Energy • Reduced Hunger • Stagnation of Weight Loss	2 days
3	Assimilation	The body is assimilating nutrients and regenerating itself.	• Increased Energy • Continued Weight Loss • Freshness	2 days

Follow our instructions when preparing and consuming the meals, and you will have the detox of your life!

GROCERY LIST

VEGETABLES

Buy It And Store For The Whole Week!

Ginger

Onions x 3

Garlic x 1

Carrots 10.6oz (300g)

Red Lentil 4.4oz (125g)

Green Beans 1.25oz (35gr)

Beetroot x 1

Potatoes 4.4oz (125g)

Celery Root x 1

Sweet Corn, frozen 2.65oz (75g)

Brown Rice 1.8oz (50g)

Green Peas, 1.8oz (50g)

Buy It Fresh!!! Use It For Day or Two

Baby Spinach

Spinach

Kale

Broccoli

Cucumber

Asparagus

Tomatoes

Chard

Stalks Celery

Brussels Sprouts

Strikes Parsley

FRUIT

Buy It And Store For The Whole Week!

Lemons x 8

Limes x 10

Red Grapefruits x 7

Bananas x 14

Dates Mix x 1

Berry Mix x 1

Orange x 1

Unripe Avocados x 2

Cherries, frozen 2.8oz (80gr)

Chokeberries, frozen 2.5oz (70g)

Blueberries, frozen 2.5oz (70g)

Acai berries, frozen 2.5oz (70g)

Buy It Fresh!!! Use It For Day or Two

Pineapple

Mangos

Kiwis

Acai Berries, fresh

Melon

Apricots

Apple

Watermelon

Chokeberries, fresh

Blueberries, fresh

Ripe Pear

Peaches

GROCERY LIST

SEED; NUTS & OTHER:

Buy It And Store For The Whole Week!

Cumin Seed

Flax Seed

Sunflower Seed, raw

Chia Seed

Pumpkin Seed, raw

Walnuts

Almonds, raw

Cashews, raw

Chickpeas

Hazelnuts

Curcuma Powder

Cocoa Powder

Wheatgrass Powder

Matcha Powder

Goat Whey Powder

Cinnamon, Powder

Olive Oil

Almond Milk

Coconut Water

Coconut Milk

Vanilla Bean

Oatmeal, non-sweetened

Coconut Flakes

SEED; NUTS & OTHER:

Buy It Fresh!!! Use It For Day or Two

Greek Yoghurt

Kefir

Mint, fresh

Plain Yoghurt

Goat Whey, liquid

NOTES

1. Brown Rice (Leave it in water for one night before cooking)

2. It is best to buy organic or from farmer food

EVERYDAY DRINKS



UPON WAKING: GINGER – LEMONADE

Ingredients:

- 1 teaspoon Fresh Ginger, ground
- 1 Lemon, squeezed
- 1 cup Warm Water
- 1 teaspoon Organic Honey
- Pinch of Cumin Seeds

Nutrition Facts:

Calories.....89 (372KJ)
Carbohydrates.....21.72g
Protein.....278mg
Fats.....62mg
Fiber.....279mg

Put all the ingredients in a glass and pour warm water over them. The water should not be hot but lukewarm - that is, at room temperature. Mix it all well and leave it for a few minutes before drinking.

If you wake up feeling tired and fatigued, this is the perfect drink for you! After only a few days of everyday consuming, you will start waking up feeling fresh and full of energy throughout the day!

This diet also stimulates bowel movement and helps the process of detoxification.

IMPORTANT: Please remember that this drink is to be taken every day - 30 minutes before breakfast!



BEFORE DINNER: CITRUS ELIXIR

Ingredients:

- 1 Lime, squeezed
- 1 Red Grapefruit, squeezed
- 1 cup Water
- Ice (optional)
- Rosemary Branch (optional)

Nutrition Facts:

Calories.....87 (372KJ)
Carbohydrates.....21.74g
Protein.....1.16g
Fats.....226mg
Fiber.....176mg

First, squeeze the lime and the grapefruit by hand or using a press or a squeezer.

VERY IMPORTANT:

People with certain chronic diseases (diabetes, colitis, cardio-vascular, Chron's or Celiac disease, etc.), gastrointestinal issues, or people taking medications that interact with foods (ex: **GRAPEFRUIT**) should consult their healthcare provider first.

Then, put it in a glass and mix it nicely with a cup of water. Feel free to use ice for a cooling effect, or maybe a rosemary branch for some nice interesting scent.

As we mentioned, this is a restrictive diet, and by this time of the day the body has lost a lot of energy already, so don't be surprised if you feel a bit tired.

That means that this drink was purposely placed in this part of the program.

Citrus fruits contain certain acids that are really useful for the detox process, but they are also beneficial against weight loss. The popular term for these acids is 'fat burners'.

IMPORTANT: Please remember that this drink is to be taken every day - 30 minutes before dinner!

DAY 1 | PHASE 1: ELIMINATION



BREAKFAST:

GINGER – SPINACH SMOOTHIE

Ingredients:

- 1 ripe Banana
- 1oz (30g) Baby Spinach
- 1 Lemon, squeezed
- 1 teaspoon Ginger, fresh, ground
- 3 Dates, fresh, pitted
- 1 teaspoon Flax Seed, milled
- 1 cup Water

Nutrition Facts:

Calories..... 169 (707KJ)
Carbonhydrates.....38.06g
Protein.....3.07g
Fats.....1.11g
Fiber.....5.11g

Blend all ingredients until smooth.

Health benefits:

- Boosts immune system
- Fights anemia
- Cleanses
- Energizes
- Calms inflammation

Vitamin C, potassium, fiber, Iron, chlorophyll, just enough carbs and very low-calorie intake... isn't this the perfect breakfast?



WHY IS CHLOROPHYLL SO GOOD FOR US?

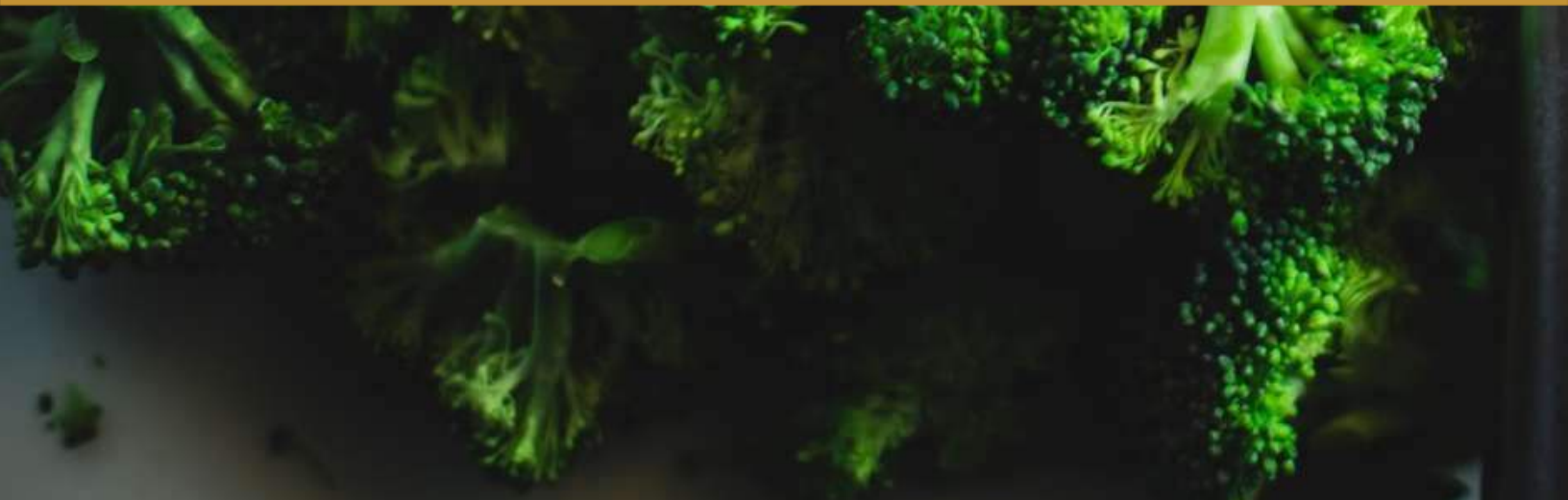
The chlorophyll molecule has an almost identical structure to the human blood molecule known as hemoglobin. The only difference is the mineral that the molecule is built around: Hemoglobin contains iron (Fe), while chlorophyll contains magnesium (Mg).

The primary function of hemoglobin is to transport oxygen from the lungs to other parts of the body.

When ingested, chlorophyll does the same job.

- Improving circulation,
- Cleansing the body,
- Increasing the number of red blood cells,
- Increasing the amount of oxygen throughout the body.

Therefore we can rightfully say that consuming chlorophyll is like receiving a blood transfusion.



SNACK 1: BERRY SMOOTHIE

Ingredients:

- 3.4oz (95g) Pineapple, sliced
- 1.8oz (50g) Berry Mix
- 1 medium-sized Kiwifruit
- 2 tbsp Sunflower Seed, raw, milled
- 1 Orange, squeezed
- 1 cup Water

Nutrition Facts:

Calories.....199 (832.6KJ)
 Carbohydrates.....36.27g
 Protein.....4.45g
 Fats.....6.06g
 Fiber.....9.45g

Blend all ingredients until smooth.

Health benefits:

- Rich in antioxidants
- Reduces oxidative stress
- Helps relieve stomachache
- Helps digestion
- Cleanses

Fresh pineapple contains bromelain, a protein-dissolving enzyme that does wonders for the digestive system.

Vitamin C is abundant, amounting to a stunning 131 percent of the recommended value. And as popularly known, Vitamin C is the first we need to turn to when fighting cold and flu, and promotes throat health by preventing coughs.



Berries: Blueberries, strawberries, raspberries, cranberries, and blackberries. All of them are regarded as probably the most important source of beneficial nutrients such as flavonoids and anthocyanins.

That being said, berries bear a spectrum of benefits against numerous diseases and conditions - cancer, diabetes, neurodegenerative stress disorders being only some of them. Berries also support healthy cardiovascular functions.



LUNCH: RED LENTIL SOUP

Ingredients:

- ½ Onion
- 1 cloves Garlic
- 1 Carrot
- 4.4oz (125g) Red Lentil
- 1 ½ cups Water
- 2 tbsp Olive Oil
- ½ teaspoon Curcuma Powder
- Oregano
- Salt and Pepper

Nutrition Facts:

Calories.....416 (1740KJ)
 Carbonhydrates.....37.02g
 Protein.....11.63g
 Fats.....27.58g
 Fiber.....2.80g

Put 5 cups of water in a pot and leave it on fire, while chopping the onion, the carrot and garlic. Once the water starts boiling, mix all the ingredients in it and keep cooking on low for 20 minutes.

Red lentils should lose their form to boiling.

Blend 1 cup of soup in with a hand blender and then return it to the pot, stir, and turn off the fire. Serve in a bowl and eat while warm.

Preparing time for this delicious and healthy mush is only 20 to 30 minutes

Health benefits:

Lentils, while very tiny, they are rightfully considered giants when it comes to nutritional value.

These magnificent grains provide a lot of cholesterol-lowering fiber. Fiber is also very beneficial in suppressing blood sugar disorders, because it regulates the blood sugar levels in the system, especially after a meal.

They also contain amazing amounts of B-vitamins, minerals, and protein. Preparing lentils is really not difficult as well, and they have an amazing ability to take over other ingredients' flavors in the process.



SNACK 2: CHOCÓ – SHAKE

Ingredients:

- ½ ripe Avocado
- 2 tbsp Organic Honey, raw
- 1 cup Almond Milk, unsweetened
- 1 tbsp Cocoa Powder
- 1 Vanilla Bean, inside seeds
- Blend all ingredients until smooth.

Nutrition Facts:

Calories.....336 (1405KJ)
 Carbonhydrates.....35.76g
 Protein.....3.09g
 Fats.....20.85g
 Fiber.....6.12g

How to choose the perfect avocado:

When buying an avocado, the most a common indicator of a ripe one is the skin color.

However, this is not the best way to determine the ripeness.

The best way to do this is by applying slight pressure on the surface. If you feel slight submission under your fingertip, that's the one to go with.

In this case, the general recommendation is to consume the avocado one or two days after buying. Also, please note that the ripening process is not necessarily tied to the fruit's skin color.

Tip: Keeping avocados in the fridge will slow down the ripening process.

Did you know that avocado was named the "forbidden fruit" because it was considered too strong aphrodisiac?

Also, it used to be a common opinion that it is too "fatty" - therefore unhealthy.

However, ever since it was proven that avocados contain fatty acids that are good for our health, growers stated campaign to convince people they should eat avocados.

Good acids can help keep your cholesterol levels within the healthy range and lower your risk of developing heart disease.

In addition, avocados offer more than 20 beneficial nutrition, including:

- Fiber,
- Vitamin K, 36% of recommended daily values,
- Folate, 30% of recommended daily values,
- Pantothenic Acid, 20% of recommended daily values,
- Potassium- twice as much.

Nutrients such as alpha- and beta-carotene and lutein is much easier to absorb by your body if combined with other foods.

DINNER: MANGO YOGHURT SMOOTHIE

Ingredients:

- ½ Mango
- ½ ripe Banana
- 5 tbsp Greek Yoghurt
- ½ cup Water
- 2 tbsp Flax Seed, milled

Nutrition Facts:

Calories.....259 (1083KJ)

Carbohydrates.....31.18g

Protein.....4.36g

Fats.....12.98g

Fiber.....5.10g

Blend all ingredients until smooth.

How to choose the perfect mango:

When shopping for mango, there is one reliable way to tell the ripeness for certain. Color judgment can easily lead to a wrong decision as not always the color equals ripe. Instead, go with firmness.

To determine the ripeness, apply slight pressure against the surface of the fruit. The surface of a ripe mango succumbs to the pressure.

In addition, look for an attractive fruity scent at the same time. However, unripe mango is not unusable, of course.

Just let the unripe mango for a while at room temperature, and use the aforementioned technique to check when it will reach the preferred ripeness.



Carrots are probably the most popular vegetable that bears vision-improving benefits. However, you probably didn't know that mangos are carrots' equivalent when it comes to nutritional value.

A cup of mango contains the full daily requirements of vitamin C, which is a basic building block for a healthy immune system, as well as for creation of collagen. We also can't forget the vision-improving benefits contained within the meaningful 35% of daily requirements of vitamin A.

Consuming carotene-rich fruits – such as the mangos – helps prevent the development of lung and oral cavity cancers.

In combination with yoghurt, banana and flax seed, mangos give an optimal amount of fiber and proteins, making this smoothie a fantastic detox dinner.



BREAKFAST: KALE – PINEAPPLE SMOOTHIE

Ingredients:

- 1 ripe Banana
- 3.4oz (95g) Pineapple
- 2.3oz (65g) Kale, chopped
- 1 Lime, squeezed
- 2 tbsp Sunflower Seed, milled
- 1 ½ cups Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....228 (1954KJ)
 Carbohydrates.....43.10g
 Protein.....5.68g
 Fats.....5.72g
 Fiber.....4.25g

Health benefits:

There is a reason why kale is labeled a 'superfood.'

Packed with almost every antioxidant you can imagine, kale is the most complete veggie the greens can offer.

Only one cup of kale provides the daily recommendations of vitamins K, A, and C!

The phytonutrient known as indole-3-carbinol has a role in DNA cell repair and can slow down cancer growth.

Kale protects you from prostate and colon cancer while boosting your immune system.

It contains lutein and zeaxanthin, carotenoids that protect your eyes from macular degeneration and keeps your sight sharp.

This green, sweet-sour smoothie will boost your energy and keep you fresh during the day.

SNACK 1: STRAWBERRY – OATS SMOOTHIE

Ingredients:

- 1 ripe Banana
- 3.5oz (100g) Strawberries, fresh
- 2 tbsp Oatmeal, unsweetened
- 2 cups Coconut Water

Nutrition Facts:

Calories.....	234 (979KJ)
Carbohydrates.....	46.78g
Protein.....	6.78g
Fats.....	2.14g
Fiber.....	7.77g

Blend all ingredients until smooth.

Benefits of Oats:

- Prevents constipation
- Prevents cardiovascular disease
- Controls blood sugar levels
- Reduces cancer risk
- Reduces hypertension
- Rich source of magnesium
- Supports weight loss
- Enhances immune response to disease
- Skin Protection

Oats contain soluble fibers that help regulate the blood cholesterol contents. They are beneficial in reducing absorption of glucose and increase intestinal transit time. Oats also contain important polysaccharides that go by the name of Beta-glucan, which is a lipid-lowering agent.



Oats are rich in protein as well and quite low in fat. It seems like their sole purpose is to help you achieve a healthy lifestyle and boost your energy. On top of that, they are beneficial for the stomach due to their fiber content.

This banana-strawberry puree with oats and coconut water will keep your hunger levels low until the next meal.

Not only they are labeled as the "favorite summer fruit", but they are also extremely good for our health.

Strawberries - loaded with antioxidants, vitamin C, and polyphenols, they have a wide range of health benefits, among which anti-inflammatory is the most studied one. In addition, strawberries regulate blood sugar, which makes them the perfect choice for diabetics. Strawberries also prevent arteriosclerosis due to their ability to prevent lipids from forming within the blood vessels.



LUNCH: BROCCOLI CRÈME SOUP

Ingredients:

- 2.65oz (75g) Broccoli, chopped
- 2.65oz (75g) Potatoes, peeled and chopped
- 1 tbsp Walnuts, chopped
- 1 cloves Garlic, chopped
- 1 tbsp Olive Oil
- 2 cups Water
- Salt and Pepper
- 2 tbsp Greek Yoghurt

Nutrition Facts:

Calories.....470 (1966KJ)
 Carbonhydrates.....42.16g
 Protein.....13.46g
 Fats.....27.61g
 Fiber.....8.49g

Put all the ingredients in a pot, except for the Greek yogurt. Cook at high temperature for 20min or until the potato and broccoli is well cooked.

Blend the content with a hand blender until creamy. Serve in a bowl and decorate by adding 2 tablespoons of Greek yogurt. Enjoy!

Health benefits:

Broccoli is considered to be one of the best anti-cancer foods, and this is due to its rich sulfur content, which also gives the specific broccoli smell. Although it loses its vitamins when cooked, broccoli still keeps its minerals and anti-cancer properties. Combined with garlic, which has the same ability to fight and prevent cancer, it will boost your immune system and defend against bacteria and viruses.

Rich in fiber - which is proven to prevent colon cancer by assisting the gut bacteria - this delicious cream soup will nourish your body with nutrients while cleaning it at the same time!

The olive oil, together with the walnuts, will boost your energy and provide you with good fats while keeping your heart and arteries healthy.

SNACK 2: MELON SMOOTHIE

Ingredients:

- 6oz (170g) Melon
- 2.8oz (80g) Apricots, pitted
- 2 tbsp Almonds, raw
- 1 cup Water

Nutrition Facts:

Calories.....259 (1084KJ)

Carbohydrates.....31.18g

Protein.....4.36g

Fats.....12.98g

Fiber.....5.10g

As mentioned in our previous recipes, all foods with yellow, orange, and red colors contain phytonutrients known as carotenoids. They give the fruit its color and are also powerful antioxidants. Apricots are one of those fruits that are very rich in carotenoids. When digested, the carotenoid becomes an active form of vitamin A and has the same functional properties.

Vitamin A is a liposoluble vitamin, meaning it can be absorbed by the body only when combined with lipids. That's why do we combine apricots with almonds, which are loaded with good fats. When it comes to the nutritional benefits of the melon, we can sum them up in one sentence: low calorie, but high nutrient density! The key ingredient is vitamin C, which is taking enormous 40% of the melon content.

So, long story short, this snack – smoothie packed with vitamins C and A, but also an unsaturated fatty acid is good for your skin, vision and immune system.



DINNER: CUCUMBER – KEFIR SMOOTHIE

Ingredients:

- 1 cup Kefir
- 1 Cucumber, medium size, ground
- 2 tbsp raw Cashews, soaked in water for 2 hours
- Water to desire consistency

Nutrition Facts:

Calories.....275 (1151KJ)
 Carbohydrates..... 18g
 Protein.....11g
 Fats.....16g
 Fiber.....825mg

Blend all ingredients until smooth.



You will definitely enjoy this one, especially if you are a Tzatziki fan. This drink represents the healthy liquid equivalent of the famous Greek sauce. Instead of Greek yogurt, we will combine kefir with cucumber. Kefir is also referred to as 'the king of probiotics'.

Kefir is a fermented cow, goat, or sheep milk that has a similar taste to yogurt. The kefir is literally packed with beneficial nutrients such as biotin, calcium, magnesium, folate, enzymes, vitamins B12, D, and K2, and especially probiotics, which bring its main nutritional value.

Kefir feeds the gut bacteria that enables an optimal bowel work environment, which as a result, lowers the chances of developing colon cancer and autoimmune disease.

Pro tip (Recommendation): Prefer homemade kefir whenever possible, as it will very likely be better than any offer from the store shelf.

BREAKFAST:

WHEATGRASS SMOOTHIE

Ingredients:

- 1 ripe Banana
- 3.4oz (95g) Pineapple
- a handful of Fresh Wheatgrass chopped or 1 teaspoon of Wheatgrass Powder
- 1 Lime, squeezed
- 1 ½ cups Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....185 (884KJ)
 Carbohydrates.....45g
 Protein.....2g
 Fats.....425mg
 Fiber.....2mg

The term 'wheat grass' refers to a young grass from wheat, oat, rye, or barley. But commonly, it's made from the wheat plant.

It is a real superfood, rich in chlorophyll and many other nutrients such as:

- Beta carotene
- Vitamin B
- Vitamin C
- Vitamin K
- Vitamin E
- Iron
- Selenium
- Amino acids





HOW TO GROW WHEATGRASS?

First, you need good-quality seeds. Put them in a bowl of water and leave them overnight. When the seeds start to sprout, sow them in the dirt and press gently. You should keep the grass at room temperature for the first three days and then put it in sunlight. Water it daily.

After seven or eight days, the grass should be 4-6 inches (10-15 cm) tall. This is the moment when it reaches its nutrient peak, so cut it, leaving 1cm above dirt.

You can keep the cut grass in a fridge, protected in foil, for 5-6 days.

DID YOU KNOW...

Does that wheatgrass contain more iron than spinach and more proteins than meat, eggs, fish, or dairy? Also, it contains 70% chlorophyll, which makes it useful for liver cleaning and body detox.

WHAT IS CHLOROPHYLL GOOD FOR?

Not only is it similar to our blood, but it has antiseptic properties. It is used for neutralizing streptococcus infection, healing wounds, treating uterus inflammation, etc.

It can be used as a treatment for throat inflammation as well, and it is extremely good against constipation.

SNACK 1: CHERRY SMOOTHIE

Ingredients:

- 1 ripe Banana
- 2.8oz (80g) Cherries, frozen, pitted
- 2 tbsp Almonds, raw
- 1 cup Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....251 (1050KJ)
 Carbonhydrates.....35.7g
 Protein.....7.1g
 Fats.....9.5g
 Fiber.....4.91g

Amazing taste combined with so many health related benefits and only 77kcal! This can only be true if we are talking about cherries.

Here are some of cherries' **health benefits:**

Anti-diabetic

Cherries are excellent snack, especially for diabetics, because they have low glycemic index of 22, meaning they won't increase your blood sugar levels much.

Anti-insomnia

In addition, they contain melatonin, a hormone that regulates our sleep cycle. So, if you are having hard time sleeping and tossing and turning at night, cherries are the perfect solution.

Anti-weight-gaining

Did you know that if you combine fatty foods with cherries, you won't gain as much weight?



Cherries protect you from accumulating body fat, thanks to the anthocyanins, responsible for fat burning and decreasing fat storage.

Anti-stroke

Another benefit from the anthocyanins - the pigments that are giving cherries their red color - is that they reduce high cholesterol levels and blood pressure, which results in a lowered risk of stroke.

Anti-cancer

What better nutrient to fight cancer if not an antioxidant? Cherries are rich in cyanidin - an anthocyanin that can prevent cancer and stop the growth of cancer cells. To consume more antioxidants, you should eat ripe cherries because as they darken, they produce more antioxidants.



LUNCH: VEGETABLE SOUP

Ingredients:

- ½ Onion, diced
- 1 cloves Garlic, diced
- 1 Carrots, diced
- 1.25oz (35g) Green Beans
- 1.8oz (50g) Asparagus, diced
- ½ Tomatoes, diced
- 1 tbsp Celery Root, ground
- Parsley or Rosemary (optional)
- 3 cups Water
- 1 tbsp Olive Oil
- Pinch of Salt and Pepper

Put 3 cups of water in a pot and let it boil at a high temperature. Once it starts to boil, put all the ingredients - except the tomatoes - in the water, and cook at high temperature for 20 minutes.

Use a fork to check if the carrot circles are cooked, and if they are, turn off the fire, add the tomatoes and leave it for about 10 minutes.

Serve in a bowl.

Nutrition Facts:

Calories.....	464 (1941KJ)
Carbonhydrates.....	45.40g
Protein.....	8.85g
Fats.....	27.85g
Fiber.....	11.54g



When it comes to soups, I always recommend homemade vegetable soup instead of processed ones that are rich in additives such as MSG (monosodium glutamate), salt, and calories.

This vegetable soup is rich in flavor from the various vegetables, especially the garlic and the onion. Celery root also gives this soup a specific aroma.

Although vitamins are lost with cooking, because they are not heat-resistant, this soup is packed with fiber and minerals and is an excellent choice for lunch while on a detox diet.

It improves bowel movement, fights constipation, prevents colon cancer, and eases bowel movement.

In addition, this is a cough-preventing soup because it contains garlic and onion, which are known antibacterial and antiviral veggies.

Eating while warm (not too hot!) will help improve your metabolism.



SNACK 2: AVO – MINT ICE CREAM

Ingredients:

- ½ ripe Avocados, peeled and pitted
- ½ cup Coconut Milk
- ½ Lime, squeezed
- 1 tbsp Fresh Mint, chopped
- 4 tbsp Organic Honey, raw

Nutrition Facts:

Calories.....196 (820KJ)
 Carbonhydrates.....7.51g
 Protein.....3.51g
 Fats.....29.96g
 Fiber.....6.50g

Blend all ingredients until smooth and put them in a freezer for at least two hours.

Serve 2 scoops in a cup or ice cream glass and decorate with mint leaves. There is no better way to cool yourself off than with a cup of ice cream! And what about healthy ice cream not loaded with Sugars and additives?

This mint-flavored avocado ice cream is the perfect dessert for tiresome afternoons.

Packed with good fats from avocado and coconut milk, this dessert is good for the skin and organ tissues but also for absorbing liposoluble vitamins such as vitamins D, E, A, and K.



The lime juice will give freshness and just a bit of sourness.

Speaking of lime juice, other than being a well-known mouth and breath freshener, it also bears many benefits when digested.

It is a strong stimulator that improves digestion, assists in weight loss, and improves concentration.

Also, it can be used in the treatment of nausea, headache, depression, asthma, skin problems, memory loss, etc. Mint health benefits come from its high antioxidant content, but the strong aroma is also very beneficial. Although it is not a liquid meal, this ice cream will still help the detoxification process.

It is good for you in the way that it changes the structure of the food, from liquid to frozen-creamy, since it is Day 3 of this detox, and you probably want this change, too.

Eating something different will help keep your enthusiasm until the end of this program.



DINNER: VANILLA MILKSHAKE

Ingredients:

- 1 ripe Banana
- 1 cup Almond Milk, unsweetened
- 1 Vanilla Bean (the inside seeds)
- 2 Dates, fresh, pitted

Blend all ingredients until smooth.

Nutrition Facts:

Calories..... 188 (786.5KJ)
 Carbohydrates.....29.68g
 Protein.....3.47g
 Fats.....5.44g
 Fiber.....4.46g

If you ever wished for a healthy milkshake, this is the recipe for you.

Loaded with proteins, potassium and healthy carbs - but low in calories - it's just the dinner you need!

Bananas are a good source of potassium, a mineral that's essential for blood pressure and heart function regulation.

Also bananas are an excellent source of vitamin B6, which will help you relax and will provide you with a good night sleep.

DAY 4 | PHASE 2: STAGNATION



BREAKFAST: COCONUT – MATCHA SMOOTHIE

Ingredients:

- 1 ripe Banana
- 2 tbsp Coconut Milk
- 3 tbsp Coconut Flakes
- 2 Fresh Dates, pitted
- 2 teaspoon Matcha Powder
- 1 cup Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....227 (950KJ)
Carbohydrates.....27g
Protein.....2.5g
Fats.....13.09g
Fiber.....2.46g

You might be sick of green smoothies for breakfast, but this one is a coconut dream! And who doesn't like coconut?

This creamy green coconut smoothie has a rich flavor and creamy consistency, but also is loaded with energy that will keep you energized during the day.

It is banana and dates that give you natural sugars to increase your energy levels.

Coconut milk contains fats that are extremely good for your skin, hair nails, but also for your heart and blood vessels, since these "good fats" don't have tendency to deposit in the cardiovascular system.



BUT WHAT ABOUT MATCHA?

Matcha powder is actually powdered green tea, which is made by grounding the herb's leaves. While in the traditional preparation of green tea, the leaves are infused in hot water and then discarded; when drinking matcha green tea, you are consuming the whole leaves, and that has a lot of benefits!

It contains polyphenols - antioxidants well known for their protective properties against heart diseases, cancer, high blood pressure, and others.

Also, it contains as much caffeine as brewed coffee, so you might consider this as your morning cup of coffee.

Matcha has a grass or spinach-like flavor, and not everyone is a fan of it, so a combination with coconut can be a perfect choice.



SNACK 1: CHIA – BEETROOT SMOOTHIE

Ingredients:

- 1 ripe Banana
- 1 small Apple, peeled, diced
- 1 small Beetroot, fresh,
• peeled, ground
- 1 teaspoon Organic Honey,
• raw
- 2 tbsp Chia Seed, milled
- 1 cup Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....258 (1079KJ)
 Carbonhydrates.....53.54g
 Protein.....3.34g
 Fats.....3.38g
 Fiber.....9g

It is time for some blood quality boost with this red smoothie! It's well known that beetroot is good for preventing anemia due to its iron content, but it also contains vitamin C, folate, manganese, copper, zinc, potassium, magnesium, selenium and some vitamins from the vitamin B-complex.

Health benefits:

- Fights inflammation
- Lowers blood pressure
- Regulates digestion because of its fiber content
- Improves exercise and athletic performance



Although beetroot has a sweet taste, not everyone enjoys its flavor. That is why we combine it with apple and banana, but also agave syrup to provide the perfect taste.

Apples are also a good source of fiber and vitamins, and in combination with the fatty acids and minerals from the chia seeds, this smoothie is the energizer you need.



LUNCH: CORN CREAM SOUP

Ingredients:

- 2.65oz (75g) Sweet Corn, organic, frozen
- 2 cloves Garlic
- 1 big Potato, peeled, diced
- 3 cups Water
- 2 tbsp Celery Root, ground
- Thyme (optional)

Nutrition Facts:

Calories.....284 (1188KJ)
 Carbonhydrates.....59.18g
 Protein.....12.21g
 Fats.....824mg
 Fiber.....270mg

Put 3 cups of water in a pot and place it on fire. When the water starts to boil, put all the ingredients and cook for 20 minutes, or until the potato is well cooked.

Blend them with a hand blender and stir them well. Stir well.

Serve in a bowl. Eat while warm.

Time for lunch, time for soup.

Although many say that corn is not healthy, pointing at the high carb content and genetic modifications.

But, if you find organic corn, you don't have to worry about its health properties. Rich in Vitamins A, B and E, many minerals and being gluten free, corn or maize must take part in this healthy detox program.

This soup contains high amounts of complex carbohydrates, because of the corn and the potato, but this is just what you need, since it is Day 4 from this Program. It will keep you full until the next meal.

In addition, you will love the celery root-garlic combination of flavors.

SNACK 2: WATERMELON – MINT SMOOTHIE

Ingredients:

- 5.5oz (155g), no seed Watermelon, diced
- 5 leaves Mint, fresh
- 1 cup Water
- Ice (optional)

Blend all ingredients until smooth.

Add ice cubes to a glass and pour the smoothie in.

Decorate with mint leaves.

Nutrition Facts:

Calories.....52 (218KJ)
 Carbohydrates.....11.48g
 Protein.....956mg
 Fats.....301mg
 Fiber.....270mg

When you think of watermelon, what almost immediately comes to mind are images of that juicy, sweet summer fruit. Most of people think watermelon is loaded with sugars, therefore is unhealthy.

But the truth is, watermelon is considered nutrient-dense food, meaning it contains loads of nutrients for a low amount of calories.

Rich in potassium, poor in sodium and 92% made of water, watermelon is the perfect fruit for hydration.



It also contains vitamins A and C, which make it a great antioxidant source.

Health benefits:

- Reduces muscle soreness
- Hydrates
- Fights inflammation
- Regulates blood pressure
- Protects kidneys and urinary system

Combined with mint leaves, it's a perfect afternoon snack for beating tiredness and fatigue.



DINNER: AVO – YOGHURT SMOOTHIE

Ingredients:

- ½ ripe Avocado
- ½ cup Plain Yoghurt
- 2 tbsp Organic Honey, raw
- 1 cup Water
- 2 tbsp Pumpkin Seed, raw, milled

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....475 (1987KJ)
 Carbohydrates.....22.33g
 Protein.....6.21g
 Fats.....40.87g
 Fiber.....5.14g

This is a protein smoothie that is just perfect for dinner.

Packed not only with dairy proteins, but also with unsaturated fatty acids that are protecting your blood vessels. Also having the ability to improve brain function, this smoothie will satisfy your hunger and give you optimal nutrients for a good night sleep.

Pumpkin seeds are rich in vitamin E, a liposoluble vitamin, which can only be absorbed if dissolved in fat. It is essential for healthy nails and hair, but also for a proper functioning of the prostate.

Its sweet-sour taste lets you enjoy the meal, but in the same time nourish and detox your body.

IMPORTANT: For tomorrow's soup don't forget to leave the brown rice in water over the night!



BREAKFAST: CHARD – BANANA SMOOTHIE

Ingredients:

- 3 leaves Chard
- 1 ripe Banana
- 3.4oz (95g) Pineapple
- 1 cup Water
- 2 tbsp Flax Seed, milled

Blend all ingredients until smooth.

Nutrition Facts:

Calories..... 146(611KJ)
 Carbonhydrates.....30.36g
 Protein.....3.20g
 Fats.....1.84g
 Fiber.....3.94g

If you thought green smoothies are boring and with bad taste, you need to think again!

There are so many combinations with leafy green vegetables and fruits, but we only have 7 days of this detox.

Chard or commonly known as Swiss chard is a leafy green vegetable, similar to spinach.

Although there aren't a large number of studies about health benefits of chard, there's no question that it has great impact on health.



Chard is rich in polyphenols and antioxidants, such as:

- Vitamin K
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B2
- Vitamin B6
- Fiber
- Protein
- Copper
- Manganese
- Zinc
- Magnesium
- Iron
- Calcium
- Phosphorus

Chard is good for:

- Blood sugar regulation
- Bone support
- Anti-inflammation
- Anti - anemia

When consuming chard combined with banana and pineapple, you can't feel the "grassy" aroma of chard, but rather its health benefits!





SNACK 1: ARONIA/CHOKEBERRY SMOOTHIE

Ingredients:

- 1 ripe Banana
- 2.8oz (80g) Melon, diced
- 2.5oz (70g) Chokeberries, fresh or frozen
- 1 cup Water
- 2 tbsp Cashews, raw

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....245(1025KJ)
 Carbonhydrates.....38.73g
 Protein.....4.49g
 Fats.....8.46g
 Fiber.....4.27g

Although not as popular as blueberries or strawberries, chokeberries - or aronia - are one of those tiny fruits packed with health!

Rich in antioxidant, phytonutrients, fiber and much more, aronia protects from:

- Cancer
- Cardiovascular diseases
- Diabetes
- Aging
- Blindness
- Neurological diseases

These properties are a result of its high antioxidant content that prevents oxidative stress, which is main cause of many disorders.

Because of its tart quality, when eaten alone it makes your mouth pucker, but that's why we combine it with a melon and banana in a perfectly delicious and nutritious smoothie.

Also, we're adding some cashews, rich in unsaturated fats, for better absorption and usage of antioxidants.

LUNCH:

SPINACH SOUP

Ingredients:

- 1.8oz (50g) Brown Rice
- 5 handfuls of Spinach,
chopped
- 1 Onion, chopped
- 1 small Carrot, ground
- 2 cups Water
- Pinch of Salt
- 2 tbsp Olive Oil

Nutrition Facts:

Calories.....418(1749KJ)
 Carbonhydrates.....29.81g
 Protein.....7.02g
 Fats.....30.40g
 Fiber.....8.04g

Put the olive oil, the onion and the carrot in a pot and cook with constant mixing on high temperature for 5 min. Be careful when cooking onions as they are easily overburnt.

Now add the rice and cook for another 5 min. Then put the chopped spinach and stir well on the same temperature for 5 more minutes. When the spinach loses its volume, pour the water and add the salt, and leave it on medium temperature for another 30min.

At the end, blend the soup with a hand blender until it gets creamy.



Stir well in order to get a creamy consistency. Serve in a bowl and eat while warm.

We don't have to say much about the healthy properties of spinach, since everybody knows that it is this leafy green veggie that Popeye gets his strength from!

Combined with rice, it will give you the necessary energy that a healthy lunch is supposed to give you. Also, it will stimulate bowel movement, thus assisting the process of detoxification. But it's not only Iron that matters in spinach.

Here's what it contains:

- | | |
|-------------|---------------|
| • Niacin | • Vitamin A |
| • Vitamin E | • Calcium |
| • Zinc | • Vitamin C |
| • Vitamin K | • Chlorophyll |

SNACK 2: GREEN ICE CREAM

Ingredients:

- 2 ripe Bananas, frozen
- ¼ cup Almond Milk, unsweetened
- ¼ cup Coconut Milk
- 2 tbsp Organic Honey, raw
- 2 teaspoons Matcha Powder

Nutrition Facts:

Calories.....263(1100KJ)
 Carbonhydrates.....51.73g
 Protein.....1.89g
 Fats.....5.46g
 Fiber.....1.92g

This ice cream is actually a frozen matcha smoothie, but since we don't want to bore you with this detox, we encourage you to prepare it as a frozen treat.

Since you already know the health benefits of banana and matcha powder, it is time for you to discover the "little health universe" that coconut milk is providing for you!

Coconut milk is not actually a milk and it's not naturally found liquid in coconut, but rather made. The liquid inside the brown coconut is coconut water, while the milk is produced from the coconut's flesh.

Coconut milk is made from ground, boiled and strained coconut flesh. It can be thick or thin, but the one you can find in stores is usually somewhere in between.



It has a creamy texture, and a natural sweet flavor.

It is a high calorie food, loaded with nutrients such as: iron, magnesium, copper, manganese, selenium and other, but 93% of its calories come from the fat within. Specific for coconut milk is that it contains MCT – medium-chain triglycerides, saturated fats which promote enormous amount of **health benefits**.



COCONUT FUN FACT:

“Provider of all necessities for life” is a loose translation of “Kalpa Vriksha,” or the Sanskrit word for a coconut palm tree. We must all agree it’s a very appropriate name, considering the fact that practically the whole plant – the flesh, the water, the oil, the sugar, and the milk – is useful to us.



DINNER: GOAT WHEY SHAKE

Ingredients:

- 1 ripe Banana
- 1 cup Goat Whey, liquid or
- 2 tbsp Goat Whey Powder + 1 cup Water
- 2 Dates, fresh, pitted ½ teaspoon
- Cinnamon, powder, or grinded stick
- Blend all ingredients until smooth.

Nutrition Facts:

Calories.....	220(920KJ)
Carbonhydrates.....	27.23g
Protein.....	23.39g
Fats.....	2.23g
Fiber.....	2.91g



It's dinner time again, meaning it's time for one more delicious protein-rich shake, this time with goat whey as its key ingredient.

Whey is commonly used in processed foods to improve their texture or taste, and most of the time, it is cow's whey. However, that is a very unhealthy way to consume whey.

Goat whey is one of those foods that nutritionists refer to as "complete food." It contains all of the essential amino acids, calcium, phosphorus, vitamin A, and many other nutrients.

Health properties:

- Hypoallergenic
- Bone and teeth support
- Rejuvenating Helps arthritis treatment
- Muscle building
- Easily digestible



DID YOU KNOW THAT WHEY WAS USED AS A MEDICINE BY THE VERY FIRST PHYSICIANS?

The father of medicine, Hippocrates, very often used whey as a treatment for various diseases. Also, during the 18th and 19th centuries, many practitioners were using whey to cure and rejuvenate patients' bodies.

DID YOU KNOW THAT THE GOAT IS CONSIDERED TO BE ONE OF THE WORLD'S HEALTHIEST ANIMALS?

There is a belief that the goats are very clean animals. They carefully pick every leaf and branch they eat. They are literally immune to cancer.

DAY 6 | PHASE 3: ASSIMILATION



BREAKFAST: CELERY – PINEAPPLE SMOOTHIE

Ingredients:

- 3.4oz (95g) Pineapple
- 2 stalks Celery, chopped
- 1 tbsp Organic Honey, raw
- 2 tbsp Walnuts, milled
- ½ cup water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....220(920KJ)
Carbohydrates.....31.24g
Protein.....3.19g
Fats.....9.85g
Fiber.....1.33g

Another green smoothie for breakfast, this time celery stalks are the key ingredient.

Good for weight loss, this non-starchy veggie is not only low in calories, but it is rich in antioxidants such as vitamin C, vitamin K, beta-carotene, and manganese, which is why it is of enormous help in keeping our health.

It is also a good source of fiber, potassium, calcium and vitamin B6, and literally no fats.

Health benefits:

- Lowers cholesterol
- Decreases inflammation
- Prevents high blood pressure
- Prevents ulcers
- Protects the liver
- Reduces bloating
- Anti-microbial properties
Prevents urinary infections



DID YOU KNOW...

That celery was also used in ancient times and considered very precious.

Celery leaves were found in Egypt's famous pharaoh, King Tutankhamun's tomb. In ancient Greece, winners of battles were given celery leaves crowns instead of trophies!



SNACK 1:

BLUEBERRY SMOOTHIE

Ingredients:

- 1 ripe Banana
- 2.5oz (70g) Blueberries, fresh or frozen
- 1 cup Almond Milk, unsweetened
- 2 tbsp Almonds, raw

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....291(1271KJ)
 Carbonhydrates.....33.38g
 Protein.....7.67g
 Fats.....14.84g
 Fiber.....7g

The first snack is a perfect time for boosting the blood quality while tasting the most delicious fruits on the planet!

Along with strawberries, blueberries are maybe the most popular berries, holding high position among people's favorite summer fruits.

Blueberries are considered to be one of the richest fruits in antioxidant. They contain anthocyanin – a type of flavonoid responsible for the purple color, but also for many health properties.



Health benefits:

- Promoting brain health
- Weight loss
- Improving digestion
- Improving memory
- Anti-cancer
- Regulating diabetes
- Promoting eye
- Promoting heart health
- Anti-aging benefits
- Bone support

To absorb all those antioxidants properly, the body needs fatty acids. That's why the combination of almonds, bananas and blueberries are optimal for the best usage of these nutrients by our body.



LUNCH: BRUSSELS SPROUTS SOUP

Ingredients:

- 1 Onion
- 1 cloves Garlic
- 5.5oz (155g) Brussels Sprouts
- 2 tbsp Celery Root, ground
- 2 small Carrots, cut into circles
- 1.8oz (50g) Green Peas, fresh or frozen
- 1.8oz (50g) Chickpeas
- 2 cups Water
- Salt and pepper
- Oregano
- 2 tbsp Olive oil

Nutrition Facts:

Calories.....509(2130KJ)

Carbonhydrates.....54.18g

Protein.....9.92g

Fats.....28.69g

Fiber.....12.48g

Cut some of the Brussels sprouts into half or smaller pieces while leaving the rest whole. Then, put all the ingredients in a pot, and cook at high temperature for 30min. At this point, the Brussels sprouts should be cooked, meaning soft. You can check with a fork.

If they are still not cooked well, turn off the fire and let them simmer for another 15min.

Let it cool a little bit, serve in a bowl and eat while warm.

If you are one of those people that does not favor Brussels sprouts, you might just fall in love with these “little cabbages” when you hear how healthy and rich in nutrition they are.

What they contain:

Vitamin K, Vitamin B6, Vitamin C, Fiber, Folate Iron, Manganese



DID YOU KNOW...

That Brussels sprouts have been voted “most hated vegetable” in the US and Britain, most likely because of their specific odor. But this only happens when Brussels sprouts are overcooked. So, if you cook them properly, you will definitely like this soup.

Brussels sprouts have a low glycemic index, which means that they won't increase your blood sugar rapidly but rather slowly. Also, it contains a chemical compound known as glucosinolate, which is responsible for the typical odor of this veggie. But this substance is cancer-protective and can activate cell enzymes and stimulate detoxification.



SNACK 2: PINA COLADA SMOOTHIE

Ingredients:

- 1 ripe Banana
- 3.4oz (95g) Pineapple, diced
- ¼ cup Coconut Milk
- 2 tbsp Coconut Flakes
- 1 cup Water

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....262(1096KJ)

Carbohydrates.....30.30g

Protein.....2.92g

Fats.....15.80g

Fiber.....2.37g

Now this is a very popular treat that everyone enjoys!

Although this recipe doesn't contain alcohol - as it will definitely hurt the program - you can still enjoy its well-known flavor.

It has a creamy texture and a divine coconut scent!

And it's not only delicious but also healthy and detoxifying!

It is packed with nutrients such as:

- Vitamin C
- MCT (medium-chained Vitamin B6 triglycerides)
- Potassium
- Inulin (pineapple Fiber enzyme)



Health benefits:

- Boosts immune system
- Helps digestion in the stomach
- Improves memory and brain health
- Fights oxidative stress
- Energizes
- Strengthen the nails and hair
- Soften the skin

DINNER: CHOCOLATE – MILKSHAKE SMOOTHIE

Ingredients:

- 1 ripe Banana
- 1 cup Goat Whey, liquid or
- 2 tbsp Goat Whey powder + 1 cup water
- 1 tbsp Organic Honey, raw
- 2 tbsp Cocoa Powder
- 2 tbsp Hazelnuts, roasted, milled

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....	223(933KJ)
Carbohydrates.....	26.37g
Protein.....	13.54g
Fats.....	7.40g
Fiber.....	2.37g



This might be the favorite dinner for chocolate lovers.

Creamy texture, chocolate flavor, and hazelnut aroma, is there anything better?

Packed with proteins, vitamins, and antioxidants, this milkshake is just what your body needs at the end of the day. Although it doesn't contain milk, we consider it a milkshake because of its goat whey content.

Health benefits:

- Good night sleep
- Prevents anemia
- Rejuvenates
- Muscle building
- Brain support
- Regulates diabetes
- Lowers blood pressure

Not only do they give the perfect aroma, but hazelnuts are also necessary for proper absorption of some important nutrients.

Rich in unsaturated fatty acids, hazelnuts support your brain health, improving memory, protecting the cardiovascular system, and providing energy.



DID YOU KNOW...

Cocoa was considered the “Food of the gods” in ancient times.

It is native to Central and South America, where it was so precious that the native tribes used it as a form of currency.

Cocoa beans are fermented beans of the cocoa tree which cacao and chocolate are derived from. Cocoa is packed with antioxidants, calcium, and iron, proving that it's not only tasty but also healthy. It is well known for its medicinal and aphrodisiac properties.





BREAKFAST: PARSLEY – CUCUMBER SMOOTHIE

Ingredients:

- 1 ripe Pear, diced
- 1 medium size Cucumber, ground
- 3 Strikes Parsley
- 1 cup Water

Nutrition Facts:

Calories.....123 (515KJ)

Carbohydrates.....25.96g

Proteins.....4.07g

Fats.....143mg

Fiber.....5.98g

Blend all ingredients until smooth.

This is the last green smoothie of this detox. It is a combination of pear, cucumber, and parsley - another perfect detoxification.

Cucumber is a well-known detox promoter, mainly because of its water content but also because of its nutrient content. It contains flavonols and polyphenols that reduce inflammation and the risk of developing several types of cancer.

When it comes to parsley, its nutritional value is often underestimated due to its popular role as a dish decoration.

It contains volatile oil, flavonoids, and many vitamins such as vitamin K, vitamin C, vitamin A, and several minerals.

Health Benefits:

- Reduces risk of cancer
- Fights inflammation
- Freshens your breath
- Helps manage stress
- Fights bladder infection
- Helps with skin problems
- Helps with kidney stones

SNACK 1: ACAI BERRY SMOOTHIE

Ingredients:

- 1 ripe Banana
- 2.5oz (70g) Acai Berries, fresh or frozen
- 2 tbsp Oatmeal, unsweetened, soaked in warm water for 15min
- 2 Dates, pitted
- 1 cup Almond Milk, unsweetened

Blend all ingredients until smooth.

Nutrition Facts:

Calories.....293(1226KJ)
 Carbonhydrates.....44.08g
 Protein.....7g
 Fats.....10.19mg
 Fiber.....9.05g

Berries are known for their high antioxidant and anthocyanins content and health properties that come with them. Acai berries are not an exception.

Growing popular these days for their ability to slow down the process of aging, Acai berries are a number one offer in many healthy food stores.

With such antioxidant content, acai berries slow down the process of oxidative stress, which is caused by the free radicals.



In addition, they promote skin health, improve cognitive functions, control your appetite therefore support weight loss, cleanse inner organs such as the liver and the kidneys and protect against cardiovascular diseases.

Acai berry contains:

Anthocyanins, Fiber, Vitamin A, B vitamins, Vitamin C, Healthy fats, Essential amino acids, Electrolytes



LUNCH: CARROT CRÈME SOUP

Ingredients:

- 8.8oz (250g) Carrots, chopped
- 1 big Potato, diced, peeled
- 2 cloves Garlic
- 2 tbsp Olive Oil
- Salt and Pepper
- 2 cups Water

Nutrition Facts:

Calories..... 262(1096KJ)

Carbonhydrates.....30.30g

Protein.....2.92g

Fats.....15.80g

Fiber.....2.37g

Boil all the ingredients on a high temperature for 20min. Then blend all of the content in a blender to get creamy consistency.

Serve in a bowl, decorate with your favorite seasoning and eat while warm.

Carrot is a vegetable enjoyed both raw and cooked.

It is one of the best sources of vitamin A - responsible for many health-related processes in our body. It is a root vegetable native to Europe and Asia.

Although, as we mentioned, vitamins aren't heat resistant and can be lost during the process of cooking, it is not the case with carrots.

Carrots cells have to be broken, mechanically or by cooking so that nutrients can be properly used.

This way, the availability of carotenoids is increased by 600 percent.

In addition, carotenoids are fat soluble; therefore, olive oil can help their absorption.

Did you know that carrots are the second most popular vegetable, after the potatoes?

Although the commonly used carrots are orange in color, there are more than 100 types of carrots that come in more colors: purple, white, yellow, and red.

SNACK 2: CHIA PUDDING

Ingredients:

- 3 tbsp Chia Seeds, milled
- 1 cup Almond Milk, unsweetened
- 1 tbsp Cocoa Powder
- 2 tbsp Organic Honey, raw
- Pinch of Cinnamon

Nutrition Facts:

Calories..... 309(1293KJ)
 Carbonhydrates.....49.12g
 Protein.....5.05g
 Fats.....10.06g
 Fiber.....7.92g

Start with mixing the almond milk and the honey. When it is well mixed, add the cinnamon and the cocoa powder, and keep mixing constantly. Then add the chia seeds and mix until they are covered in milk.

Leave it on a room temperature for at least 2 hours. Our recommendation is to keep it refrigerated overnight.

Chia seeds need time to absorb the liquid in order to become a pudding. When it reaches the desired jelly-like structure, blend it in a blender to make it even more creamy. Serve in a glass, and decorate with some nuts.

When it comes to chia seeds, there is so much to be said.



Rich in so many key nutrients, they are one of the most nutrient-dense foods in the world. Fiber, proteins, omega-3 fats, vitamins, and minerals such as calcium, zinc, and phosphorus are these tiny seeds' hidden treasures.

Health benefits:

- Regulate digestion
- Prevent premature skin aging
- Protect the heart
- Help in the treatment of diabetes
- Boost energy and metabolism
- Help build muscle
- Support weight loss



CHIA SEEDS FUN FACT:

It is known that ancient civilizations appreciated chia seeds to such an extent that they used them as trading currency.

Also, the Mayan word for chia seeds means "strength," and this is probably the reason this wise civilization's warriors consumed them in times of war. The Mayans were convinced that even small amounts of these amazing seeds provided them with "fighting" energy for a very long time.

Today, chia seeds can be found under the equally popular name - "runners food". People who take part in running sports use them as an additional power source to endure such intense activities.



DINNER: PEACH – KEFIR SMOOTHIE

Ingredients:

- 1 cup Kefir
- 1 large Peach, pitted, peeled, diced
- 2 tbsp Almonds, raw

Blend all ingredients until smooth.

Nutrition Facts:

Calories..... 228(954KJ)
 Carbonhydrates..... 19.76g
 Protein.....9.74g
 Fats.....11.86g
 Fiber.....2.41g

Finishing the detox with the most delicious combination of fruits and dairy is a must: peach and kefir!

Peaches are juicy summer fruits native to China, which is the largest producer. The Chinese consider peaches as a fruit of longevity and immortality.

Peaches have velvety skin, but juicy, yellowish-orange pulp and familiar aroma.

When it comes to their nutritional value, peaches offer a wide variety of nutrients:

Vitamin A, Iron, Vitamin C, Manganese, Vitamin E, Copper, Calcium, Fiber, Potassium

Peaches have antioxidant capacity; therefore, they provide protection from several types of cancer, promote skin care and eye health, and prevent stress and anxiety, hypokalemia, and neurodegenerative disorders. They are also beneficial during pregnancy, fighting obesity and body detoxification.

The peach-kefir-almond combination provides you with antioxidants, fiber, probiotics, protein, good fats, and much, much more.

This drink will ease stomach ache, help you build muscles, rejuvenate, and recover gut bacteria.





AFTER FINISHING 7 – DAY DETOX SMOOTHIE PROGRAM

After finishing our detox program, it's recommended to go back to your previous diet slowly by practicing a “light diet” until you completely return to your everyday lifestyle.

We recommend drinking a smoothie for breakfast, eating some cooked vegetables for lunch, and a lot of salads for dinner.

Also, you can slowly insert grains, starting with cooked polenta, quinoa, amaranth, oats, etc.

In addition, it is very important not to eat meat, eggs, fried or fatty foods immediately after the program since these types of food will disrupt your nutritional balance. Try including them in your diet 2 days after finishing this detox.



MEDICAL – BASED COMMENTS OF

7 – DAY DETOX SMOOTHIE PROGRAM

The 7-Day Detox Smoothie Program, created by yourbody in collaboration with licensed nutritionist Cvetanka Petrova, is a new and healthy way, and nutritional approach to making general detoxification in your body, based on three crucial principles: cleanse, refresh, and nourish. As mentioned in her 7-day program, living in the 21st century is very stressful due to the unnatural environment, processed foods, air and water pollution, stress, etc. Cleansing your body periodically can decrease the environmental impact and aid in maintaining good health.

All of the aforementioned could have a negative health effect and cause many of the currently known illnesses and disorders. But nothing is unchangeable if you have some motivation and self-confidence. Coming to an agreement with nature and all fruits and veggies in it is the best way to make some changes in your life once and for good. In functional gastrointestinal disorders - the most common problems affecting the gastrointestinal (GI) tract (including the colon and the rectum) - the GI tract looks normal but doesn't work properly. Since it is well known that most diseases are caused by a disordered bowel movement, occasional detoxification, as well as a balanced diet and regular physical activity offers good protection against many kinds of potential health damages.

Although this detox program is not a 100% smoothie but rather a liquid detox based mostly on smoothies, it offers a great variety of fruit and vegetables (smoothie) combinations that are designed to cleanse, refresh and nourish the body. Here is one histological fact: The process of blending fruits and vegetables bursts their cell membranes into pieces, making the nutrients more easily available for digestion and assimilation by your body. This means that all the intracellular ingredients become a part of that mixed liquid, without big molecules and other tissue-like parts and pieces. This goes to show that the best way to consume food is in a 'liquified' form, as it is easily digested and assimilated by the body. Also, unlike juices, smoothies retain their ingredients' fiber contents, which is important for the process of elimination. According to this, fiber content structures make for the best control of bowel movement and also provide the best possibility for all of the useful ingredients to move through intestinal villi directly in the blood circulation.

MEDICAL – BASED COMMENTS OF 7 – DAY DETOX SMOOTHIE PROGRAM

Expectations from this detox program are neutralization and elimination of toxins, rehydration, energy boost, and a good feeling of freshness and health. In addition to this, this program guarantees 3 lbs (1.4kg) weight loss in just one week. So, look out, you might feel a little bit tired and hungry in the first phase, but we encourage you to continue, as the results are seen in the second and third phases.

Now, I will give some medical-based comments about this 7 – Day Detox Smoothie Program is divided into 3 phases.

The first phase is Elimination, with a 3-day duration. In this phase, lots of toxins and other metabolic-end ingredients will be eliminated through the digestive and urinary systems.

Expected manifestations: increased defecation and urination, less energy and mild hungry, increased urinating, and weight loss. From a medical viewpoint, this phase is the hardest of the three because our body undergoes detoxification assisted by the fruits and veggies and their contents and ingredients, which means that a lot of eliminating processes are on a high working level, especially urinary and intestinal systems. If you experience some or any of the possible manifestations, do not panic. Consider it normal since this is a cleaning diet. Feelings of tiredness and hunger are normal because you are changing your eating habits with no proteins, meat, cookies, etc. Just keep going; your body will be thankful for it.

The second phase is called Stagnation. In this phase, your body is getting used to the new diet, with more possible manifestations, such as lack of bowel movement, increased energy, reduced hunger, and stagnation of weight loss. Somehow, this is a twist between the previous accommodation and this new chapter, which is the result of getting used to your body's new diet and the products you're importing. Don't panic if there is no bowel movement – the intestinal system needs a short period of time for the renewal of its own good bowel bacteria. Another fact is that you don't take too much food for bowel movements - all of the ingested ingredients are used up by the body. So, none or partial elimination by defecation. And that is this program's mission, isn't it?

MEDICAL – BASED COMMENTS OF 7 – DAY DETOX SMOOTHIE PROGRAM

The last, third phase of this program is Assimilation. During this phase, your body is assimilating the nutrients and regenerates itself. The expected results of this process are increased energy, continuous weight loss, and freshness. It means that your body is in perfect collaboration with the fruits and the veggies and their contents and ingredients as a unique source of energy and health.

The weight loss process is basically the result of controlled dehydration - loss of stored water and other liquid components inside the tissues. Continuous weight loss comes as a result of melting fats and sugar depots in your body. Here are some notes that you need to know to feel the best effect of this program: daily calorie intake of this diet is around 1500kcal, which is considered a restricted diet, and it contains allergenic foods. If you are allergic or intolerant to some of the ingredients, please consider some substitutions given in the table of ingredients and their substitutes. Just follow the program's instructions for preparing and consuming the meals, and you will have the detox of your life!

There are some cautionary notes which you must know before you start this detox program:

Not recommended during pregnancy and breastfeeding!

Not recommended for kids under 16!

People with chronic diseases such as diabetes, colitis, cardiovascular, Chron's or Celiac disease, etc., gastrointestinal issues, or people taking medications that interact with foods (ex: grapefruit) should consult their health provider before starting this program.

During this liquid detox, please avoid sports, jogging, or any other physical activity, as this is low calorie (restrictive) diet and does not support such efforts. Recommended activities are yoga, walking, and meditation.

COMMENTS FOR THE 7 – DAY DETOX SMOOTHIE PROGRAM INGREDIENTS

The included daily drinks, such as the Ginger-Lemonade and Citrus elixir, are full of Vitamin C, which is good for the immune system and also suppresses coughs, colds, and flu symptoms. It is also essential for synthesizing collagen, the main structural protein which our body needs for healthy blood vessels, organs, skin, tissues, and bone strength. Also, the smoothies stimulate bowel movement and help the process of detoxification, as well as weight loss.

Spinach is rich in chlorophyll, which improves circulation, cleanses the body, increases the number of red blood cells, and increases the amount of oxygen throughout the body, something similar to receiving a blood transfusion. Also, it has antiseptic properties. It is used for neutralizing streptococcus infection, healing wounds, treating uterus inflammation, etc.

Berry mix (strawberry, blueberry, raspberry) reduces neurodegenerative oxidative stress, inflammation, diabetes, cancer, and macular degeneration, and improves cardiovascular function.

Lentils are a very good source of fiber, which is beneficial for lowering cholesterol, and also in managing blood-sugar disorders. They also provide excellent amounts of important minerals, B vitamins, and protein.

Speaking of **mango**, we can't avoid the following fact: only one cup of this highly beneficial fruit provides 100% of the daily vitamin C needs, which is essential for healthy immune system function and collagen formation, and attractive 35% of daily vitamin A needs - a vision-protecting vitamin.

Strawberries have a wide range of health benefits, among which anti-inflammatory is the most studied one. In addition, they regulate blood sugar levels, which makes them the perfect choice for diabetics and also prevent arteriosclerosis due to their ability to prevent lipids formations in the blood vessels.

Broccoli is considered to be one of the best anti-cancer foods. Although it loses its vitamins when cooked, broccoli still keeps its minerals and anti-cancer properties.

COMMENTS FOR THE 7 – DAY DETOX SMOOTHIE PROGRAM INGREDIENTS

Cherries are an excellent snack, especially for diabetics, because they won't increase your blood sugar much after eating them. In addition, they contain melatonin, a hormone that regulates the sleep cycle. So, if you are having a hard time tossing and turning at night, cherries are the perfect choice for you. Also, they protect you from accumulating body fat, thanks to the anthocyanins, responsible for fat burning and decreasing fat storage.

Vegetable soup improves bowel movement, helps constipation, helps prevent colon cancer, and eases bowel movement.

Bananas are a good source of potassium, a mineral essential for healthy blood pressure and heart function regulation. Also, they are an excellent source of vitamin B6, which will help you relax and will provide you with a good night's sleep. Coconut milk contains fats that are extremely good for your skin, hair, and nails, but also for your heart and blood vessels.

Watermelon reduces muscle soreness, increases hydration, fights inflammation, regulates blood pressure, and protects the kidneys and the urinary system.

Aronia helps protect against cancer and cardiovascular diseases, diabetes, aging, blindness, and neurological diseases.

Goat whey contains all of the essential amino acids, calcium, phosphorus, vitamin A, and many other nutrients. Its health properties are hypoallergenic, rejuvenating, muscle-building, and bone and teeth support. It helps arthritis treatment and is easily digestible.

Cocoa's health benefits are a good night's sleep, prevention of anemia, rejuvenating effects, muscle building, brain support, etc. It also regulates diabetes and lowers blood pressure.

Cucumber is a well-known detoxification, mainly because of its water contents but also because of the rest of its nutrient content. It contains flavonols and polyphenols that reduce inflammation, as well as the risk of several types of cancer.

COMMENTS FOR THE 7 – DAY DETOX SMOOTHIE PROGRAM INGREDIENTS

Carrot's health benefits are: slowing down the aging process, preventing cancer, improving vision, preventing infection, promoting healthy skin, cleansing the body, preventing stroke, and supporting bone health.

Chia's health benefits are digestion regulation, prevention of premature skin aging, heart protection, help in diabetes treatment, energy and metabolism boost, bone strengthening and dental health support, muscle building, and weight loss assistance.

Peaches have an antioxidant capacity, therefore, providing protection from several types of cancer, skincare, and eye health support, and preventing stress and anxiety, hypokalemia, and neurodegenerative disorders. They are also beneficial during pregnancy, don't promote obesity, and help detoxify.