
















Sample Cleanse Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE BREAKFAST	Whole Lemon Drink						
BREAKFAST	Roasted Turkey and Zucchini Omelette	2 poached eggs on avocado mash 	Banana Smoothie (water of 1 small coconut, 1 banana, 1 scoop rice protein powder)	100g grilled chicken breast with avocado and tomato wrap 	Hearty Mixed Seed Smoothie (water of 1 small coconut, 1 fruit, ¼ cup mixed seeds)	Zucchini Frittata 	2 soft boiled eggs with spinach, tomato, carrot and celery salad tossed through lemon and flaxseed homemade dressing
MORNING TEA	Celery, fennel, beetroot and carrot juice 	Nettle leaf and dandelion root tea (equal parts)	Whole lemon, apple, fennel, pomegranate juice 	Nettle leaf and dandelion root tea (equal parts)	Celery, fennel, beetroot and carrot juice	Nettle leaf and dandelion root tea (equal parts)	Nettle leaf
LUNCH	150g broiled organic chicken with roasted thyme pumpkin, onion, garlic, red capsicum 	100g turkey, grilled, 1-3 tsp pesto, 10 g rocket, 1 sliced tomato, spinach and cucumber wrap	150g grilled salmon with steamed brocolini, cauliflower, brussel sprouts and toasted almonds	Grilled asparagus with chilli chicken and green salad with extra-virgin olive oil and lemon juice to taste	Spinach and artichoke salad with spiced nuts 	150g broiled organic chicken with roasted thyme pumpkin, onion, garlic, red capsicum 	Asian vegetable stir-fry
AFTERNOON TEA	Dandelion root tea	Celery, fennel, pomegranate juice 	St Mary's Thistle Tea	Whole lemon, apple, fennel, pomegranate juice 	Fenugreek tea	Celery, fennel, pomegranate juice	Whole lemon, apple, fennel, pomegranate juice
DINNER	Chicken and lemongrass soup 	Vegetable and lentil soup (cauliflower, broccoli, potatoes and celery with red lentils)	Fish and vegetable stew	Cool tomato and mint soup cooked with 2 eggs (blend after cooking) 	Asparagus, pea, green lentil and green capsicum soup with celery	Beetroot soup 	Chicken consomme broth
SUPPER	Nettle leaf tea Whole Lemon Drink 	Dandelion root tea Whole Lemon Drink	Fenugreek tea Whole Lemon Drink	Peppermint Tea Whole Lemon Drink	St Mary's Thistle tea Whole Lemon Drink	Chamomile Tea Whole Lemon Drink 	Fenugreek tea Whole Lemon Drink
ONLY FLUIDS (apart from cleaning teas)	2.5L quality filtered water (can be flavoured with lime, cinnamon sticks or crushed mint).						