



RESTORE HEALTH  
& REGAIN ENERGY

EASY TO FOLLOW..

# 4 WEEK DETOX



Get your energy back  
Lose weight quickly and healthily  
Clear your food intolerances  
Improve your digestion and get rid of pain & bloating

**Get your zest4life back**

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# WHY DETOX?

In all health disciplines throughout time, the association between toxicity and disease has been clearly defined. One of the oldest approaches to maximising health... is Detox.

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## what are TOXINS?

A toxin is any substance that creates irritation and / or harmful effects in the body, undermining our health or stressing our biochemical or organ functions.

In the 21st century, more than at any other time in history, we are bombarded with toxins. In addition to environmental pollution, there are many toxins in food sources: pesticides, plasticizers, additives both in food and products, hormones in intensive farmed meats, etc. Within our bodies, we have to 'deal' with these substances for which we weren't designed.

Stone Age man didn't unwrap the plastic from his woolly mammoth steak before he popped it in the microwave!

The true long term impact of all this on human physiology is yet to be revealed. However, along with a number of illnesses, obesity rates are rising year on year.

## WHO NEEDS TO DETOX?

If you have fatigue, bloating, excess weight, feel low, skin conditions, PMT, bad breath, etc.

## DETOX & WEIGHTLOSS

When the liver is overloaded, as it commonly is with the modern diet, it cannot successfully eliminate everything we are subjected to both internally and externally. Anything that cannot be eliminated and excreted is locked up safely in the fat stores. Think toxic dump!

- MORE ENERGY
  - CLEARER MIND
  - MORE ALERT
  - LESS BLOATING
  - CLEAR NOSE
  - FEWER HEADACHES
  - NO DARK CIRCLES UNDER EYES
  - IMPROVED SKIN
  - FEWER INFECTIONS
  - REDUCED PMT
  - FEWER MENOPAUSAL SYMPTOMS
  - FEWER ACHES AND PAINS
  - BETTER DIGESTION
- OTHER COMMON BENEFITS

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# WHAT'S YOUR DETOX POTENTIAL?

Before embarking on any type of Detox regime, it is a good idea to check your **detox potential**. Complete the following questionnaire to discover whether you could benefit from following a gentle detox.

Eating the right foods is one side of the coin, detoxification is the other and whether a substance is bad for you depends as much on your ability to detoxify as on its inherent toxic properties

Do you often have a bitter taste in your mouth or a furry tongue?

Do you suffer from acne or other skin conditions?

Do you have a strong reaction to alcohol?

Do you sometimes have watery or itchy eyes or swollen red sticky eyelids?

Do you suffer from nausea or vomiting?

Do you sometimes have itchy ears, earache, infections, drainage from the ears or ringing?

Do you often suffer from headaches or migraines?

Do you often have dark circles under your eyes?

Do you suffer from bloating?

Do you often sweat a lot or have a strong body odour?

Do you suffer from excessive mucus, a stuffy nose or sinus problems?

Do the effects of coffee stay in your system for a long time?

Do you sometimes have joint or muscle aches & pains?

## If you answered 'yes' to:

**IMPORTANT:** if you scored more than 8, please take advice from your GP before detoxing (even a gentle detox).

**5 or more questions:**

You need to improve your detox potential.

**3 - 5 questions:**

You are beginning to show signs of following a gentle detox.

**0 - 3 questions:**

You are unlikely to have a problem with a gentle plan, perhaps once a year.



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# HEALTH SCORE

1 - DISAGREE  
5 - AGREE

**Tired most of the time**

1 2 3 4 5

**Overweight**

1 2 3 4 5

**Prone to hormonal symptoms**

1 2 3 4 5

**Suffering from poor memory / concentration**

1 2 3 4 5

**Low or depressed**

1 2 3 4 5

**Very dry skin in need of daily moisturisers**

1 2 3 4 5

**Difficulty sleeping**

1 2 3 4 5

**Often feeling anxious or stressed**

1 2 3 4 5

**Prone to indigestion or bloating after food**

1 2 3 4 5

**Often constipated (you don't go every day)**

1 2 3 4 5

**I am gaining weight and/or finding it harder to lose weight**

1 2 3 4 5

WHAT'S YOUR  
HEALTH  
SCORE?

target  
**14**  
or less



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# ENERGY & BLOOD SUGAR SCORE

1 - DISAGREE  
5 - AGREE



**I still feel tired 20 minutes after getting up**

1 2 3 4 5

**I need tea, coffee, a cigarette, or something sweet to get me going in the morning**

1 2 3 4 5

**I often crave chocolate, sweet foods, bread, cereal or pasta**

1 2 3 4 5

**I often have energy slumps during the day or after meals**

1 2 3 4 5

**I often crave something sweet or coffee after meals**

1 2 3 4 5

**I often have moods swings or difficulty concentrating**

1 2 3 4 5

**I get dizzy or irritable if I go 4 to 6 hours without food**

1 2 3 4 5

**I often over-react to stress**

1 2 3 4 5

**I have less energy than I used to have**

1 2 3 4 5

**I often feel too tired to exercise**

1 2 3 4 5

**I am gaining weight and/or finding it harder to lose weight**

1 2 3 4 5

WHAT'S YOUR  
ENERGY  
& BLOOD SUGAR  
SCORE?

target  
**14**  
or less

# FAQ'S

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This is a gentle detox only

This is a gentle detox, not a severe fasting detox (which is not recommended). It is gentle, allowing slower release of toxins, it supports the liver and is based on a healthy balanced diet - removing anti-nutrients and replacing them with optimum nutrition

## FEELING SLIGHTLY WORSE INITIALLY...

We all need to detox from time to time to re-balance health, improve energy and shift those pounds / kilos that creep on (especially round the belly).

This is a gentle detox programme allowing the slow release of toxins from our bodies and is a healthy eating plan that is simple to follow, replacing anti-nutrients with optimum nutrition. It is common to achieve fast weight loss and a return to high energy and vitality. After the 4 weeks you can continue to follow this plan 80% of the time to maintain your results.

However, not everyone feels better right away. Once the body starts to liberate and eliminate toxic material, if the liver isn't up to the job, unpleasant symptoms can result initially, for example: withdrawal symptoms, white coated tongue, bad breath, constipation, diarrhoea, fatigue, aches, nausea, and headaches

If by any chance symptoms do not improve, you must consult your doctor to check out any health concerns.

## Do not detox if you are:

Pregnant  
Breast feeding  
On medication  
Receiving medical treatment

If you have any medical conditions or specific concerns, or scored more than 8 on your Detox Potential questionnaire, please consult your doctor and nutritional therapist before starting for individual advice.

You may feel slightly worse before you feel better as the toxins are freed from your fat stores before being eliminated.

# SIMPLE GENTLE DETOX GUIDE

## FOOD

- Eat regularly: 5 small meals per day, every 3 hours
- Eat plenty of non-starchy veg (e.g. green veg and salad veg)
- Eat 2 portions of low Glycaemic Load fruits a day (e.g. apples, pears, berries, apricots, melon)
- Eat oily fish: salmon, mackerel, sardines, tuna 2-3 times per week and white fish as often as you like
- Eat up to 25g nuts/seeds per day
- Eat fresh ginger, cinnamon and turmeric, which are great for liver detoxification
- Eat organic where possible
- During the detox, avoid or limit: red meat, dairy, artificial sweeteners, high GL foods e.g. chocolate, sugar (xylitol is okay), wheat and starchy carbs (potatoes, pasta, rice and bread)



## DRINK

- Drink 8 glasses of filtered or bottled water every day
- Green tea is a good choice for its antioxidants
- Avoid tea & coffee or restrict to 4 times a week.
- If you currently drink more than 1 cup of coffee per day, reduce slowly to avoid caffeine withdrawal headaches
- Avoid alcohol or limit to a maximum of 2 units a week to reduce more gradually





# SIMPLE GENTLE DETOX GUIDE

## ACTIVITY

Take at least 15 minutes extra exercise each day.

Ensure it is gentle, such as walking, as you may feel tired and lethargic during the first 3 days

Sit quietly and relax for 10 -15 minutes every day

Make sure you get a minimum of 7 hours sleep per night



## SUPPLEMENTS

Throughout the detox:

- \* Multivitamin
- \* Vitamin C
- \* Omega 3's

For the first 9 days:

Probiotic: supports digestion

Milk Thistle: supports liver detox

Glutamine powder (1tsp last thing at night in water): helps heal the gut - the first line of defence against toxins



Always consult your nutritional therapist or GP if you are on medication before supplementing

## THE MIRACLE ORGAN

Your liver is one of the most important organs in your entire body. It weighs 5lbs (2.3 kilos) and uses up 12% of your total energy supply. Your body can function without a stomach or colon but not without the liver.

In traditional Chinese medicine, a healthy liver represents a healthy person. Conditions such as depression, anxiety, hormone imbalances, poor digestion and headaches are treated by improving liver health.

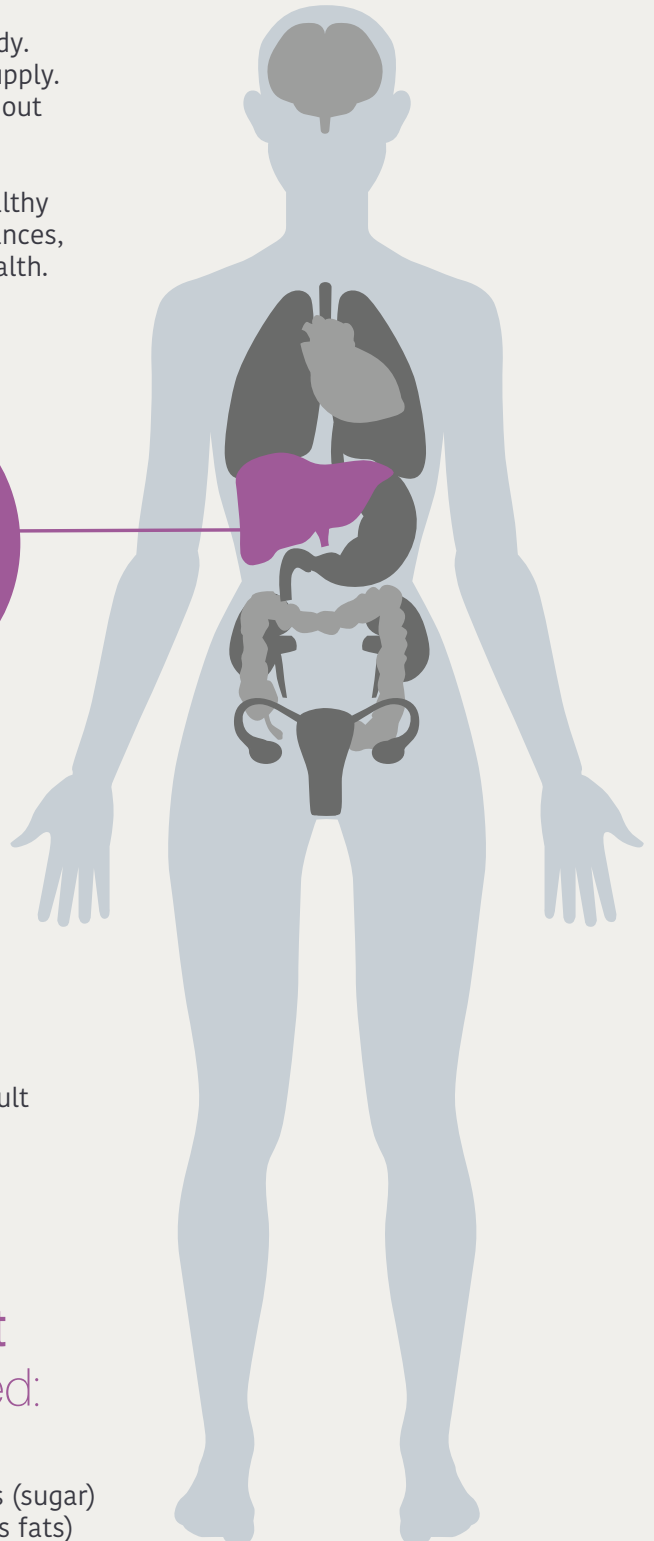
### What the liver does

**Storage:** blood and vitamins A, D, E, K, B12, iron and glycogen.

**Conversion:** glycogen (a highly concentrated form of carbohydrate) to glucose and vice versa therefore is very important for blood sugar control.

**Production:** makes clotting factors in the blood together with many of the substances vital for proper functioning of the body.

**Detoxification:** neutralises toxins from the lungs, the bowel and the skin. When the liver is overburdened it cannot filter out the poisons in the blood properly, leaving you feeling tired, sluggish and generally unwell. You will also be more prone to colds, infections and allergies. Your metabolism becomes sluggish making it much more difficult to lose weight



### What **overworks** the liver?

- Alcohol
- Prescription drugs
- Recreational drugs
- Smoking
- Toxic Chemicals
- Improper digestion
- Toxic bowel
- Hypothyroid
- Repressed emotions

### where **diet** is concerned:

- Overeating
- Refined carbohydrates (sugar)
- Processed fats (trans fats)
- Fast food and junk food
- Low fibre intake
- Insufficient fruit & veg intake
- Eating when stressed or eating in a hurry

# TIPS

## FOR A HEALTHY LIVER

Cut right back on the liver over workers listed previously, e.g. alcohol, sugar, caffeine, dairy etc

Up your fruit and vegetable intake to 6-8 servings a day including cauliflower, broccoli, cabbage, Brussels sprouts, kale or pak choi

Use turmeric, fresh ginger & cinnamon in your cooking

Up your water intake: at least 8 glasses a day

Eat a diet rich in fibre and low in saturated fats

Take plenty of exercise, this must be aerobic bringing oxygen to the body

Drink green tea which is good for the liver

Eat organic if possible

Follow a gentle detox 1-3 times a year

## ANTIOXIDANTS

Top fruit: strawberries, blueberries, raspberries, oranges & grapes

Top veg: broccoli, asparagus, curly kale, spinach

## 5 SUPERFOODS TO ADD TO YOUR DIET

Super Greens (see recipe)

Essential Seed Mix (see recipe)

Cruciferous vegetables (e.g. broccoli, cauliflower, kale and cabbage)

Sulphur foods (e.g. onion, garlic & eggs)

Super juices (see recipes)

## DETOX SUPPLEMENTS

Take a good multi-vitamin and mineral supplement daily

Vitamin C

1 cleansing supplement (i.e. milk thistle, aloe vera juice, MSM (methylsulphonylmethane)

1 probiotic

TOP  
TIPS





# DIGESTION

## HOW IS YOURS?

Your digestion is the first line of detoxification

Gut bacteria helps to neutralise unwanted microorganisms  
Digestive enzymes help to break down food into smaller components that can be readily absorbed into the bloodstream.

The body reacts to the food toxin and can form food allergies and sensitivities

Increase your glutamine foods: protein foods (beans, fish, chicken and eggs) as well as vegetables such as cabbage, spinach, beetroot and tomatoes

### HOW GOOD IS YOUR DIGESTION?

do you....

- Get a burning sensation or feeling of indigestion in your stomach?
- Use indigestion tablets?
- Often have an uncomfortable feeling of fullness in your stomach?
- Find it difficult to digest fatty foods?
- Often get diarrhoea?
- Often suffer from constipation?
- Often get a bloated stomach?
- Often feel nauseous?
- Often belch or pass wind?
- Fail to have a bowel movement at least once a day?



# ARE YOU ADDICTED TO STIMULANTS?

If the thought of giving up coffee or alcohol makes you panic, then the chances are you are currently addicted to stimulants.

Caffeine, stress, cigarettes and sugar keep your blood sugar out of balance by giving you artificial boosts, closely followed by an energy slump. This sets up cravings and keeps you addicted. Your body then has to work hard to deal with these elements, which it treats as toxins that therefore need to be eliminated if we are to detox effectively.

## caffeine

Caffeine is dehydrating and will not help the detox process. It's also addictive - watch out for withdrawal symptoms! A small cup of instant coffee can contain 500mg (5x addictive dose) of caffeine. Even more chemicals are used in the manufacturing of decaffeinated coffee and it contains 2 other stimulants (theophylline and theobromine). It's better, but it's not perfect.

Caffeine makes you more stressed and tired and is bad for your heart as well as causing inflammation in the body and disrupting normal sleep patterns.

## alcohol

The more alcohol you drink, the more antioxidants you need. It is very acidic and toxic (hence the hangover) and causes premature ageing, osteoporosis and can lead on to other disease states. Alcohol can cause cancer (affects intestinal bacteria and shown to increase the risk of some cancers) as well as irritating the intestinal lining causing leaky gut and food intolerances.

It also destroys nutrients (anti-nutrient) as well as dehydrating you, it also requires you to replace B vitamins, Magnesium, zinc and vitamin C.

**For improved energy, mental clarity & improved mood:**  
**AVOID:** coffee, tea, colas, energy drinks & alcohol.  
**CHOOSE:** Herb & fruit teas, Rooibos tea, water & diluted juice

# DETOX MENU

# TOP TIPS

## ON THE GO?

The menu plans and recipes guide you simply through the 4 week detox. However, there may be times when you haven't been able to prepare and don't have those meals to hand (e.g eating out, at work, travelling etc).

## SNACKS

25g seeds / nuts and a piece of fruit (melon / apple / pear / orange / berries)

Crudités (celery / cucumber / peppers) with houmous / guacamole

Handful of olives

## BREAKFAST

Berries with natural soya yoghurt & seeds or unsalted nuts

2 poached eggs, grilled tomatoes & grilled mushrooms

A handful of seeds with an apple / pear / berries or watermelon

Porridge made with water, cinnamon & berries

## DINNER

Steam / stir fry veg with lean chicken / fish or tofu

Salad (avocado / tomatoes / leaves / cucumber / peppers / onions / celery / mushrooms / sprouts / radish) with chicken / seeds / tofu / beans / chickpeas. Add lemon and olive oil dressing

Any lean protein with vegetables (avoid potatoes, rice and bread as an accompaniment)

Soup



# DAILY HEALTH AUDIT

Every day, we are either making choices that add to, or detract from our health. To help you get into better habits, use this daily checklist.

Simply add up your score and make each day count towards a net improvement of your health.

- +2 Eat regular smaller healthy meals throughout the day
  - +1 Eat protein with meals +1pt for each meal
  - +1 Eat 2 portions of low GL fruit +1 pt for each portion
  - +1 Eat 5-7 portions of fresh veg +1 pt for each portion
  - +1 Eat 25g nuts / seeds per day +1 pt
  - +2 Fresh (non fried) fish + 2pts for each
  - +1 Drink 6 large glasses of water +1 pt for each
  - +1 Get 15 minutes fresh air + 1pt for every 15 mins
  - +1 Take 20 minutes exercise + 1pt for every 20 mins
  - +2 Relax / time out - 10 mins per day
  - +2 Meditate - 10 minutes per day
  - +2 Practice mindfulness, eating mindfully, living in the present moment
  - +2 Doing something fun - laughter
  - +4 Sleep -minimum of 7 hours
- Add up the + points shown for each:

- 3 Skipping meals - 3pts for each meal skipped
- 3 High GL carbohydrate foods (white bread, high carb cereal) - 1pt for each
- 2 Sugar - 2pts for each
- 2 Dessert - 2pts for each
- 2 Caffeinated tea or coffee - 2pts for each
- 2 Sugar free carbonated drinks - 1pt for each
- 2 Red meat - 1pt for each portion
- 2 Fried foods - 2pts for each portion
- 1 Alcohol - 2pts for each portion
- 1 Cigarettes - 2pts for each one
- 3 No exercise - 3 pts if you have taken none
- 2 Stress - 2pts for each stress 'pressure' point
- 2 Anger - 2pts for each anger 'pressure' point
- 1 Sleep - 1pt for each hour below 7 hours
- 2 Being late - 2pts each time you are late

Add up the - points shown for each:

Total + or - score

Have you contributed to your health, or detracted from it today?

What changes will you make to improve your score tomorrow?

- 
- 
-



## WEEK 1

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### DAY 1

#### BREAKFAST

Superfood muesli with essential seed mix

#### SNACK

2 plums & 6 almonds

#### LUNCH

Super health salad

#### SNACK

1/2 Avocado with lemon juice

#### DINNER

Salmon with ginger, coriander & stir fried vegetables

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 3

#### BREAKFAST

Cinnamon fruit porridge with essential seed mix

#### SNACK

1/2 avocado with lemon juice

#### LUNCH

Chicken with stir fried vegetables

#### SNACK

Detox daily smoothie

#### DINNER

Age defying carrot & lentil soup (make double for tomorrow)

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 2

#### BREAKFAST

Super fruit & seed salad with essential seed mix

#### SNACK

Houmous & crudités (cucumber, celery, peppers)

#### LUNCH

Omelette with peppers, mushrooms & green salad

#### SNACK

Pomegranate or bowl of berries with a small handful of mixed unsalted nuts

#### DINNER

Patrick's Primordial soup (stir in super greens mix)

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 4

#### BREAKFAST

Berry breakfast smoothie with Essential seed mix

#### SNACK

Houmous & crudités (cucumber, celery, peppers)

#### LUNCH

Age defying carrot & lentil soup

#### SNACK

Nectarine & a small handful of cashews

#### DINNER

Trout en papillote with roasted vegetables

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas





# menu PLAN

## WEEK 1

zest4life

### DAY 5

#### BREAKFAST

Gluten free oats or Buckwheat flakes with essential seed mix, soya / almond / coconut milk & a little honey or agave syrup

#### SNACK

1 pear with handful of pecan nuts

#### LUNCH

Superfood sandwich for beautiful skin with super greens mix

#### SNACK

Guacamole with crudites

#### DINNER

Leek, cannellini and potato soup (make double for tomorrow)

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 7

#### BREAKFAST

Berries, oats and a little honey or agave syrup with essential seed mix

#### SNACK

Nectarine or clementine with a handful of cashew nuts

#### LUNCH

Superboost sesame salad

#### SNACK

Olives and 1 apple

#### DINNER

Baked sweet potato with borlotti stew

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 6

#### BREAKFAST

1 slice of rye or good quality wheat free toast with mashed avocado & 1 slice of smoked salmon & a splash of lemon juice and ground black pepper

#### SNACK

Toasted sunflower seeds & a piece of fruit

#### LUNCH

Leek, cannellini and potato soup (stir in super greens mix)

#### SNACK

Orange with handful of pumpkin seeds

#### DINNER

Cleansing bean & artichoke salad

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

# WEEK 1

# SUCCESS PLAN

## preparation

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

Break down your long term goals into realistic and motivational, manageable steps.

### What will you achieve this week?

Think through any potential barriers to you succeeding in achieving your goals and come up with solutions, so you are well prepared. Set clear actions for what you need to specifically do to enable you to achieve your goals for the coming week.

**YOUR 4 WEEK GOALS:** What health / weight loss / vitality

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)

## TOP TIPS

**Get organised** - Go shopping and get the right foods in so you are well prepared

**Water** - Increase your water intake and use a water filter if possible

**Body Brushing** - Start "body brushing" before you shower (on dry skin) - brush towards your heart to boost circulation and encourage detoxification

**Hot Water** - Drink hot water and lemon on waking

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# menu PLAN

## WEEK 2

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### DAY 1

#### BREAKFAST

Pumpernickel or rye toast & nut butter (peanut, cashew, almond or '3 nut butter' available at most supermarkets) plus 1 kiwi

#### SNACK

1 apple & handful of cashew nuts

#### LUNCH

Raw summer soup (or chickpea, carrot or coriander soup)

#### SNACK

Sugarsnap peas and houmous

#### DINNER

Chickpea, coriander, red onion & pepper salad, olive oil & lime juice

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 3

#### BREAKFAST

Porridge with soya or almond milk (or water) grated apple & cinnamon and honey

#### SNACK

2 plums & half a dozen almonds

#### LUNCH

Broccoli & bean soup (make double for tomorrow)

#### SNACK

Pear & handful of walnuts

#### DINNER

Wholegrain rice with super greens pesto, roasted veg and a small salmon or trout fillet

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 2

#### BREAKFAST

Tomatoes, mushrooms & scrambled eggs

#### SNACK

Roasted pumpkin seeds

#### LUNCH

Salmon with puy lentils; Detox pear & blueberry crumble

#### SNACK

Olives plus berry smoothie

#### DINNER

Superfood salad of quinoa & roasted veg with super greens

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 4

#### BREAKFAST

Coconut or soya yoghurt (plain, almond or coconut) with lightly stewed berries and apples and topped with toasted flaked almonds

#### SNACK

Houmous & crudités (cucumber, celery, peppers)

#### LUNCH

Smoked mackerel fillet, large green salad

#### SNACK

1/2 avocado with handful of mixed seeds

#### DINNER

Broccoli & bean soup. Stir in super green mix

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas



# menu PLAN

## WEEK 2

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### DAY 5

#### BREAKFAST

Super fruit & seed salad, including essential seed mix

#### SNACK

1/2 avocado with lemon juice

#### LUNCH

Salad Nicoise (tuna, olives, green beans, green salad & olive oil)

#### SNACK

Guacamole on an oatcake & a satsuma

#### DINNER

Salad with citrus fruits (grapefruit, orange) and pumpkin seeds

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 6

#### BREAKFAST

Poached egg on cooked / raw spinach, 2 oatcakes & mushrooms

#### SNACK

Handful of berries and 4 walnuts

#### LUNCH

Chickpea salad with peppers & super green mix

#### SNACK

Peach & some almonds

#### DINNER

Steam fried veg with chicken / fish or tofu

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

### DAY 7

#### BREAKFAST

2 slices of smoked salmon, 1 poached or soft boiled egg, 1 large or 2 medium sliced tomatoes plus 1 gluten free oatcake or small slice of gluten free / rye toast.

#### SNACK

Houmous & 2 oatcakes

#### LUNCH

Super greens blend, sun blushed tomatoes, avocado & pine nuts

#### SNACK

Apple & 4 walnuts

#### DINNER

Trout marinated in 2 limes, finely chopped garlic, mushrooms & coriander. Cook in oven and serve with mixed salad, including red onions, mange tout & coriander

#### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

# WEEK 2

# SUCCESS

# PLAN

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## preparation

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)

## TOP TIPS

### No Dairy

**Support** - Support your digestion: milk thistle, aloe vera, flax seeds & glutamine foods

**Antioxidants** - Add in antioxidant rich fruit & vegetables

**Caffeine** - Reduce your caffeine intake.

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# menu PLAN

## WEEK 3

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### DAY 1

#### BREAKFAST

Porridge made with almond milk, soya milk or water, with grated apple, cinnamon & toasted flaked almonds, add a small amount of honey or agave syrup to taste.

#### SNACK

1 celery stick filled with a nut butter of your choice

#### LUNCH

Avocado & watercress salad with tomatoes & cumin seeds

#### SNACK

Small mashed banana, plain yoghurt & 1 tsp essential seed mix

#### DINNER

Baked salmon with herbs and vegetable kebabs (mushrooms, tomatoes, peppers on skewers) brush with oil and grill

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 3

#### BREAKFAST

Quinoa flakes or gluten free porridge with essential seed mix, blueberries and soya or almond milk or water if preferred

#### SNACK

1 pear with a handful of pecan nuts

#### LUNCH

Hard boiled egg, chopped & mixed with sun-dried tomato, cucumber & houmous on oatcakes

#### SNACK

Guacamole with crudités

#### DINNER

Sardines with tabasco and basil leaves with salad

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 2

#### BREAKFAST

Rye or good quality wheat free toast with 1/2 mashed avocado, ground black pepper, 1 slice of smoked salmon plus 4 cherry tomatoes

#### SNACK

Oatcake with houmous & spinach leaves

#### LUNCH

Spinach, avocado, mint, grated carrot, peas, olive oil, pumpkin seeds & black pepper

#### SNACK

Hard boiled egg & crudités

#### DINNER

Age defying carrot soup. Pear (warmed in the oven) with soya yoghurt, sprinkled with pumpkin & sunflower seeds

#### DRINKS

2 litres of water and herbal teas. Detox smoothie or juice



# menu PLAN

## WEEK 3

**zest4life**

### DAY 4

#### BREAKFAST

Superfood muesli with essential seed mix

#### SNACK

Celery filled with nut butter (no added sugar)

#### LUNCH

Salad with olives, anchovies & tenderstem broccoli

#### SNACK

Bowl of berries with 1 spoon of soya / coconut yoghurt

#### DINNER

Salmon with ginger & coriander with stir fried vegetables

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 6

#### BREAKFAST

Cinnamon fruit porridge with essential seed mix

#### SNACK

Sunflower seeds with pomegranate

#### LUNCH

Leek, cannellini & potato soup

#### SNACK

2 apricots, 4 walnuts & 4 macadamia nuts

#### DINNER

Marinated griddled courgettes with quinoa & pesto

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 5

#### BREAKFAST

Super fruit & seed salad with essential seed mix

#### SNACK

Nectarine & a handful of cashew nuts

#### LUNCH

Leek, cannellini & potato soup (make double for tomorrow)

#### SNACK

Baked apple with 1 spoon of coconut yoghurt

#### DINNER

Grilled trout, stir fried green beans, chilli oil & sesame seeds

#### DRINKS

2 litres of water and herbal teas. Detox smoothie or juice

### DAY 7

#### BREAKFAST

Berry breakfast smoothie with essential seed mix

#### SNACK

Olives & satsuma

#### LUNCH

Pumpnickel sandwich: tahini, grated courgettes, avocado & tuna

#### SNACK

2 oatcakes with pumpkin seed butter

#### DINNER

Salmon cooked with lemon & black pepper with mixed vegetables

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

# WEEK 3

# SUCCESS PLAN

## preparation

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)



## TOP TIPS

- No alcohol
- No wheat
- Herbal - Find some herbal / fruit teas that you enjoy
- No caffeine
- Exercise - Exercise for 15 minutes daily - improves lymphatic drainage
- Deep breathing - eliminates toxins
- Drink - 1.5 litres of water daily: have a glass upon waking, before you eat and after exercise



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# menu PLAN

## WEEK 4

**zest4life**

### DAY 1

#### BREAKFAST

Buckwheat flakes, chopped plums, essential seed mix, & coconut or soya yoghurt

#### SNACK

Houmous & crudités

#### LUNCH

Avocado, orange & mushroom salad with a hard boiled egg

#### SNACK

Olives & daily smoothie

#### DINNER

Baked sweet potatoes with borlotti stew

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 3

#### BREAKFAST

1 slice of rye toast, smoked salmon, poached egg & ground black pepper

#### SNACK

Handful of sunflower seeds & chopped apple

#### LUNCH

Avocado, prawns, lemon juice, paprika with mixed salad

#### SNACK

Pomegranate or grapefruit

#### DINNER

Salmon with puy lentils, spinach, watercress & parsley

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 2

#### BREAKFAST

Superfood muesli with essential seed mix

#### SNACK

2 plums & 6 almonds

#### LUNCH

Apple, carrot & beetroot salad with tuna

#### SNACK

1 apple chopped with a spoonful of coconut or soya yoghurt

#### DINNER

White fish with leeks, onions, green beans & flaked almonds

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 4

#### BREAKFAST

Soya yoghurt, lemon zest & essential seed mix

#### SNACK

Houmous & oatcakes

#### LUNCH

Mixed bean, prawn, tomato salad, olive oil, lemon & garlic dressing

#### SNACK

Handful of mixed nuts & 1 pear

#### DINNER

Cannellini bean mash, sardines & super greens

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice



# menu PLAN

## WEEK 4

zest4life

### DAY 5

#### BREAKFAST

Cinnamon fruit porridge with essential seed mix

#### SNACK

Guacamole with plum tomatoes

#### LUNCH

Quinoa salad: cooked quinoa mixed with olive oil, spring onions, mint, lemon juice & zest, parsley and avocado. Serve with greens

#### SNACK

Guacamole with crudité

#### DINNER

1 sweet potato - roasted in the oven until soft, filled with chopped feta cheese and tomatoes which have been lightly fried in olive oil, served with dressed green salad and lightly cooked green beans & ground black pepper

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 6

#### BREAKFAST

Lightly stewed berries and apples with coconut or soya yoghurt and toasted flaked almonds

#### SNACK

1 chopped apple & 8 macadamia or pecan nuts

#### LUNCH

Omelette with peppers, mushrooms & green salad

#### SNACK

2 oatcakes with avocado & tomato slices

#### DINNER

Salmon topped with pesto & a variety of vegetables

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice

### DAY 7

#### BREAKFAST

Pumpnickel toast topped with a mixture of grated apple, cinnamon & crunchy sugar free peanut butter

#### SNACK

Half an avocado with lemon juice

#### LUNCH

3 oatcakes topped with flaked trout and mashed avocado and a squeeze of lemon juice & ground black pepper & sliced tomatoes

#### SNACK

Chop 4 walnuts, 2 apricots, 1 small apple and serve with 1 spoon of coconut or soya yoghurt

#### DINNER

Large de-seeded beef tomato filled with stir fry prawns, grated ginger & seasoning. Serve with cannellini bean mash

#### DRINKS

2 litres of water and herbal teas. Detox smoothie / juice



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# preparation

# WEEK 4 SUCCESS PLAN

Review the example menu plan for this week

What foods / drink will be an issue for you?

What will you choose as an alternative?

Modify your menu plan accordingly

THIS WEEK'S GOALS	POTENTIAL BARRIERS	ACTION (what to change now)
YOUR DETOX - HEALTH, WEIGHT LOSS & VITALITY ACHIEVEMENTS SO FAR		
YOUR GOALS TO SUPPORT YOUR LIVER LONG TERM		

## TOP TIPS

- Relax** - for 10 minute every day
- Eat** - seeds 6 days out of 7
- Drink** - 1.5 litres of water daily: have a glass upon waking, before you eat and after exercise
- struggling?** - If you feel you are struggling in the future or start to feel unwell, do another liver detox to get your health back on track.



## Age defying CARROT & LENTIL SOUP



- 1 tbsp coconut / olive oil
- 2 garlic cloves - crushed
- 1 onion - roughly chopped
- 2 large celery sticks - sliced
- 4 medium carrots - sliced
- 200g rinsed red split lentils
- 1 litre hot vegetable stock

SERVES 4  
5-10 GL PER SERVING

Heat the oil in a large pan and sweat the garlic and onion for 5 minutes to soften, add the celery, carrots, lentils and stock then stir and bring to the boil.

Cover and simmer for 10 minutes to allow the carrots to soften then blend until smooth or to your preferred consistency.

## Baked salmon WITH FRESH HERBS



- 200g salmon fillet
- black pepper
- lemon juice
- spring onions - chopped
- 4 sliced medium carrots
- parsley
- dill

SERVES 1  
0-5 GL PER SERVING

200g salmon fillet placed on a lightly oiled kitchen foil, season with black pepper and lemon juice and chopped spring onions, parsley and dill.

Seal loosely and cook at 180°C for about 15 minutes.

## Leak, cannellini & potato SOUP



- 1 tsp coconut oil or olive oil
- 2 cloves garlic - crushed
- 600ml boiling water
- 2 large leeks - trimmed and well rinsed then sliced
- 2 medium or 3 small baby new potatoes - unpeeled and cubed
- 3 tsp Marigold Reduced Salt Vegetable Bouillon Powder
- 1 x 410 g can cannellini beans rinsed and drained
- freshly ground black pepper
- 2 servings of super greens mix.

SERVES 2  
10-15 GL PER SERVING

Heat the oil in a pan and sauté the garlic for 30 seconds, add the leeks cover and sweat for 3 minutes until they start to soften, tip the potatoes water and bouillon powder into the pan and stir then cover and simmer for 15 minutes.

Add the beans and blend with a hand held blender until fairly smooth. Season with black pepper and add a dollop of Super Greens Mix if using.

## Marinated griddled COURGETTES

4 medium-sized courgettes  
4 tbsp medium or mild olive oil  
Juice of 1 lemon.

SERVES 4  
0-5 GL PER SERVING

Top and tail the courgettes, then slice them finely length ways. Place the strips in a large bowl and pour the lemon juice and oil over them. Leave to marinate for 10 to 30 minutes. Preheat a griddle pan until very hot. Using tongs, place strips of courgette on the pan until there is no more space. Then turn over the first strips - thicker strips may need more time. Best served warm.

## Homemade GUACAMOLE



1 ripe avocado  
juice of 1/4 lemon  
1/2 garlic clove - crushed  
1/4 small red onion - finely diced  
3 cherry tomatoes - finely diced  
1 tbsp fresh coriander (or flat leafed parsley) - chopped  
1 tbsp extra virgin olive oil (or flax / hemp oil  
freshly ground black pepper

SERVES 2  
0-5 GL PER SERVING

Cut the avocado in half length ways and remove the stone, scrape the flesh out of the shell into a bowl and quickly mash the remaining ingredients then taste to check seasoning.

## Canellini bean MASH



1 tin of cannellini white beans  
1 clove of garlic  
zest of 1 lemon  
handful of chopped fresh parsley / coriander  
4 tbsp extra virgin olive oil  
salt & black pepper

SERVES 2  
5-10 GL PER SERVING

Drain the beans. In a frying pan gently heat the oil. Add the beans and stir. Crush the garlic and zest the lemon and add to the beans. On a medium heat, keep stirring and lightly crush the beans with the back of the wooden spoon.

Add the parsley or coriander and the pepper. Cook for a further 5 minutes and serve.



## Cleansing Bean & Artichoke SALAD



2 garlic cloves crushed  
1 red onion finely diced  
2 tbsp olive oil  
250g cherry tomatoes (chopped)  
2 tbsp tomato purée  
1 x 410g can mixed pulses - drained and rinsed  
6 marinated artichoke heart halves roughly chopped  
2 tbsp black olives, pitted and chopped  
handful of torn basil leaves.

SERVES 2  
0-5 GL PER SERVING

Sweat the garlic and onion in the oil for about 3 minutes.

Add the tomatoes and cook for a couple of minutes until they disintegrate, stir in the tomato purée, mixed pulses, artichoke hearts and olives reduce heat and simmer for about 5 minutes or until thick and rich. Add basil or Super Greens Mix to serve.

## Cinnamon fruit PORRIDGE

40g whole porridge oats  
1/2 - 1 tsp ground cinnamon  
1 tbsp essential seed mix  
(plus any fruit chopped or grated or whole if berries)

SERVES 1  
5-10 GL PER SERVING

Place the oats in a pan and cover with water. Bring to the boil then gently simmer, stirring until the porridge thickens and the oats soften. Stir the cinnamon, seed mix and fruit into the porridge or just scatter on top.

## Essential SEED MIX

Fill half a glass jar with a sealing lid with flax seeds (known also as linseeds) and half with a mixture of sesame, sunflower and pumpkin seeds. Store in the fridge until used.

0-5 GL PER SERVING



## Detox pear & blueberry CRUMBLE

SERVES 2  
5-10 GL PER SERVING



2 medium pears - cored and roughly chopped,  
150g of blueberries,  
Ground ginger and/or cinnamon to taste.  
Splash of water

For the crumble: 2 tbsp coconut oil or medium olive oil  
1 tsp xylitol  
50g whole oat flakes  
2 heaped tbsp ground almonds  
2 tbsp flaked almonds or other roughly chopped nuts  
(pecans, hazelnuts, walnuts or pumpkin seeds)

Place the fruit in a pan with the water, cover and stew gently for about 5 minutes until the fruit softens, stirring from time to time. You can add more water if the fruit starts to stick to the bottom of the pan. Add the ginger and cinnamon to taste. Meanwhile, make the crumble by gently heating the oil and xylitol in a frying pan. Stir in the oats and toast gently for a few minutes until they start to crisp. Mix in the ground and flaked almonds or other nuts / seeds and remove from the heat. Spoon the stewed fruit into bowls and cover with the crumble.

## Chickpea, carrot & coriander SOUP

SERVES 4  
5-10 GL PER SERVING



410g canned chickpeas  
1 tbsp coconut oil or olive oil  
1 white onion - finely sliced  
4 medium carrots - thickly grated  
800ml hot vegetable stock  
80g coriander  
1 tbsp extra virgin olive oil  
2 tbsp lemon juice  
black pepper

Drain and rinse the chickpeas, and blend until smooth. Heat the oil in a large sauce pan and sweat the onion for around 5 minutes to soften it. Add the carrots, pour in the vegetable stock and bring to the boil. Cover and simmer for 10 minutes or until the carrot tastes soft and a little sweet, stirring in the puréed chickpeas halfway through.

Meanwhile place the herbs, oil & lemon juice in a blender and blitz until the herbs are finely chopped. Ladle the soup into bowls and place herb garnish in the middle before sprinkling with black pepper.



## Trout en papillote WITH ROASTED VEGETABLES

SERVES 2  
5-10 GL PER SERVING



- 2 garlic cloves - crushed
- Juice of a lemon
- Drizzle 1 tsp of mild olive oil
- 2 portions of super greens mix
- 2 small sweet potatoes - sliced into fairly thin wedges
- 2 courgettes - sliced into similar sized wedges
- 2 medium sized rainbow trout - fully prepared
- 2 tsp fresh flat leaf parsley - finely chopped

Preheat the oven to 180°C. Place the sweet potatoes and courgettes in a roasting tin, drizzle with oil and roast for about 1 hour, stirring the vegetables over halfway through until the potatoes are soft when pierced with a knife.

Meanwhile take a large piece of baking parchment large enough to cover both fish lying diagonally across the middle of the paper when folded in half. Starting from one end, gradually fold up the edges to seal the paper into a parcel on a baking tray and bake for 25 minutes. Unwrap carefully to avoid being burnt by the steam and place the fish on plates with the cooked vegetables and a portion of super greens mix each.

Serve immediately

## Superfood salad of quinoa AND ROASTED VEG

SERVES 2  
5-10 GL PER SERVING



- 1 small sweet potato - skin on & cubed
- 1 small red onion - roughly chopped
- 1 red / yellow or orange pepper - roughly chopped
- 1 small courgette - roughly chopped
- 2 garlic cloves - thinly sliced
- Drizzle of medium olive oil
- 200g cherry tomatoes
- 150g quinoa
- 1tsp Marigold Reduced Salt Vegetable Bouillon Powder
- 2 heaped tbs pumpkin seeds
- 2 portions of super greens mix

Preheat the oven to 200°C. Place chopped vegetables and garlic in a roasting tin, drizzle with oil, stir to coat then cook for 40 minutes.

Add the whole cherry tomatoes and return to the oven for a further 15-20 minutes until the tomato skins split and the sweet potatoes are soft when pierced. Meanwhile place the quinoa in a pan and cover with boiling water. Bring to the boil then cover and reduce heat and simmer for about 12-15 minutes until the liquid is absorbed and the grains are fluffy.

Set to one side, covered while the vegetables finish cooking. 5 minutes before the vegetables are ready place the pumpkin seeds on a baking tray and pop them in the oven on the top shelf to toast.

Stir the roasted vegetables and the super greens mix into quinoa then sprinkle with toasted pumpkin seeds on top. Leave to cool or eat warm





# DETOX RECIPES

zest4life

## Baked sweet potato WITH BORLOTTI STEW

SERVES 2  
10-15GL PER SERVING



2 small sweet potatoes  
little olive oil.

For the stew:

1 tbsp coconut or olive oil  
2 garlic cloves - crushed  
1 large red onion - diced  
100g mushrooms - sliced  
2 tbsp tomato purée  
1 x 400g can plum tomatoes  
1 x 410g can borlotti beans - drained and rinsed  
1/2 tsp Marigold Reduced Salt Vegetable Bouillon powder  
1/2 tsp herbs de Provence  
freshly ground black pepper

Preheat the oven to 200°C. Prick the potatoes all over. Rub with a little oil and place on a baking tray. Cook for 1 hour or until soft all the way through when pierced with a knife. Meanwhile prepare the stew. Heat the oil in a pan and sweat the garlic and onion gently for 2 minutes then add the mushrooms and cook for 5 minutes or until fairly soft. Add the remaining ingredients and simmer for about 5 to 10 minutes to allow the vegetables to soften and the sauce to thicken. Check the seasoning and adjust if necessary.

Open up the baked potatoes and spoon the stew inside.

## Broccoli & bean SOUP

SERVES 4  
0-5 GL PER SERVING



400g can drained flageolet beans  
450g broccoli  
1.5 litres vegetable stock  
2 tsp mild curry powder  
1 garlic clove  
4 spring onions

Place garlic, onions and curry powder in a sauce pan with 150ml stock bring to boil and simmer for 5 minutes, add rest of the stock and broccoli and simmer for approx 15 minutes, add the beans then purée and serve.

## Super fruit & SEED SALAD

SERVES 1  
0-5 GL PER SERVING



seeds of 1/2 pomegranate  
watermelon chunks (or a couple of handfuls of  
blueberries / strawberries)  
sliced kiwi fruit  
a good squeeze of fresh lemon juice  
1 tsp of essential seed mix

Mix the fruits in a bowl with the seed mix and add the lemon juice.



## Patrick's primordial SOUP

SERVES 2  
0-5 GL PER SERVING



- 1/2 red onion - roughly chopped
- 1 garlic clove - crushed
- 1 tbsp coconut oil or medium olive oil
- 1 large carrot or 2 small medium ones - peeled and chopped
- 1 heaped tsp grated fresh root ginger
- 1/4 tsp turmeric
- 2 tsp Marigold Reduced Salt Vegetable Bouillon Powder
- 1/2 red pepper - diced
- 75 ml coconut milk.

Heat the oil in a large pan and gently sauté the onion and garlic for a few minutes until they start to soften but do not turn brown, add the carrot, sweet potato, ginger, turmeric and bouillon powder just cover with boiling water and bring to the boil. Cover and simmer for about 15 minutes or until the vegetables are soft. Add the red pepper and coconut milk then blend until smooth & thick.

## Superfood MUESLI

SERVES 1  
0-5 GL PER SERVING



- 40g whole rolled porridge oats
- 1 tbsp ground almonds / desiccated coconut
- 1 tbsp essential seed mix
- 1/2 small apple (grated)
- 1 tbsp any berries
- 1/2 tsp ground cinnamon

Place all of the ingredients in a bowl and cover with double the amount of boiling water. Stir and leave to thicken for a couple of minutes until the oats have soaked up the water and become soft and plump.

## Raw summer SOUP

SERVES 2  
0-5 GL PER SERVING



- small handful of fresh basil leaves
- 2 tbsp cold pressed oil
- Juice of 1/4 lemon
- 1 avocado - stoned & flesh scooped out of the skin
- 1/2 cucumber - roughly chopped
- 175g cherry tomatoes

Blend all the ingredients until smooth then pour into bowls and sprinkle with spring onions or spoon on the super greens mix to garnish.

## Salmon with ginger & CORIANDER

SERVES 4  
0-5 GL PER SERVING



1 tbsp fresh coriander  
3 tbsp tamari or soy sauce  
3 tbsp toasted sesame oil  
Juice of 2 limes or lemons.  
4 x 100g salmon fillets - with skin on  
a little olive oil & salt for rubbing  
1 tbsp coconut oil or mild / medium olive oil  
2 tbsp root ginger - peeled  
10 spring onions - topped tailed and halved

Rub the salmon all over with the olive oil & tiny amount of salt and set aside. Whiz the ginger, spring onions, coriander, tamari or soy, sesame oil, lime juice and 3 tablespoons of water together in a blender until they form a relatively smooth sauce and the ginger is finely chopped. Taste and adjust the seasoning.

Heat the oil in a large frying pan then pan fry the salmon for 5-7 minutes on each side or until cooked and the flesh flakes easily when pressed. Serve immediately with the sauce.

## Superfood sandwich FOR BEAUTIFUL SKIN

SERVES 1  
5-10 GL PER SERVING



1 salmon fillet  
1/2 portion super greens mix  
1 large slice (or 2 small) of pumpernickel style rye bread  
squeeze of lemon juice

Steam the salmon fillet for about 15 minutes or until cooked. Skin and flake and allow to cool. Spread super greens mix on toasted rye bread and top with flaked salmon and a squeeze of lemon juice

## Super greens MIX

SERVES 1  
0-5 GL PER SERVING

1/4 bag watercress - rinsed & dried  
1/4 bag baby leaf spinach - rinsed & dried  
handful of basil leaves  
handful of parsley leaves  
good drizzle of extra virgin oil (or flax / hemp oil)  
squeeze of lemon juice

Whiz all the ingredients together in a mini blender or finely chop. Stir in the oil so the mixture holds like pesto.



## Rice with super greens PESTO

SERVES 2  
5-10 GL PER SERVING



150 g brown basmati rice - rinsed  
For the Super-Greens Pesto  
2 portions of Super Greens Mix  
2 tbsp pumpkin seeds - lightly toasted for a couple of minutes  
in a dry frying pan until they start to swell and “pop”  
6 tbsp pitted Kalamata olives  
2 tbsp extra virgin olive oil  
2 large garlic cloves  
4 handfuls of fresh basil leaves  
2 handfuls of rocket  
2 handfuls of baby spinach  
freshly ground black pepper  
Juice of a lemon to taste.

Cook the rice. Whiz all the pesto ingredients together in a mini blender or food processor. Taste to check the flavour and adjust if necessary. Toss the pesto through the rice.

Serve warm with a large mixed salad.

## Skin defence DIP

SERVES 2  
0-5 GL PER SERVING



1 tsp coconut oil or medium olive oil  
1 garlic clove - crushed  
1 red onion - diced  
1/4 medium aubergine - cubed  
1 tbsp tomato purée  
1/2 410g can borlotti beans - rinsed & drained  
1 tsp Marigold Reduced Salt Vegetable Bouillon Powder  
2 portions of super greens mix

Heat oil and sauté the garlic and onion for a couple of minutes to let the onion start to soften, add the aubergine and cook for a few minutes until it is brown and softens. Add the tomato purée, beans, bouillon powder and stir together. Place mixture in a food processor or blender and whiz until fairly smooth. Add super greens mixture too.



## Salmon WITH PUY LENTILS



115g Puy lentils - well rinsed  
2 tsp Marigold Reduced Salt Vegetable Bouillon Powder  
2 leeks - finely sliced  
2 salmon fillets  
2 tbsp tomato purée  
splash of water  
squeeze of fresh lemon juice  
2 portions super greens mix  
freshly ground black pepper

SERVES 2  
0-5 GL PER SERVING

Place the lentils in a pan and cover with double the amount of water. Add bouillon powder. Bring to the boil then cover and simmer for 20-25 minutes until the lentils are al dente, adding the leeks to the pan halfway through cooking. The lentils will absorb most of the liquid during cooking. Put the salmon in a steamer pan and steam for about 15 minutes or until cooked (or put the fish in a shallow pan and cover with water and simmer gently). The flesh should flake easily when pressed. Stir the tomato purée into the lentil mixture along with a splash of water and squeeze of lemon to loosen the consistency and produce a thick stew. Either serve the salmon on a bed of stew and scatter the super greens mix over the top, or fold the mixture into the stew before topping with the fish. Sprinkle with freshly ground black pepper

## Superboost SESAME SALAD



1 x 410g can of chickpeas - rinsed & drained  
2 celery sticks - finely chopped  
6 pieces of marinated artichoke heart - roughly chopped  
6 spring onions - finely chopped  
1 tbsp sesame seeds  
1 tsp toasted sesame oil  
Juice of 1/2 lemon

SERVES 2  
5-10 GL PER SERVING

Mix all ingredients together and serve with salad, and include a portion of super greens mix

## Super health SALAD

Avocado / tomatoes / leaves / cucumber / peppers / onions / celery / mushrooms / sprouts / radish  
with chicken / seeds / tofu / beans / chickpeas



## Smoothies BERRY BREAKFAST



1/2 small banana  
2 tsp of essential seed mix  
1 small punnet of blueberries (or other berries)  
juice of 1/2 lemon  
plus enough pure fruit juice or water - to give easy-to drink consistency

SERVES 1  
5-10 GL PER SERVING

Blend all ingredients together until smooth

## Berry burst FROZEN DESSERT

400g frozen mixed berries  
200g coconut or soya yoghurt  
Honey to taste

SERVES 4  
0-5 GL PER SERVING

Blend all the ingredients together until smooth and the consistency of sorbet or frozen yoghurt. Eat quickly before it melts!

## Steam FRYING

0-5 GL PER SERVING

### Choose from a mixture of the following vegetables

Spring onions	sugar snap peas	asparagus
garlic	mange tout	green beans
broccoli	mushrooms	peas
courgettes	peppers	kale
cauliflower	bean sprouts	pak choi
		spinach

### Add a little of the following proteins

chicken	pine nuts	pumpkin seeds
turkey	flaked almond	unsalted cashews
tofu	sesame seeds	fish

### Choose a seasoning group

group 1	group 2	group 3	group 4
chopped tomato	tamari	fresh coriander	teriyaki sauce
fresh basil	fried ginger	1tsp red curry paste	
chopped olives	garlic	dash of coconut milk	
splash of olive oil			

### Method

Using a large sauce pan or frying pan with a lid, simply fry food in oil for 1-2 minutes, then add a small amount of water and immediately clamp on the lid.

The water reduces the temperature of the oil, by protecting it from the damage that cooking at high temperatures usually causes. Steam frying is a really simple, fast way of preparing and protecting nutritious food and it ideal when following a detox programme.

The best oil to use for steam frying is coconut oil, which gives a delicate coconut flavour, the second best is olive oil

# SMOOTHIES & JUICES

Make your own smoothies and juices to avoid high sugar options and high sugar fruit.



## detox JUICES

### Invigorator

1 pink grapefruit  
Handful of mixed berries  
(under 5 GL)

### skin nourisher

1 large apple  
1 carrot  
(10 - 15 GL)

### C sharp

1 celery stick  
1 large apple  
half a lemon  
(under 5 GL)



### stomach settler

1 carrot  
1 pear  
2 thick slices of fresh pineapple  
half a lemon  
1/4 tsp fresh root ginger  
(15 - 20 GL)

## detox SMOOTHIES

### summer fizz

5 strawberries  
juice of 1/2 a lemon  
2 tsp xylitol  
100ml sparkling mineral water  
(under 5 GL)

### berry tasty

75g raspberries  
1 tbsp tahini  
3 tsp xylitol  
100ml water  
(under 5 GL)



### watermelon whiz

200g watermelon  
(under 5 GL)

### cool Caribbean

1 banana  
large handful of strawberries  
150ml coconut milk  
3 ice cubes



# WHAT'S YOUR DETOX ACHIEVEMENTS?



Even after just a few weeks, you are likely to be experiencing great improvements. Complete this questionnaire again and compare your score to the first one. Check your symptoms against your previous score – have your symptoms improved?

Take a gentle detox at least once a year to give your liver a little extra loving care

Do you often have a bitter taste in your mouth or a furry tongue?

Do you suffer from acne or other skin conditions?

Do you have a strong reaction to alcohol?

Do you sometimes have watery or itchy eyes or swollen red sticky eyelids?

Do you suffer from nausea or vomiting?

Do you sometimes have itchy ears, earache, infections, drainage from the ears or ringing?

Do you often suffer from headaches or migraines?

Do you often have dark circles under your eyes?

Do you suffer from bloating?

Do you often sweat a lot or have a strong body odour?

Do you suffer from excessive mucus, a stuffy nose or sinus problems?

Do the effects of coffee stay in your system for a long time?

Do you sometimes have joint or muscle aches & pains?

Stick to the detox principles around 80% of the time to maintain your feelings of wellbeing

Reintroduce foods you have cut out gradually (e.g. milk, caffeine, alcohol, wheat) and keep them to a minimum (e.g. once every 4 days)

What small changes / habits have been easy to adopt and are easily maintained?

Add these to your goals on the Week 4 success plan  
Keep drinking about a litre of water a day

Eat super foods and those high in antioxidants regularly

Eat seeds 6 out of 7 days

Relax a little every day





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# HEALTH SCORE

Take the health questionnaire again to record your new overall health score.

1 - DISAGREE  
5 - AGREE

**Tired most of the time**

1 2 3 4 5

**Overweight**

1 2 3 4 5

**Prone to hormonal symptoms**

1 2 3 4 5

**Suffering from poor memory / concentration**

1 2 3 4 5

**Low or depressed**

1 2 3 4 5

**Very dry skin in need of daily moisturisers**

1 2 3 4 5

**Difficulty sleeping**

1 2 3 4 5

**Often feeling anxious or stressed**

1 2 3 4 5

**Prone to indigestion or bloating after food**

1 2 3 4 5

**Often constipated (you don't go every day)**

1 2 3 4 5

**I am gaining weight and/or finding it harder to lose weight**

1 2 3 4 5

WHAT'S YOUR  
HEALTH SCORE?

target  
**14**  
or less



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# ENERGY & BLOOD SUGAR SCORE



Take the blood sugar questionnaire again to record improvements in your blood sugar score

1 - DISAGREE  
5 - AGREE

I still feel tired 20 minutes after getting up

1 2 3 4 5

I need tea, coffee, a cigarette, or something sweet to get me going in the morning

1 2 3 4 5

I often crave chocolate, sweet foods, bread, cereal or pasta

1 2 3 4 5

I often have energy slumps during the day or after meals

1 2 3 4 5

I often crave something sweet or coffee after meals

1 2 3 4 5

I often have moods swings or difficulty concentrating

1 2 3 4 5

I get dizzy or irritable if I go 4 to 6 hours without food

1 2 3 4 5

I often over-react to stress

1 2 3 4 5

I have less energy than I used to have

1 2 3 4 5

I often feel too tired to exercise

1 2 3 4 5

I am gaining weight and/or finding it harder to lose weight

1 2 3 4 5

WHAT'S YOUR  
ENERGY  
& BLOOD SUGAR  
SCORE?

target  
**14**  
or less



# YOUR NOTES

# YOUR NOTES

# the every day DETOX

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You can follow this every day detox 80% of the time to stay in control of your health and full of energy. After achieving your goals by following the Zest4life programme, make sure you maintain your success and stay inspired to look after your body and your health.

See your Zest4life nutrition and health coach regularly and get the on going expert support you need to stay fit, healthy and feeling great for life.

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Maintain your results and stay inspired to look after your body and your health long term.

See your Zest4life Nutrition & Health coach regularly and get the ongoing support you need.

Wishing you the best of health.

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**zest**4life

[www.zest4life.com](http://www.zest4life.com)