

# AUTUMN DETOX

HOW TO GET YOUR  
BODY READY FOR A  
REAL GUT RESET



*The*  
WELLNESS REPORTER

# AUTUMN DETOX

## THE WELLNESS REPORTER GROCERY LIST

### PROBIOTICS

ALMOND YOGURT  
COCONUT YOGURT  
KEFIR YOGURT  
KIMCHI  
MISO  
SAUERKRAUT  
TEMPEH  
TOFU



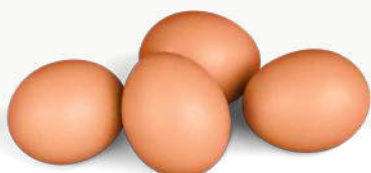
### HEALTHY FATS

AVOCADO  
AVOCADO OIL  
COCONUT OIL  
EXTRA VIRGIN OLIVE  
OIL  
OLIVES



### FISH AND MEAT

ANCHOVIES  
CHICKEN (BETTER ORGANIC)  
EGGS  
MACKEREL  
SALMON  
TURKEY (BETTER ORGANIC)



### PLANT SOURCES

ALMONDS  
CHIA SEEDS  
FLAX SEEDS  
MACADAMIA NUTS  
PUMPKIN SEEDS  
WALNUTS



# AUTUMN DETOX

## THE WELLNESS REPORTER GROCERY LIST

### VEGETABLES



ASPARAGUS  
ARTICHOKE  
ARUGULA  
BEETS  
BROCCOLI  
BUTTERNUT SQUASH  
CARROTS  
CAULIFLOWER  
CHICORY  
COURGETTS  
KALE  
MUSHROOMS  
PARSNIPS  
PUMPKIN  
SPINACH  
SQUASH  
SWEET POTATOES  
WATERCRESS



### FRUITS



APPLE  
BANANA  
CRANBERRIES  
FIGS  
GRAPES  
LEMON  
PEARS  
POMENEGRATE



### NATURAL SWEETENERS

HONEY  
APPLESAUCE  
MAPLE SYRUP



### HERBS AND SPICES



BASIL  
CHAMOMILE  
CUMIN  
DANDELION TEA  
GINGER  
PEPPERMINT  
SAFFRON  
TURMERIC





# AUTUMN DETOX

## THE WELLNESS REPORTER GROCERY LIST

### AVOID



ADDITIVES

ALCOHOL

ARTIFICIAL SWEETENERS

CANNED FOOD

COFFEE

COMMERCIAL BISCUITS

COMMERCIAL DRESSINGS (MUSTARD, KETCHUP, MAYONNAISE)

CRACKERS

DAIRY (CHEESE, MILK, ICE-CREAM, BUTTER) LOW-FAT YOGURTS

AND LACTOSE FREE CHEESES ARE FINE IF LIMITED

FRIED FOOD

FRUIT JAMS

PROCESSED FOODS

REFINED CARBOHYDRATES (CAKE, PASTRIES, PIZZA)

SOFT DRINKS

SOY

SUGAR

SWEETS



# AUTUMN DETOX

THE WELLNESS REPORTER

## CLEANSING DIET PLAN



*START YOUR DAY BY DRINKING A WARM LEMON JUICE WATER AND WAIT FOR 30 MINUTES BEFORE HAVING BREAKFAST*

### MONDAY

BREAKFAST: NATURAL MINT AND GINGER TEA WITH OATMEAL PORRIDGE TOPPED UP WITH MIXED NUTS AND RAISINS

MID-MORNING AND MID-AFTERNOON SNACK: ALMOND YOGURT AND 1 APPLE

LUNCH: TWO EGGS WITH BOILED CARROTS AND COURGETTES OR CHICKPEA FARINATA WITH MIXED VEGETABLES AS A VEGAN OPTION



DINNER: SWEET POTATO VELOUTÉ



### TUESDAY

BREAKFAST: SMOOTHIE WITH RICE MILK, 1 BANANA, BLUEBERRIES AND 15 ALMONDS

MID-MORNING AND MID-AFTERNOON SNACK: A CUP OF RASPBERRIES AND 10 CASHEWS

LUNCH: RED RICE WITH KALE, PUMPKIN AND AVOCADO

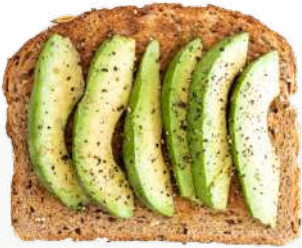
DINNER: MACKEREL WITH SEASONAL SALAD OR LENTIL SALAD WITH MIXED GRAINS AS A VEGAN OPTION



# AUTUMN DETOX

## THE WELLNESS REPORTER

### CLEANSING DIET PLAN



#### WEDNESDAY

BREAKFAST: COCONUT YOGURT WITH RAW AND UNSWEETENED GRANOLA

MID-MORNING AND MID-AFTERNOON SNACK: 1 APPLE AND 5 WALNUTS OR 15 ALMONDS

LUNCH: COUSCOUS WITH BOILED ZUCCHINI, CARROTS AND PRAWNS OR OVEN-BAKED ZUCCHINI BALLS WITH MIXED SALAD AS A VEGAN OPTION

DINNER: PUMPKIN SOUP



#### THURSDAY

BREAKFAST: AVOCADO TOAST WITH EXTRA VIRGIN OLIVE OIL AND LEMON JUICE AS DRESSING (MULTIGRAIN BREAD)

MID-MORNING AND MID-AFTERNOON SNACK: 1 BANANA AND RAW CARROTS WITH CLASSIC HOMEMADE HUMMUS

LUNCH: ROASTED SALMON WITH COOKED SEASONAL VEGETABLES OR GREEN PEA PASTA WITH FRESH BASIL AND NUTS PESTO AS A VEGAN OPTION

DINNER: JASMINE OR BLACK RICE WITH ORGANIC CHICKEN AND ASPARAGUS AND MUSHROOMS. SAME RECIPE WITHOUT CHICKEN AS A VEGAN OPTION

# AUTUMN DETOX

## THE WELLNESS REPORTER

### CLEANSING DIET PLAN



#### FRIDAY

BREAKFAST: ORANGE JUICE WITH TOASTED MULTIGRAIN BREAD TOPPED WITH EXTRA VIRGIN OLIVE OIL

MID-MORNING AND MID-AFTERNOON SNACK: 1 PEAR AND 25G OF EXTRA DARK CHOCOLATE

LUNCH: OMELETTE WITH MUSHROOMS AND RAW ARTICHOKE SALAD OR CHICKPEA FARINATA WITH MUSHROOMS AND ARTICHOKE SALAD AS A VEGAN OPTION

DINNER: SEA BREAM WITH TOMATOES, BLACK OLIVES, SOIA BEANS (EDAMAME) AND RED RICE. NO FISH FOR THE VEGAN OPTION.

#### SATURDAY

BREAKFAST: GINGER LEMON TEA WITH SMOOTHIE (BANANA, ALMOND MILK AND RASPBERRIES)

MID- MORNING AND MID-AFTERNOON SNACK: 1 KIWI AND PLANT-BASED YOGURT

LUNCH: ROASTED TURKEY OR CHICKEN WITH ASPARAGUS AND SPINACH SALAD OR OVEN-BAKED FALAFEL WITH SAME SALAD AS A VEGAN OPTION

DINNER: FREE (YOU CAN CHOOSE YOUR FAVORITE MEAL)



# AUTUMN DETOX

THE WELLNESS REPORTER

## CLEANSING DIET PLAN



### SUNDAY

BREAKFAST: OAT MILK WITH NATURAL PORRIDGE TOPPED WITH MIXED BERRIES

MID-MORNING AND MID AFTERNOON SNACK: 25G OF EXTRA DARK CHOCOLATE AND SOME GRAPES

LUNCH: WHOLE GRAIN PASTA WITH TOMATO SAUCE OR BROCCOLI PESTO (ZUCCHINI + PARMESAN CHEESE + WALNUTS)

DINNER: FRESH TUNA WITH SEASONAL SALAD AND AVOCADO

