

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



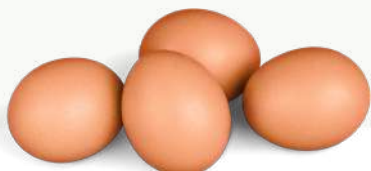
HEALTHY FATS

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



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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
GINGER
PEPPERMINT
SAFFRON
TURMERIC



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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



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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

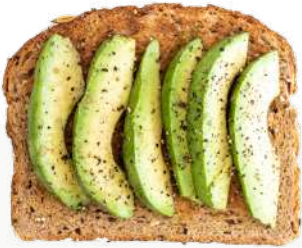
LUNCH: RED RICE WITH KALE, PUMPKIN AND AVOCADO

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

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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

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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)



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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

