



A NUTRITIONAL PLAN FOR THE PERFECT DETOXIFICATION

DAY 8:			
MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Brown rice/Fresh vegetables</p> <p>Brown rice – 90 g (3 table spoons before cooking). It is cooked in the prepared vegetable broth. A bit of Himalayan or potassium salt and some tarragon (or another spice at the chef's recommendation) is added.</p> <p>Fresh vegetables salad: grated carrot (80 g), fresh green peppers (50 g) and lettuce (80 g). It is seasoned with 20 mL of rice oil and lemon juice. No salt.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>Vegetable broth – up to 500 mL</p>
DAY 9:			
DURING THE WHOLE DAY			
<p>Salt free vegetable broth (ingredients for 2.5 – 3 liters):</p> <ul style="list-style-type: none"> • 1 carrot • 1 parsnip • 3 celery sticks • 1 leeks • 20 g of fresh ginger • 1 red or green pepper 			

- 1 onion
- 1 garlic clove
- 1 bay leaf
- 5 parsley stalks.

Three liters of broth are drunk during the whole day!!!

DAY 10:

MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Millet soup – up to 400 mL:</p> <ul style="list-style-type: none"> • 30 g (1 table spoon) of millet • 1/4 of a medium onion (40 g) • 1/4 of a celery stick • 1/4 of a big carrot (50 g) • 1/4 of zucchini (70 g) • 30 g of white button mushrooms • 1/4 of a vegetable stock cube • 1 table spoon of coconut milk • olive oil (15 mL). <p>Put the millet in water in a ratio of 1:1 and cook on a slow fire for 7 to 10 minutes.</p> <p>Sauté the onion, celery, carrot, zucchini and some of the mushrooms in a saucepan with a bit of olive oil. Add the vegetable stock and enough water to cover the vegetables. Leave to cook at medium heat for 10 minutes and then put into a blender, process and return the mixture into the saucepan (with the heat off). Add the coconut milk and the rest of the mushrooms. Turn on the heat again and leave to cook for another 8 to 10 minutes.</p> <p>The ready millet is added at the end in order not to overcook it.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>Stewed vegetables – up to 350 g: carrot, green or red pepper, zucchini, broccoli, cauliflower, brussels sprouts.</p> <p>They are prepared with a tiny amount of salt and no fat.</p>

DAY 11:			
MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Lentils and brown rice/Fresh vegetables</p> <p>Lentils and brown rice (in a 1:1 ratio): 1 1/2 table spoons of lentils and 1 1/2 table spoons of brown rice (before cooking it). A bit of Himalayan or potassium salt and spices (at the chef's recommendation) is added.</p> <p>Fresh vegetables salad: radishes (50 g), fresh green peppers (30 g), cucumber (50 g) and lettuce (80 g). It is seasoned with 20 mL of rice oil and lemon juice. No salt.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>Stewed vegetables – up to 350 g: carrot, greek or red peeper, zucchini, broccoli, cauliflower, brussels sprouts.</p> <p>They are prepared with a tiny amount of salt and no fat.</p>
DAY 12:			
MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Quinoa/Fresh vegetables</p> <p>Quinoa – 1/2 of a tea cup (85 g) before cooking it (cooked it's about 255 g). It is cooked in the prepared vegetable broth. A bit of Himalayan or potassium salt and spices at the chef's recommendation (for example turmeric and/or curry) is added.</p> <p>Fresh vegetables salad: white crushed cabbage (120 g), grated carrot (60 g) and parsley (20 g). It is seasoned with 20 mL of rice oil and lemon juice. No salt.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>Stewed vegetables – up to 350 g: carrot, greek or red peeper, zucchini, broccoli, cauliflower, brussels sprouts.</p> <p>At your choice: a light dressing of yogurt with fresh spices (100 g) or tarator (a cold yogurt and cucumber soup).</p>

DAY 13:			
MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Lentils and quinoa/Fresh vegetables</p> <p>Lentils and quinoa (in a 1.5:1 ratio): 2 table spoons of lentils and 1 1/2 table spoons of quinoa (before cooking it). Cook the lentils in water and the quinoa – in the ready vegetable stock. A bit of Himalayan or potassium salt and spices at the chef's recommendation (for example turmeric and/or curry) is added.</p> <p>Fresh vegetables salad: grated carrot (80 g), fresh green peppers (50 g) and lettuce (80 g). It is seasoned with 20 mL of rice oil and lemon juice. No salt.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>At your choice:</p> <p>1. Stewed vegetables – up to 350 g: carrot, greed or red peeper, zucchini, broccoli, cauliflower, brussels sprouts. They are prepared with a tiny amount of salt and no fat.</p> <p>or</p> <p>2. Borscht with yogurt-based thickener 1/4 of an onion, a head of beetroot (50 g), celery (2 leaves), carrot (1 pc.), parsley (3 – 4 sticks), potato (150 g), cabbage (100 g), caraway (1 pinch), diet salt (1 pinch), bay leaf (1 pc.). In the end prepare a yogurt-based thickener.</p>
DAY 14			
MORNING	NOON	AFTERNOON	EVENING
<p>Smoothie according to the goal of the detoxification</p>	<p>Green peas with brown rice/Fresh vegetables</p> <p>Green peas with brown rice (in a 2:1 ratio): 100 g of green peas and 50 g of brown rice (about 1 1/2 table spoons). Soak the green peas from the day before and cook it until ready. Cook the brown rice in water in a 1:3 ratio.</p> <p>Fresh vegetables salad: pink tomatoes (150 g), avocado (50 g) and green peppers (50 g). It is seasoned with oil (20 mL) and some lemon juice. No salt.</p>	<p>Smoothie according to the goal of the detoxification</p>	<p>Stewed vegetables – up to 350 g: carrot, greed or red peeper, zucchini, broccoli, cauliflower, brussels sprouts.</p> <p>At your choice: a light dressing of yogurt with fresh spices (100 g) or tarator (a cold yogurt and cucumber soup).</p>