

A close-up photograph of a woman with dark hair, wearing a white top, holding a white bowl of salad. She is using a silver fork to eat. The salad contains green lettuce, red bell peppers, purple onions, black olives, and white cheese cubes. The background is a plain, light-colored wall.

EATING PLAN

FITDETOXTEA.COM

We have designed this eating plan for you to follow during your personal detox program!

This eating plan is full of useful tips and advice for you to use to your advantage while you are undertaking your Fit Detox Tea Cleanse!



TIPS

Use these tips below to get yourself well on your way to your goal body!

- + Choose fresh, wholesome foods over pre-packaged, processed foods. Packaged foods are often loaded with heaps of preservatives and high amounts of sugar!
- + Eat a large breakfast for heaps of energy and to ensure you don't get cravings during the day
- + Packing meals from home rather than buying fast food or packaged foods. You also will save a lot of money!
- + Avoid drinks with large amounts of sugar or energy.

We did the work for you; take a look at a list of foods you should skip at the mall, restaurant, or grocery store.

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FOODS TO AVOID

- Cakes
- Candy
- Sugary Cereals
- Baked Goods
- Cookies
- Deep Fried Foods

DRINKS TO AVOID

- Soft Drinks
- Fruit Juices
- Sports Drinks
- Energy Drinks
- Alcohol

Superfoods have incredible health benefits, packing a powerful nutritional punch that helps protect against cancer and heart disease, lower cholesterol, protect the organs from toxins and improve digestive health. Some nutritionists even say superfoods can help you live longer.



SUPERFOODS

PROTEIN

- Lean Chicken
- Free Range Eggs
- Lean Turkey
- Fish
- Beef
- Lamb
- Protein Powder
- Tuna

CARBOHYDRATES

- Muesli
- Oats
- Brown Rice
- Quinoa
- Rye Bread
- Fruits
- Vegetables

FATS

- Raw Nuts
- Avocado
- Coconut Oil
- Extra Virgin Olive Oil
- Greek Yoghurt

BREAKFAST IDEAS

HEALTHY RECIPES

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Colourful breakfast plate

2 poached eggs + avocado + grilled tomato/onion/baby spinach.

Sweet n fresh fruit bowl

25g oats (organic muesli is much healthier) + 50g of fresh berries + natural low fat yoghurt.

Protein boost

2 egg whites + avocado + 1 wholemeal or rye toast.

Carb-Less Delight

1 large flat mushroom stuffed with chopped tomato/chives/ham/capsicum.

Banana Pancakes

1 ripe banana + 3 eggs + 1tbsp of coconut flour + organic butter for frying.

Energy Bowl

Juice 5 fresh strawberries and 200g of watermelon juice + topped with 30g of muesli + a small handful of acai berries.

LUNCH IDEAS

HEALTHY RECIPES

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Beetroot Protein Salad

2 poached eggs + 100g sliced beetroot + ¼ diced Spanish onion + 2tbsp of chopped fresh mint + lucky lemon salad dressing (see page 4).

Grilled Chicken Salad

Grilled chicken + cucumber + avocado + mushroom + goats cheese + macadamia nuts + drizzle with apple cider vinegar.

Steak

Scotch Fillet Steak - (cooked using coconut oil) + sweet potato mash + steamed snow peas and broccoli.

Chicken Or Prawn Rice Paper Rolls

Slice 4 vegetables of your choice into strips and wrap in rice paper rolls with grilled chicken or prawn. Use light soy sauce as dressing.

Tuna Salad

1 can of tuna (95g) + lettuce + 50g sweet corn + ¼ of Spanish onion + busy balsamic dressing

DINNER IDEAS

HEALTHY RECIPES

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Protein & Vegetables

150g of grilled/poached/steamed lean fish, salmon or chicken breast + steamed broccoli/carrots/cauliflower/zucchini

Minestrone Full of Fibre

200g diced tomatoes + ¼ white cabbage + 1 carrot + 1 zucchini + 1tsp vegetable stock. You can add beans/lentils/quinoa for extra protein to keep you feeling full.

Garlic Prawns & Vegetables

Use 1tsp of coconut oil to fry 4 minced garlic cloves and 1 thinly sliced onion and until golden. Add prawns and stir.

Beef Stir Fry

Lean organic beef + snow peas + broccoli + carrot + baby corn + spinach + homemade honey mustard sauce.

Coconut crumbed schnitzel

Chicken breast fillets + coconut flour + egg + coconut flakes (shallow fry in organic butter or coconut oil)