



Get started quick and easy

5 DAYS

HEALTH PLAN

DEVELOPED IN COLLABORATION WITH LEG. DIETICIAN

Superfood & berries

DO YOU FEEL TIRED OR LACKING ENERGY?



Then it may be a sign that your body
needs more nutrition and recovery.



IS THIS YOU?

For your body to function optimally, it needs enough nutrition and energy. In today's society, which in many cases includes both stress and lack of time, it is easy to de-prioritize your wellbeing. It's tempting to choose easily accessible and processed food that is often energy-dense but nutrient-poor, ie. contains a lot of calories but little vitamins, minerals and antioxidants.

De-prioritizing your health for long periods of time can result in both mental and physical fatigue. The body could then need a small push in the right direction to regain energy and vitality. Then Superfood & berries 5-day health plan is the perfect solution to help break unhealthy habits, get in better shape or just regain the body's inner strength.

ABOUT THE 5-DAY PLAN

How about kicking off healthier eating habits with organic Superfood & berries 5-day health plan?! It completely explodes with benefits from nature and strengthens your body from within while making your taste buds really happy. And it's not just healthy for you, it is also a treat for Mother Nature.



HOW IT WORKS

Our health program is simple and the recipes can be exchanged and varied as long as you stick to the food included in the plan. You can for example choose to swop your dinner smoothie for lunch and the salad for dinner instead. If you get hungry between meals, various really tasty suggestions for snacks are included.

When you wake up: A green drink

Breakfast: Breakfast-smoothie

Lunch: Nutritious salad + lemon water / ginger water

Snack: (Optional) Fruit/ vegetable

Dinner: Smoothie/soup



ADAPT TO YOUR NEEDS

- Allergies and preferences: Is there something you do not tolerate or do not like? Try to find an equivalent option instead and replace it. If you do not like banana, it can for example be replaced with mango. Dates can be exchanged for raisins. Nuts can be exchanged for avocado. It is also possible to exchange one recipe for something else from the plan or swop lunch for dinner. You can also change the days as you wish.
- Plant-based milk: feel free to choose but we recommend going for as high a proportion of proteins as possible.
- Broad beans: These are often found in the freezer, or among dry food (then they need to be soaked). Broad beans are good because they have high protein of a good quality and all the amino acids we need. If you do not find them, just replace it with other beans.





5 DAYS WITH SUPERFOOD

The 5-day plan is maximized with benefits from the plant kingdom:

- Proteins from both superfoods, legumes, nuts and seeds that strengthen the body's cells and help the muscles to function optimally.
- Healthy fats such as omega 3 from, among other things, nuts, seeds and oils that have an anti-inflammatory effect while they can protect against cardiovascular disease.
- Vitamins, minerals and antioxidants from superfoods, fruits, berries and vegetables that help strengthen the body's immune system, metabolism and energy supply.
- Fiber from superfood and also prebiotic fiber from, for example, banana, which helps to create a good environment in your gastrointestinal tract, which stimulates your overall health, as 70% of the body's immune system is right here.
- Water to optimize your performance and moisturize your skin (the body consists of about 60% water).

SUPERFOOD

The term "superfood" can be used to describe a certain type of food that contain extremely high levels of vitamins, minerals, antioxidants, phytochemical and proteins. It is these nutrients that our bodies need to function at an optimal level.

WHY IS IT GOOD

Superfood is known for helping our bodies to maintain a strong immune system and good health. Superfood is known to for example help detox our body and help remove waste, lowering our cholesterol, regulate our metabolism and decrease inflammation.



**IT IS EASY TO EAT DELICIOUS AND
NUTRITIOUS FOOD WHEN YOU
USE OUR SUPERFOOD.**

**NO ADDITIVES.
VEGAN.
GLUTENFREE.
NO ADDED SUGAR.**



Detox Deluxe

- This mix of organic superfood helps you naturally cleanse the body of stored toxins.
- This detox mix contains superfoods such as wheatgrass, spirulina, barley grass, chlorella and blueberries.
- Detox Deluxe has a "green" and slightly grassy taste. Some like to drink this directly with water and a squeeze of lemon as a green shot, while others prefer to disguise the taste in, for example, a smoothie.



Protein Power

- Protein Power is a superfood mix filled with healthy green energy and plant-based protein. It contains hemp protein, pea protein, cocoa, cordyceps and guarana.
- This superfood mix is enriched with vitamins, dietary fiber, minerals and omega-3-fats. Here you will get all of the 9 essential amino acids into your diet. It will also help support your cholesterol level, immune system and sexual performance.
- Protein Power has a mild and neutral, slightly earthy taste. It mixes well with most things and goes well with flavors such as blueberries and cocoa. It gives an earthy green color to everything it is mixed with.





Berry Beautiful

- Berry Beautiful is filled with antioxidants, vitamins and minerals. It will help maintain your blood sugar levels, strengthen the immune system, and support stronger nails and hair and a glowing skin.
- Berry Beautiful contains lucuma, rosehip, baobab, blueberry and acai.
- Berry Beautiful has a natural sweetness in itself that suits both young and old. Berry Beautiful has a sweet berry taste with a slight hint of vanilla.

Eat well. Feel good.



WATER

Remember to drink a lot during the 5 days. We recommend having lemon water and ginger water ready in the fridge and drink between meals.

How to prepare ginger water:

Peel and grate a large piece of ginger in 2 liters of cold water. Let it soak overnight. Strain and pour into a brisket. Keep cold and drink daily.



GREEN DRINK

Start your day with a green drink to help cleanse your digestive system and resetting your PH-balans. A green drink will help boost your metabolism and balance blood sugar levels. It can also help improve your skins complexion.

We created the superfood mix Detox Deluxe, precisely to draw out stored toxins (e.g. alcohol, plastics from food, heavy metals from diet, etc.) that have been stored for several years.



SMOOTHIES

9 out of 10 people eat less fruit and vegetable than the recommended daily 500 g. Smoothies is an easy way to get your daily dose of greens without any hassle. Just mix and drink. In this plan you'll find plenty of tasty recipes. A great way to maintain a strong and healthy body.

Superfood, fruits and vegetables contains several important vitamins, minerals, fibers and antioxidants. In liquid form, these nutrients become more easy for our bodies to process. Eating more fruits and vegetables could help reduce inflammation, improve the digestive system and reduce the risk of health issues.



SHOPPING LIST

SUPERFOOD FROM SUPERFOOD & BERRIES

- 1 Detox Deluxe
- 1 Protein Power
- 1 Berry Beautiful

FRUIT (PREFERABLY ORGANIC)

- 1 pear
- 3 oranges
- 9 apples
- 16 banans
- 10 lemon
- 1 package frozen blueberry
- 1 package frozen mango
- 1 package frozen rasberries

OTHER

- 4 dl nuts (ex. walnuts)
- 3 tbs tahini
- 1,2 l plant based milk
- 1 package of almond butter

FROM YOUR KITCHEN

- Olive oil
- Balsamico vinegar
- Sea salt
- Salt & pepper
- Cinnamon
- Peppar powder
- Coconut flakes
- Honey
- Pumpkin- & sunflower seeds
- Vanilla powder

GREEN (PREFERABLY ORGANIC)

- Fresh coriander
- Fresh parsley
- Fresh spinach (265 g)
- Fresh kale (100 g)
- Fresh ruccola (70g)
- 2 sweet potatoes
- 1 small cucumber
- 10 tomatoes
- 2 red onion
- 1 garlic
- 1 piece of fresh ginger
- 2 celery stalks
- 5 avocado
- 1 small cauliflower
- Small package of dates
- 1 package of quinoa
- Broad beans, chickpeas and lentils

DAY 1

When you wakeup: Green drink

1 tsp Detox Deluxe superfood mix + 2 dl water + 1 lemon. Mix superfood mix with water + juice from 1 lemon. Drink immediately.

Breakfast: green smoothie

1–2 tsp Detox Deluxe superfood mix + 2 dl of water + 1 apple + 2 bananas + 1 cm peeled fresh ginger + Small handful of fresh coriander + ½ dl pumpkin seeds. Mix all of the ingredients for at least 1 minute. Pour into glass or bowl. Top with pumpkin seeds if desired.

Spinach & sweet potato salad + 1 large glass of lemon water

50 g of spinach + 1 diced avocado + 1 diced medium sized cooked sweet potato + 1/4 diced cucumber + 1

diced tomato + 1/2 dl broad beans + 1 dl walnuts. Mix all of the ingredients in a bowl. Top with dressing and seeds.

Dressing: 1 tsp Detox Deluxe superfoodmix + 1 tbs tahini + 2 tbs water + pepper and salt. Whisk together ingredients to a sauce.

Snack: Fruit salad + 1 glass of lemon or ginger water
1 apple + 1 orange + 2 dates + 1/2 cup optional nuts + juice of 1/2 lemon. Dice fruit and nuts. Place in a bowl and top with lemon juice.

Dinner: Berry Beautiful smoothie

2 bananas + 2 tsp Berry Beautiful superfood mix + 1 apple + 2 dl plant based milk. Mix all of the ingredients for at least 1 minute. Pour into a glass or bowl.



DAY 2

When you wakeup: Green drink

1 tsp Detox Deluxe superfood mix + 2 dl water + 1 lemon. Mix superfood mix with water + juice from 1 lemon. Drink immediately.

Breakfast: Protein & Berry smoothie

2 tbs Protein Power superfood mix + 1/2 dl frozen blueberries + 2 bananas + 2 dl plant based milk. Mix all of the ingredients and pour into glass or bowl. Save some of the berries to add on top if desired.

Lunch: Quinoa salad with orange vinaigrette + 1 large glass of lemon water

1 dl quinoa+ 2 tomatoes + 50 g spinach +1 avocado.+1/2 dl broad beans.

Boil quinoa. Mix all of the ingredients in a bowl, add the dressing.

Dressing: 1 squeezed orange + 1 small pressed garlic + tbsp honey + 2 tbs balsamico vinegar + pinch of sea salt. Whisk all of the ingredient. Drizzle over the sallad.

Snack: pear snack + 1 glas of ginger water

1 pear + 1 piece of fresh cauliflower + 1/2 cup nuts. Cut cauliflower, nuts and pears into small pieces. Place in a bowl and eat.

Dinner: Green kale-smoothie

1-2 tsp Detox Deluxe superfood mix + 1/2 avocado + 2 fresh green kale leaves + 1 tbs honey (optional) + 1 dl frozen mango + 2 dl water. Mix all of the ingredients for at least 1 minute. Pout into glass or bowl.





DAY 3

When you wakeup: Green drink

1 tsp Detox Deluxe superfood mix + 2 dl water + 1 lemon. Mix superfood mix with water + juice from 1 lemon. Drink immediately.

Breakfast: Very Berry smoothie

1 tbsp Berry Beautiful + 2 bananas + 1/2 cup frozen raspberries + 1/2 dl frozen blueberries + 2 dl plant-based milk. Mix all of the ingredients for at least 1 minute. Pour into a glass or bowl. Top with berries.

Lunch: Chickpea salad

100 g cooked chickpeas + 1 pinch of pepper powder + 2 diced tomatoes + 70 g arugula + 1 small handful of finely chopped parsley leaves + 1/4 sliced red onion + 1 pressed clove of garlic + 1 small lemon + Sea salt + 1 teaspoon olive oil. Fry the chickpeas

with pepper powder, sea salt and garlic until nicely colored. Mix with other ingredients. Squeeze juice from a whole lemon and drizzle over a little olive oil.

Snack: Celery, nuts and dates + 1 glass of lemon or ginger water

1/2 celery stalk + 2 dates + 1/2 dl optional nuts.

Roughly chop celery, nuts and dates. Pour into a bowl.

Dinner: Health Haven smoothie

1 tablespoon Detox Deluxe + 2 bananas + 1/2 dl blueberries + 1 apple + a handful of coriander + 2 dl water + 1/2 dl sunflower seeds. Put all the ingredients in a blender and mix for at least 1 minute. Pour into glass or bowl. Top with seeds.

DAY 4

When you wakeup: Green drink

1 tsp Detox Deluxe superfood mix + 2 dl water + 1 lemon. Mix superfood mix with water + juice from 1 lemon. Drink immediately.

Breakfast: Protein smoothie

2 tbsp Protein Power superfoodmix + 2 bananas
1/2 avocado + 1 apple + the juice from 1/2 lemon + 1 large handful of chopped kale + 2.5 dl plant based milk + 1 / 2 dl frozen raspberries. Mix all of the ingredients for at least 1 minute. Pour into glass or bowl. Top with raspberries.

Lunch: Baked sweet potatoes with avocado + 1 large glass of lemon water

1 sweet potato + 1 diced avocado + 1/2 sliced cucumber + 1 red onion + ½ dl cooked lentils. Make

small holes with a fork in the potato. Bake in oven at 180 degrees until softened. Mix cucumber, avocado and onion. Cut a cross and open up the potatoes. Top with vegetables, lentils and dressing.

Dressing: 1 teaspoon Detox Deluxe superfood mix + 3 tbsp water + 2 tbsp tahini + 2 tbsp lemon + 1/2 pressed clove of garlic + sea salt + 1 tbsp honey (optional). Whisk in a bowl, season with sea salt

Snack: Apple rings + 1 glass of lemon or ginger water
1 sliced apple + 2 tbsp almond butter + cinnamon. Spread the apple rings with almond butter and top with cinnamon. Place on a plate and serve.

Dinner: Blueberry smoothie

1 tbs Berry Beautiful superfood mix + 2 frozen bananas + 1 dl blueberries + 2 dl plant based milk. Mix all of the ingredients for at least 1 minute. Pour into glass or bowl.



DAY 5

When you wakeup: Green drink

1 tsp Detox Deluxe superfood mix + 2 dl water + 1 lemon. Mix superfood mix with water + juice from 1 lemon. Drink immediately.

Breakfast: Apple- and blueberry smoothie

2 bananas + 1 msk Berry Beautiful superfood mix + 1 dl frozen blueberries+ 1 apple + 2 dl plant based milk. Mix all if the ingredients for at least 1 minute. Pour into a glass or bowl. Top with blueberries.

Lunch: Spinach salad

65 gram baby spinach +2 tsp balsamico vinegar+ 2 tsp olive oil + salt & pepper +1 dl walnuts. Cut the walnuts. Rinse the spinach and plate. Whisk vinegar, olive oil, salt and pepper and pour over the spinach. Top with walnuts.

Snack: Raw apple porridge + 1 glass of lemon water
2 sliced apples+ 2 pitted dates + 1/2 dl optional nuts / seeds + coconut flakes + 1/2 teaspoon cinnamon + 1 tbsp raw honey (optional) + juice from 1/2 lemon + 1 pinch vanilla powder. Mix apple, dates, nuts, honey, vanilla powder and lemon juice in a food processor or blender. Pour into a bowl and top with coconut flakes.

Dinner: Spinach soup

3 dl diced tomatoes + 1 celery stalk + 1 teaspoon Detox Deluxe superfood mix + 1 clove of garlic + 100 g baby spinach + 1 orange + small bunch of coriander + 1/2 avocado + 1 dl oven-roasted chickpeas. Mix tomatoes, celery and garlic with superfood powder and the juice from an orange in a blender. Add one handful of spinach at a time until everything is well mixed. Mix in avocado and coriander. Pour into a bowl. Top with roasted chickpeas.





AFTER 5 DAYS

Congratulations on successfully completing the 5-Day Health Plan!

You can do this plan several times a year if you like. It is also possible to extend it to one week or 10 days.

Any questions about health plan?
Get in touch with us at
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BEST OF LUCK!