

Quick and easy to implement

72 HOURS DETOX-PLAN

DELICIOUS SUPERFOOD-SMOOTHIES & SALADS

Superfood & berries

DOES YOUR BODY NEED TO RESET?



Bad food habits and stress can be signs that your body are in need of more nutrition and recovery.

Eat well. Feel well.



WHAT IS A DETOX?

This 72-hour detox is designed to help give your body a chance to reset!

Detox is a cleansing designed to help your body to eradicate waste products and toxics from your body. A detox is a gentler version than a fasting.

For three days you will only consume fresh ingredients and superfoods full of nourishment. The diet will help eradicate different toxics that have been accumulated in your liver and by doing so help cleanse your body.

Feel free to drink as much lemon-water, ginger-water or herbal tea as you wish during this detox.





WHY DETOX?

Your body is an amazing machine and can for the most part take care of itself. The liver is constantly operating, trying to cleanse everything that passes through our bodies. Due to a more modern way of life that often translates into our bodies being under a much greater strain. Large quantities of processed food and additives tend to leave the food that we eat less nutritious. Toxins from plastics has also become part of what we consume unintentionally. A detox is a way for us to help support our bodies natural cleansing cycle and to take care of digestive system.

In periods of stress and bad food habits a detox can be used to break old habits. In a limited amount of time you may be able to give your body a chance to get rid of toxins and waste products while resetting your system.

SUPERFOOD

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

WHY IS IT GOOD

Higher levels of vitamins and minerals have been located in various superfoods. They also help our bodies to maintain a stronger immune system and health. Superfood is also known to help clean various of our body's organs from toxins, help lower 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.**



SHOPPING LIST

SUPERFOOD FROM SUPERFOOD & BERRIES

- 1 Detox Deluxe
- 1 Berry Beautiful
- 1 Belly Boost

FRUIT (PREFERABLY ECOLOGICAL)

- 7 bananas
- 3 apples
- 3 oranges
- 3 lemon
- 1 packet frozen blueberries
- 1 packet frozen mango
- packet frozen raspberries

VEGETABLES (PREFERABLY ECOLOGICAL)

- 1 package kale (300 g)
- 1 package spinach (100 g)
- 2 tomatos
- 1 onion
- 2 avocado
- 1 package beans or chickpeas
- 5 carrots
- Raisin

OTHER

- 1 package nuts (ex. pine nuts)

FROM PENTRY (SEE WHAT YOU HAVE AT HOME)

- Vinegar
- Salt & Pepper
- Dijon mustard
- Honey



Day 1

When you wake up: Green drink

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink.

Breakfast: Belly Boost smoothie

1 banana + 2 dl frozen raspberries + 1-2 tsk Belly Boost. Mix it together and pour it into a bowl

Lunch: Berry Beautiful smoothie-bowl

1 banana + 2 dl water + 2 tsk Berry Beautiful + 1 dl blueberries your choice. Mix everything together, pour it into a bowl and top with berries. Ready to eat.

Mid-day snack; Green drink

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink. Slice up an apple to eat on the side.

Dinner: Green avocado salad with mustard dressing + one large glass of lemon water

100 g spinach + 2 tomatoes + 1 onion (raw) + 1 avocado + 100 g beans or chickpeas. Chop it all up then serve. Dressing: 1/2 tsk Dijon mustard + 2msk vingar + dash of lemon + 2 msk water + salt and pepper. Blend with a fork and pour over salad.



Day 2

When you wake up: Green drink

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink.

Breakfast: Belly boost and orange-smoothie

1 banana + 2 dl water + 2 tsk Belly Boost + 1 orange. Mix everything together, pour it into a bowl and top with berries.

Lunch: Carrot and berries-bowl

2 banans + 2 dl water + 1 msk Berry Beautiful+ 2 carrots. Mix ot together and pour it into a bowl. Topp with berries.

Mid-day snack; Green drink + 1 apple

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink. Slice and apple to eat on the side.

Dinner: Quick kale-salad + one large glass of lemon water

200 g kale + 1 msk nuts (ex. pine nuts) + 1/2 orange. Dressing: juice from 1/2 orange + 1 msk vinegar.+ salt & pepper. Cut the kale then massage the dressing into the kale until softening. Slice the orange into bits. Lightly roast the nuts in a pan. Use orange and nuts for topping.



Day 3

When you wake up: Green drink

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink.

Breakfast: Berry Beautiful and blueberry-smoothie

1 banana + 2 dl water + 1 msk Berry Beautiful + 1 dl blueberry. Mix everything together, pour it into a bowl. Top with berries and lemon balm. Ready to eat.

Lunch: Kale-smoothie

1 msk Detox Deluxe, 1/2 avocado, 1 hand fresh kale, 1 msk honey (optional), 1/2 dl frozen mango, 2 dl water. Mix everything together, pour it into a bowl or a glass. Ready to eat.

Mid-day snack; Green drink + 1 apple

1 tsk Detox Deluxe + 2 dl water + 1 dash of lemon. Mix it together and ready to drink. Slice on apple to eat on the side.

Dinner: Easy carrot-salad with lemon dressing + one large glass of lemon water

3 st shredded carrots + 1 handfull of raisin + juice from 1 lemon, 1/2 orange. Mix the shredded carrots with the raisin. Drizzle the lemon juice and place the orange on top of the carrot blend.

GREEN DRINK

Start your day off with a green drink to help cleanse your digestive system and resetting your PH-balans. A green drink will help rebuild certain body-functions such as your metabolism and blood suger. It can also help improve your skins complexion.

Deluxe superfoodmix is developed to help support your body's natural cleansing function and to replenishing it's vitamins, minerals, antioxidanter and green proteins.



SMOOTHIE

9 out of 10 people eat 500 gram less fruit and vegetable than WHO recommend. Smoothies is an easy way to help provide our bodies with fruits and vegetables needed to maintain a strong and healthy body.

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





Detox Deluxe

- Detox Deluxe is a superfoodmix made of wheatgrass, spirulina, barley grass, chlorella and blueberries to help support the body to cleanse from within.
- Detox Deluxe is full of both vitamins and proteins to help you get all of the essential amino acids and chlorophyll into your diet.
- Detox Deluxe has a "green" and slightly grassy taste. Some people like to drink this directly with water and a splash of lemon as a green shot, while others prefer to hide the taste in, for example a smoothie.



Berry Beautiful

- Berry Beautiful is filled with an extra dose of antioxidants, vitamins and minerals. It will help maintain your blood sugar levels, a normal function of the immune system, stronger nails and hair.
- Berry Beautiful contains lucuma, rosehip, baobab, blueberry and acai. It is enriched with C-vitamin, minerals and important antioxidants such as flavonoids, carotenoids and anthocyanin.
- Berry Beautiful has a natural sweetness in itself that suits both an younger and older audience. Berry Beautiful has a certain sour, berry taste with a slight hint of vanilla and works well with most products.



Belly Boost

- Belly Boost is a superfood mix that help maintain normal balance in the stomach and intestines.
- The superfoodmix only contains ingredients that have a low FODMAP and are also adapted for IBS problems. The ingredients are lemongrass, fenugreek, psyllium Husk, star anise, baobab, cinnamon and ginger.
- Belly Boost have a fresh taste of star anise reminiscent of licorice. It is best to drink as a hot drink with cinnamon and cardamom (in water or warm milk) or even cold directly in a glass of water or milk.

Eat well. Feel well.





Any questions about the detox?

Get in touch with us

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BEST OF LUCK!