



THE BEAUTY CHEF
14-Day Inner Beauty
Skin Cleanse Program

CLEANSE Inner Beauty powder is a comprehensive, nutrient-rich, naturally fermented super-greens supplement that gives your body a power-hit of Certified Organic alkalising foods to help you gently detox your skin and body effectively and naturally.

While CLEANSE Inner Beauty Powder works to support the body's detoxification processes on the inside to promote smoother, clearer skin on the outside, the best results happen when you combine CLEANSE with diet and lifestyle modifications. That's why we've put together The Beauty Chef's 14-Day Skin Cleanse programme. Packed with health and nutrition tips, meal inspirations, digestion guidelines and tasty recipes, this exclusive 14-day programme helps you to optimise the benefits and boost your results.

BENEFITS OF CLEANSE

1. **CLEANSE supports phase 2 detoxification and elimination.**
If you think of the liver as the body's washing machine, there are two cleansing 'cycles' called phase 1 and phase 2 detoxification pathways. These pathways are responsible for the detoxification and excretion of various chemicals, hormones, toxins, pathogens and allergenic food substances (salicylates, histamines, amines, sulphites, glutamates) from the body in two ways. Put simply, the phase 1 detoxification pathway converts toxic chemicals in the body into less harmful chemicals, while the phase 2 detoxification pathway renders toxins and chemicals less harmful to the body by having the liver team up with another substance, primarily sulfur-containing amino acids. Ingredients in CLEANSE, such as broccoli, beetroot, kale, barley grass, rosemary, St Mary's thistle, dandelion and barley grass, all contain crucial components that support the liver's phase 2 detoxification pathways.

The good news is, not only does CLEANSE Inner Beauty Powder and the 14-Day Skin Cleanse support the liver and the phase 1 and 2 elimination pathways, the programme also supports all the other elimination channels of the body, including:

- **Liver:** This is the body's chief detoxification organ and it neutralises wastes and toxins using the two-phase detoxification system.

It then either sends these processed chemicals to the bowels to be excreted via faeces or sends them to the body's other elimination organs.

- **Kidneys:** They filter the blood and excrete toxins via urine.
 - **Lungs:** Gaseous wastes and toxins are eliminated through exhalation.
 - **Skin:** Officially the body's largest organ, our skin eliminates both water and fat-soluble substances through sweat and sebum. Commonly described as the third kidney or the second liver, the skin is the organ that picks up the slack if the kidneys or liver are overloaded and under-functioning. The skin then tries to push out wastes and toxins through skin cells, which in many cases is the underlying cause of certain skin conditions.
2. **CLEANSE also supports the skin through its unique blend of powerful herbs and our exclusive bio-fermentation process.**

Fermented foods provide beneficial prebiotics and probiotics that support the detoxification and elimination pathways of the body. Many of the ingredients in CLEANSE are fermented using our unique FLORA CULTURE fermentation process (which nourishes the gut's good flora) and this creates a formula that is rich in naturally occurring prebiotics, probiotics and anti-oxidants, which help to cleanse

and heal from the inside out.

- The benefits of probiotics are:
- They directly neutralise various chemicals and toxins, which means they don't have to be processed through the liver, thus easing the burden on the liver.
- They manufacture some vitamins (B2, B3, B12, biotin, folic acid, vitamin K), which are essential for the liver's role in detoxification and methylation.
- They increase IgA levels in the gut, which are needed for a healthy gut wall. A healthy gut wall has a protective coating of mucous and friendly flora, however, if this paste is stripped away, the gut wall is easily damaged and can become 'leaky'. A leaky gut allows harmful substances (microbes, wastes, toxins, undigested foods) to seep across it into the tissue and blood, which then must go to the liver for further processing – thus placing more burden onto the liver.
- Probiotics contain enzymes called short-chain fatty acids that turn soluble fibre into a mucous-like gel that soothes, lubricates and feeds the bowels. CLEANSE Inner Beauty powder is rich in probiotics, prebiotics and soluble fibre, which naturally helps the elimination process.

Why anti-oxidants are important when you cleanse:

- Anti-oxidants are crucial to good skin health and beauty because of their anti-inflammatory benefits. All skin conditions/problems have inflammation as a central problem – acne, eczema, premature ageing – and by reducing inflammation, anti-oxidants help to calm the skin while reducing redness, irritation and sensitivity.
- Anti-oxidants help prevent premature ageing. Wrinkles are a product of free-radical damage and anti-oxidants help to keep these in check. Our body produces a large range of varying free radicals, so it's important to have a broad spectrum of anti-oxidants to counteract the damage.
- It's preferable to get anti-oxidants from food-based supplements because in nature, anti-oxidants are never single components. Instead, they are found alongside a vast array of other anti-oxidants that all work synergistically to neutralise the large amounts of free radicals our body produces every day. Free radicals are a natural by-product of our body's many internal functions and are also produced by the chemicals present in the food we eat, the pollutants we breathe and the toxins we absorb through our skin, thus making anti-oxidants vital to good health and beautiful skin. CLEANSE Inner Beauty Powder gives you a potent and reliable source of anti-oxidants to neutralise the toxins we are consistently exposed to.
- Sun exposure is the skin's enemy because of the potent free-radical damage it causes in the dermis. The anti-oxidants found in CLEANSE help protect against the free radicals caused by sun exposure.

WHO NEEDS CLEANSE?

Anyone who wants to improve the integrity and health of their skin, particularly anyone who does ANY of the following:

- Drinks alcohol
- Consumes sugar
- Consumes white-flour products or fried foods
- Smokes cigarettes (even 1 per day) or is exposed to passive smoking
- Drinks unfiltered water
- Regularly uses pharmaceutical medications
- Lives in a city
- Exercises near a main road
- Swims in chlorinated water
- Eats seafood and fish (mercury intake)

SIGNS THAT YOU NEED CLEANSE

CLEANSE Inner Beauty Powder is a gentle yet powerful way to support the body's detoxification and elimination pathways. Listed below are some common signs and symptoms that may indicate it's time to implement our 14-Day Skin Cleanse regime for the skin and whole body.

- Skin changes: Flaking, itching, rashes, pimples, psoriasis, rosacea, flushing, dull-looking skin, dehydrated skin that has lost its elasticity and spring, flaking nails, brittle dry hair.
- General fatigue and grogginess on waking: Despite having more than seven hours sleep.
- Strong body odours: Bad breath, smelly urine, smelly body odour, foul-smelling stools.
- Metallic taste in the mouth: Or mouth ulcers and/or frequent nose bleeds.
- Digestive issues: Bloating, flatulence, indigestion, undigested food in stools, reflux, allergies, intolerances, constipation, diarrhoea, haemorrhoids.
- Frequent headaches: Or migraines, insomnia, muscle pain and weakness.
- Weakened immunity: Frequent colds and flus that may be difficult to shake.

Many of these symptoms could be indicative of other health conditions, so it's important to seek medical advice if you are experiencing any of the above. A common cause, however,

is an overload of toxins within the body and CLEANSE Inner Beauty Powder and the 14-Day Skin Cleanse may be helpful in supporting the body's detox and elimination pathways to provide relief for many of these ailments.

WHEN IS IT BEST TO DO THE 14-DAY SKIN CLEANSE?

You can undertake the 14-Day Skin Cleanse at any time for a gentle way to support the body's detox and elimination pathways, especially if you can relate to any of the skin and body symptoms listed previously. You can do the 14-Day Skin Cleanse once to twice per year for an intense clean out and while spring is generally thought of as the ideal time to do a cleanse, you can do the programme at any time of the year. There's no time like the present to take charge of your health and our 14-Day Skin Cleanse is designed to work in both warm and cool weather. In the cooler months, choose more of the broths and soups to support your cleanse, while go for the smoothie options during the warmer months.

WHY CLEANSE?

HOW WILL I FEEL AFTER THE 14-DAY SKIN CLEANSE?

The 14-Day Skin Cleanse aims to improve the health and appearance of your skin, as well as resolve many common skin and hair problems by addressing the root causes: poor diet, digestion, elimination and hydration. Some of the benefits you may experience include:

- Clearer skin that is less reactive, calmer and less inflamed.
- A sense of energy and vitality throughout the day and on waking.
- Clearer thinking, a sharper memory and more stable moods and emotions.

WHAT HAPPENS NEXT AFTER THE 14-DAY SKIN CLEANSE?

If you would like to further the benefits you experience both during and after the 14-Day Skin Cleanse, the programme is very safe to continue for longer. In fact, you will gain even more benefits and improved skin health if the programme is followed for 28 days. To support your body on an ongoing basis, you can take 5-7gms of CLEANSE daily.

14-Day Inner Beauty Skin Cleanse Programme

Every day, we shower and brush our teeth to look and feel our best on the outside, but we often forget that our insides need a little TLC, too. That's why we created CLEANSE Inner Beauty Powder - an innovative super-greens detoxifying supplement designed to purify your body from the inside out.

Using a special blend of bio-fermented fruits, vegetables, seeds, roots, chlorella, plant fibre, purifying herbs, alkalizing greens and digestive enzymes, and packed with easy-to-digest naturally occurring vitamins, minerals, antioxidants and gut-healing prebiotics and probiotics, CLEANSE is a comprehensive, nutrient-rich, naturally fermented super-greens supplement that gives your body a power-hit of Certified Organic alkalising foods to help support your body's natural detoxifying process. CLEANSE works synergistically to give your body a shot of anti-ageing, free-radical fighting antioxidants that neutralise toxins and

promote healthy skin by utilising power ingredients like chickpeas, adzuki beans, mung beans, lentils and organic sprouted pea powder, which provides fibre to help the elimination process and remove toxins so they are not re-absorbed back into the blood stream. Additionally, broccoli, beetroot, kale, rosemary, St Mary's Thistle, dandelion, spinach, nettle, lemon, collared greens and a unique phyto-greens blend (including spirulina and barley grass) work to support the liver's second phase of detoxification, while a super-blast of digestive enzymes and inulin from Jerulsam artichokes work as a digestive aid.

While CLEANSE Inner Beauty Powder works to support the body's detoxification processes on the inside to promote smoother, clearer skin on the outside, the best results happen when you combine CLEANSE with diet and lifestyle modifications. That's why we've put together The Beauty Chef's 14-Day Skin CLEANSE programme. Packed with health and nutrition tips, meal inspirations, digestion guidelines and tasty recipes, this exclusive 14-day programme helps you optimise the benefits and boost your results. Happy cleansing!

THE IMPORTANCE OF GUT HEALTH AND PROBIOTICS DURING A CLEANSE

Prebiotics and probiotics support elimination and detoxification in a number of ways. This is why we believe Cleanse to be the perfect choice for a Skin Cleanse as it combines both good bacteria and detoxifying nutrients. How do friendly bacteria help the skin and promote detoxification/elimination?

- They promote regular bowel movements which is one of the body's main elimination pathways
- They improve the overall integrity of the intestinal wall, which reduces the amount of toxins entering the bloodstream. Leaky gut is a condition that is believed to be a core issue for many common skin problems.
- They directly neutralise certain toxins and prevent them being absorbed into the body.
- They help to produce short chain fatty acids (from the fermentation of dietary fiber) which improves the detox function of the liver and skin

“Beauty begins in the belly”



14 DAY SKIN CLEANSE

Program Principles

Before we get started on the actual plan, let's first discuss the goals and principles behind the Cleanse and why it is successful at improving skin health.

1. **Avoid inflammatory foods.** Low grade chronic inflammation is associated with all aspects of premature skin ageing and all common skin conditions. In fact, research is showing more and more, that inflammation is associated with almost every disease process known to us, especially the lifestyle influenced conditions such as cardiovascular disease, diabetes and cancer.

Our diet is a major source of chronic low grade inflammation to our skin. And the two most inflammatory foods that play havoc with our skin are damaged oils/fats and sugar (in particular concentrated fructose and sucrose). This is why the 14-Day Skin CLEANSE programme removes these two substances so that your skin has a chance to heal and rejuvenate.

Safe oils and fats have been listed in the Table (page 6). Please be diligent in avoiding all other fats and oils. If it isn't listed in the Allowed table, then please don't consume it during the 14-Day Skin CLEANSE programme.

As for sugar, we need to avoid all forms of sugar, except for some small quantities of natural sugars (see list for details). However, the less you have of these natural sugars during the 14-Day Skin CLEANSE - the better. Try making a batch of the Chocolate balls that has only a small handful of dates in the whole recipe. This way you will get satisfaction, without consuming too many of these popular sugar substitutes (that are still high in fructose).

2. **Minimise free radical exposure.** Free radical damage is a major source of inflammation. Free radicals are naturally formed in the body as a by-product of metabolism, but they can also be left behind by alcohol, diet (sugar, fried foods, burnt and charred foods), cigarette smoke, pollution, environmental chemicals, pesticides and the sun's radiation (even in winter). The most effective way to counteract them is with anti-oxidants. The 14 Day Skin CLEANSE helps to eliminate the formation of free radicals in the first place, as well as increasing antioxidants.
3. **Increase anti-inflammatory, anti-oxidant foods.** By eating plenty of anti-inflammatory and anti-oxidant foods, we help to combat and reverse the damage caused by inflammation and free radicals. This includes:
 - Adding plenty of colourful fruits and vegetables, in particular purple, blue and

deep red foods, into your diet, as they are extremely high in anti-oxidants and anti-inflammatory properties. Stock up on blueberries, dark cherries and purple versions of common vegetables (broccoli, carrots, sweet potato, cabbage, cauliflower and beetroot).

- Eating plenty of dark green leafy vegetables every day during the 14-Day Skin CLEANSE (and for the rest of your life).
 - Including spices such as turmeric and ginger into your meals, as both are very anti-inflammatory.
 - Drinking green tea, which contains anti-inflammatory substances. You can have two cups per day.
4. **Increase alkalising foods.** A popular concept in natural medicine is that of acid and alkaline balance. We are constantly reading that we should eat more alkalising foods and less acidic foods. But what exactly does this mean? Foods are classified as acidic, neutral or alkalising depending on whether they break down to acids or alkalising bicarbonates during digestion. While both healthy acid foods (animal meats, fish, legumes, grains) and alkaline foods (vegetables, some fruits) are essential for good health, many skin conditions are associated with an overly acidic diet. The 14 day skin CLEANSE diet includes lots of alkalising vegetables that help re-balance the body's tissues and skin cells. The

alkaline broth is specifically designed for an easy way to increase alkalising foods into your diet while doing the 14-Day Skin CLEANSE.

5. **Eat a varied diet with a wide range of nutrients.** We need a diverse diet that stimulates the appetite, provides all the nutrients for healthy skin and whole body health. Remember that the skin is a low priority in the body when it comes to vital organs. If our diet is low in nutrients, the skin will be starved of essential nutrients. While doing the 14-Day Skin CLEANSE, try not to eat the same meals every day. We have given you plenty of options and varieties to increase your nutrient intake.
6. **Avoid foods you are allergic or intolerant to.** If you know a food causes your skin to flare up, then avoid it, regardless of whether it's listed in the Allowed column.
7. **Avoid common skin and gut irritants such as wheat and dairy.** Wheat and dairy are to be avoided during the 14-Day Skin CLEANSE. This is because they are considered to be inflammatory foods for the skin and gut. Wheat contains two inflammatory substances called gluten and lectins that studies have shown to increase gut permeability (leaky gut) and chronic low grade inflammation. Leaky gut is a condition in the gut lining in which substances leak across the gut wall and enter the blood stream and then set up inflammatory and immune based reactions.



Program Principles

This process is associated with many types of skin conditions including eczema. Dairy also contains two inflammatory substances – lactose and casein. Again, studies show that many people react to these components of dairy and this is also associated with many skin conditions including acne. For these reasons we recommend that you avoid dairy and wheat while doing the 14 day skin CLEANSE.

8. **Reduce chemical exposure as much as possible.** In order to eliminate the toxic load on your body as much as possible, minimise your exposure to toxic chemicals wherever possible during the 14-Day Skin CLEANSE. Toxic chemicals can be found all through the home, foods and environment. Obviously we can't avoid them completely, but there are simple things that we can do to minimise our exposure.
 - Eat organic food wherever possible. And scrub and peel any produce that isn't organic, and wash your veggies in filtered water.
 - Drink only filtered water. Tap water contains heavy metals, chlorine, fluoride and other chemicals added in water purification and storage processes; domestic, agricultural and industrial pollutants as well as personal hygiene and pharmaceutical medications. Bottled water is packed into plastic containers that can leach potentially harmful chemicals into the water, especially when left for an extended period or in the sun.

- A staggering number of topical toxins are found in personal care and hygiene products and beauty products. It's a great idea to avoid these chemicals at all times, but especially during the 14-Day Skin CLEANSE. Our skin is a primary site of absorption of chemicals into the body so please be mindful of what you use. This website is a great resource as it allows you to search ingredients found in common skin care products - <http://www.ewg.org/skindeep/>
 - Buying certified organic skincare (bearing a logo) gives you assurance of clean and green skincare.
9. **Support elimination channels where ever possible:**
 - Bowel motions: While doing any kind of cleanse, it's important to keep the bowels moving regularly, as this is the main way to expel waste and toxins from your body. If you're finding your bowel movements are a little sluggish, drink warm water rather than cold or room-temperature water, incorporate chia seeds and freshly ground flaxseed into your diet and exercise regularly.
 - Skin brushing: An effective way to improve lymphatic flow, eliminate toxins and help banish cellulite is dry skin brushing:
 - It's best to dry brush first thing in the morning before you shower. Start with light pressure until you're used to the sensation, then move on to firmer strokes.

- Use a natural bristled brush (can be found at health food stores). Avoid synthetic or nylon brushes or gloves as they're too sharp and can damage the skin.
- Start with the soles of your feet, use swift upward strokes and brush from the feet, up the legs, working towards your heart.
- Once you've covered your lower body, move to your hands and work up your arms toward your heart in the same manner.
- Next (using a long handle brush or get your partner to help out), brush your back.
- Lastly, work on your abdomen (moving in a clockwise direction to follow the movement of the colon), chest and neck. It's best to avoid your face as most people's facial skin is too sensitive.
- Brush for about 2-3 minutes until your skin is rosy and slightly tingly.
- Always shower after you dry brush to wash off the dead skin.
- Keep a separate dry brush for every member of the family, and be sure to periodically wash it.

- Light exercise to stimulate the lymphatics. Each day during the 14-Day Skin CLEANSE, ensure that you do some moderate exercise each day such as walking. The lymphatic system needs to movement to stimulate the flow of lymph fluid. And one of the major roles of lymph fluid is to remove wastes and toxins from every cell in the body.

How to make the most of your 14-Day Skin Cleanse programme

Getting the best results possible from your 14-Day Skin CLEANSE programme means making a few diet and lifestyle adjustments. We've set out below a list of simple steps you can take to enhance the benefits of the CLEANSE detox for maximum skin benefits.

- Keep Table A (below) handy at all times so you know which foods you can enjoy while on the 14-Day Skin CLEANSE and which foods to avoid.
- Ease into the 14-Day Skin CLEANSE with a two-day preparation to prime your body: reduce caffeine to 1 cup daily; no alcohol; no white-flour products; no sugar; no processed foods or fast foods. By doing this, the CLEANSE programme won't shock your system and you are less likely to have side effects such as fatigue, headaches and skin breakouts.
- During the two-day prep, take a reduced dose of CLEANSE Inner Beauty Powder (4gms daily).
- Once you've finished your two-day prep, you're ready to start the 14-Day Skin CLEANSE. Firstly, increase the dose of CLEANSE Inner Beauty Powder to 10gms daily, either as one full morning dose or divided into two doses taken morning and night. In addition, follow the dietary guidelines of the 14-Day Skin CLEANSE, which also include the guidelines of the 2 day prep, but with further restrictions – see Table A for foods Allowed and foods to be avoided during the 14-Day Skin CLEANSE.
- Always start your day with a large glass of warm filtered water, adding a squeeze of fresh lemon juice if you wish.
- Follow with either a half or full dose of CLEANSE Inner Beauty Powder mixed into a glass of filtered water.
- Wait at least 10 minutes before eating breakfast.
- Always eat three meals per day to maintain energy levels.
- Always drink at least three litres of filtered water while cleansing to maintain optimum hydration levels and to flush out your bowels.
- Improve your digestion by following the guidelines at this end of this booklet. Remember, you are what you eat and also what you absorb from your food.
- Make vegetables and salads 50-70% of your plate at lunch and dinner.
- Red meat should be avoided if your skin is inflamed or irritated. Some people can choose to have organic red meat – once per week only.
- Cook creatively. Below are a number of meal suggestions that follow the principles from Table A. You can change them any way you like, so long as they stay within the guidelines.
- Prepare your meals at home wherever possible. Although it may not be always realistic to eat home prepared meals, try and minimise eating out as much as possible. When we eat out, we have far less control over the salt, sugar, additives and types of fat that are used in the cooking process. Ideally, do the 14-Day Skin CLEANSE programme at a time when you are able to block off your calendar and avoid social events as much as possible. In other words, don't pick a fortnight that you have lots of social events on.
- Enjoy our recipes. There are recipes at the end of this booklet that will give you a few new ideas and ways to cook foods that will enhance your cleanse, but these can also be mixed around to suit your personal tastes and to fit in with your life schedule.
- Depending on the season in which you do the CLEANSE programme, try to have at least one liquid meal per day. If you are doing this cleanse in warm weather, go for a smoothie meal per day. If you are cleansing during cooler weather, then enjoy at least one soup daily.
- Alkaline broth is beneficial to snack on throughout the day as a liquid drink (in any kind of weather). Try and have two cups daily.
- Trouble shooting: If you do experience side effects at the initial stages of the CLEANSE programme (such as headaches, pimples, fatigue, extra body odour) these are simply signs that the programme is working. You can either go back to the PREP stage and do it for longer and then start the 14-Day Skin CLEANSE again, or you can soldier on. If in doubt, please contact us at info@thebeautychef.com.

DIETARY GUIDELINES

Table A

ITEM	ENJOY	AVOID
VEGETABLES	<p>All vegetables are allowed (except for those listed in the Avoid column) - steamed, raw, stir-fried, baked</p> <p>Freshly squeezed vegetable juices (no added fruits other than berries, lemons or limes)</p> <p>Consume fresh, organic vegetables when possible. Frozen is OK occasionally.</p> <p>Non-organic vegetables need to be scrubbed well and/or peeled.</p> <p>If you can't get organic carrots, sweet potato and broccoli, eliminate them from your diet during the cleanse.</p>	<p>Canned and dried vegetables</p> <p>Corn</p> <p>Potato</p> <p>Mushrooms</p> <p>Pickled vegetables (in vinegar)</p>
MEATS/ PROTEIN	<p>Fish - fresh only (pay attention to the fish and seafood on the Avoid list). Choose wild caught, deep sea, cold water oily fish when possible - sardines are ideal.</p> <p>Canned fish: sardines, red salmon only</p> <p>Fresh salmon (Huon brand only)</p> <p>Chicken, turkey - free range or organic.</p> <p>Red meat: can be eaten once per week if desired (lean lamb is the best option, lean beef is OK, but not if you have an inflamed skin condition). Organic meat is preferable, but if not possible, try for grass-fed.</p>	<p>Processed meats</p> <p>Deli meats, like ham, sausages, bacon, etc.</p> <p>Seafood (prawns, oysters, lobster, crab etc)</p> <p>Processed fish products (smoked salmon, fish fingers etc)</p> <p>Swordfish, king mackerel, tile fish, flake, shark, orange roughly, tuna)</p> <p>Canned tuna</p>

Use this table as a reference guide for the foods allowed and foods to avoid. You can simply make your own meals based on this list and the principles below. I have also included meal ideas and some recipes for you to follow if you wish. You can also use your own recipes and meal ideas so long as they follow these guidelines.

ITEM	ENJOY	AVOID
FRUIT	<p>Lemon</p> <p>Lime</p> <p>2 of the following allowed daily: ½ cup berries (such as raspberries, cherries, blackberries, blueberries) that are fresh or frozen (must be organic if frozen); 1 apple, nectarine, peach, apricot, plum, ¼ papaya</p>	<p>All other fruits</p> <p>All dried fruits</p> <p>All fruit juices</p> <p>Melons</p> <p>Grapes</p> <p>Mangoes</p> <p>Bananas</p>
Grains	<p>Gluten Free grains (quinoa, millet, buckwheat)</p> <p>Spelt* (Sour dough spelt bread, pasta) - small amounts only occasionally</p> <p>Organic rolled oats* - small amounts (oats need to be soaked overnight before cooking/eating)</p> <p>Brown or basmati rice (max of 1/3 cup cooked with a meal)</p> <p>Sprouted essence bread.</p> <p><i>*If you are on a gluten free diet, then avoid these two grains. OR, if you experience any bloating from these two grains, then also avoid them.</i></p>	<p>Wheat and all wheat products.</p> <p>Kamut</p> <p>Rye</p> <p>Barley</p> <p>Soy flour</p>
Legumes	<p>Tempeh</p> <p>Tofu (no more than once a week)</p> <p>Chickpeas, kidney beans, lentils, cannellini beans, butter beans, aduki beans, black beans, (no more than ½ cup per day). Soak beans overnight before cooking to neutralise anti-nutrients.</p>	<p>Textured vegetable protein (TVP)</p> <p>Soy milk, yoghurt, cheese.</p> <p>Soy flour</p> <p>Soy oil</p>

DIETARY GUIDELINES

Table A

ITEM	ENJOY	AVOID
Eggs	Organic eggs - preferably poached or boiled. You may scramble them or make omelettes occasionally.	Non-organic eggs
Dairy & alternatives	Plain, unsweetened yoghurt (sheep or goat preferably) A small amount of plain cow's yoghurt (if tolerated) Goat's and sheep's cheese (small amounts weekly) Almond milk (unsweetened) Coconut milk, cream and water	Milk: cow, soy, rice, oat All cheese, including cheddar, parmesan, hard, ricotta, feta Flavoured yoghurt Cream, sour cream, ice-cream
Fats and oils	Avocado (not bruised) Butter (grass fed/organic only) Extra virgin olive oil (do not heat or use for cooking) Rice bran oil (the best oil for high temp cooking but keep below 250 degrees). Use sparingly and occasionally Extra virgin coconut oil (extra virgin is less stable than refined coconut oil, so be careful with keeping cooking temps from reaching too high). Macadamia oil (OK for low-temp cooking) Cold pressed flaxseed in small amounts as a daily supplement if you wish (NOT for cooking) Cook with coconut oil and ghee	Margarine Deep fried foods Re-heated oils Vegetable oils (including sunflower, safflower, corn, soy) Peanut oil Sesame oil Any other oil not listed in the Allowed column.

ITEM	ENJOY	AVOID
Nuts	Walnuts, almonds, macadamia, hazelnuts. Cashews are allowed, but not daily. Brazils need to be kept to a limit of four daily. Seeds: pumpkin, sunflower, chia, hemp All nuts and seeds must be raw and unsalted Ensure your nuts and seeds are as fresh as possible - don't buy in large bags. Always keep in the fridge or freezer. Nuts should be limited to 10 per serve.	Peanuts Pistachios Roasted, dry roasted Salted
Flavourings, condiments and spreads	Apple-cider vinegar Fresh lemon and lime juice Tamari sauce and shoyu Salad dressing of extra virgin olive oil and fresh lemon/lime juice Fresh herbs, garlic, ginger, chilli Himalayan pink salt or Celtic sea salt Freshly ground pepper Organic tamari Raw cacao powder	Mayonnaise Prepared salad dressings, spreads and sauces Tomato and BBQ sauces Mustard Soy sauce Vinegars (except ACV) Jam, peanut butter, Vegemite, commercial spreads, cheese spreads

Table A

ITEM	ENJOY	AVOID
Food additives/ flavourings	Herbs and seasonings listed above in the Allowed column.	Preservatives Additives Colourings Flavourings 200 numbers (sulphites) 600 numbers (MSG) TVP Yeast extracts
Sweeteners	Stevia A little raw organic honey A little organic maple syrup or black-strap molasses (limit of 1 tsp daily) Snacks made with small quantity of organic dates (see raw Chocolate Balls in Snacks)	Artificial sweeteners Agave Table sugar Corn syrup Fruit sweeteners
Beverages	Filtered water Green tea (max two cups daily) Herbal teas NOTE: If you must have coffee, choose organic and black or with almond milk and no added sugar or flavourings. Ideally, try and go without.	Tap water Bottled water Soft drinks Alcohol Cordial Coffee, black tea

ITEM	ENJOY	AVOID
Processed foods	Some foods can be bought ready- made, such as hummus, nut spreads and healthy dips. Just make sure they don't contain any preservatives, colourings, additives, flavours, sugars etc.	Processed junk foods Unhealthy fast foods (see Meal plans for healthy take away options) Convenience meals, frozen meals, sweets that contain sucrose.
Methods of Cooking	Steam Raw Lightly boiled Baked/roasted (at low temps)	Fried Deep fried High heat roasting/baking BBQ (if food is blackened and charred)

MEAL INSPIRATION

Breakfasts

While on the 14-Day Inner Beauty Skin Cleanse, it's vital to have a protein-rich breakfast within the first 30-60 minutes after waking to help keep your blood sugar balanced throughout the day. Below are some healthy breakfast ideas to keep you feeling energised the whole day through.

GREEN SMOOTHIE (see page 15 for recipe)

This smoothie is filling enough to be a meal replacement, as long as there is a protein component added. The Cleanse powder can also be added to this smoothie if you wish.

YUM CHAI SMOOTHIE (see Beauty Chef website for recipe)

This BODY Inner Beauty Powder protein shake can be made with filtered water, coconut water or almond milk and with 20gms of protein, it is a delicious breakfast or snack.

CHIA BERRY COCONUT PUDDING (see Beauty Chef website for recipe)

Although this is technically a pudding, it makes a delicious breakfast pick-me-up, plus you get a morning shot of probiotics and prebiotics, thanks to the addition of GLOW Inner Beauty Powder.

CWAD MUESLI (coconut, walnuts, apple, dates)

In a food processor, place 1 heaped tablespoon of shredded coconut or 1 piece of fresh coconut flesh; 20gm walnuts; 1 apple, cored and chopped, 1-2 organic dried dates. Process until shredded - delicious with a spoon of natural unsweetened yoghurt or unsweetened almond milk.

TOAST

Any from the 'Allowed' grains listed in the table with protein only.

Protein toppings for toast:

Poached, boiled or scrambled eggs; hummus; tahini or nut spreads (almond, cashew, brazil nut - available from supermarkets); avocado as a spread under eggs or other protein toppings; canned sardines, mackerel or red salmon (not tuna); scrambled tofu with extra-virgin olive oil drizzled on top.

OMELETTE

A great protein-rich breakfast - add almost any kind of vegetable and/or goat's cheese or feta for a tasty addition (see Recipe section). You can also add a piece of allowed bread/toast.

MUESLI & PORRIDGE

Only have these occasionally and make sure the oats have been soaked overnight and are organic (see page 15 for recipe).

BERRIES AND YOGHURT

Combine half a cup of frozen or fresh berries with 2 tbsps of natural, unsweetened yoghurt or coconut yoghurt with a sprinkling of allowed nuts and seeds.



Lunches & Dinners

It's important to nourish your body with healthy meals while on the cleanse, so make sure you always eat lunch and dinner and never skip a meal.

Try to eat lunch within four hours of having breakfast and if that's not feasible, reach for a protein-rich snack mid-morning (see Snacks section) to keep you going.

Try to have dinner around six hours after having your lunch, however if that doesn't fit into your schedule, eat a protein-rich snack in the afternoon to keep your energy levels up, and try to finish eating dinner at least two hours before going to bed.

- **Protein:** Always include protein and salads/vegetables at lunch and dinnertime.
- **Vegetables and salads:** Should make up at least 50-70% of your plate at lunch and dinner
- **Complex carbs:** You can include complex carbohydrates from the Allowed list, but have them in combination with proteins and salads/vegetables.
- **Salads:** There are many variations of salads that you can make from scratch or buy pre-made. Here is a simple guide to building a salad that contains all the required components or choosing one that fits with the cleanse requirements:
 - Use a base of raw, green leafy vegetables (try mixed salad leaves, including English spinach, rocket, iceberg lettuce, watercress, endive, radicchio).
 - Add vegetables, such as cucumber, celery, grated fennel, grated beetroot, shredded green or red cabbage, tomato, onion, grated carrot, chopped capsicum?.
 - Add protein, such as canned fish, chicken breast, lean lamb, boiled egg, tofu, goat's cheese, feta, nuts, legumes
 - Add some good fats, such as nuts, avocado and seeds.
 - Add low GI carbohydrates if you want it to be more substantial (sweet potato, pumpkin and grains, such as quinoa, amaranth, cous cous, buckwheat, millet, brown rice etc?).
- **Salad dressing:** use a base of extra-virgin olive oil and freshly squeezed lemon juice and add any extras according to taste (garlic, sea salt, pepper).
- **Sandwiches:** Limit your sandwich intake to one or two times per week while on the 14 Day Skin Cleanse (some of the allowed breads will only be suitable for toasting). When choosing a sandwich, go for one with a high-protein filling, contains good fats, such as canned salmon or sardines or free range eggs and add lots of salad leaves and vegetables.
- **Soups:** Always a great option for lunches and dinners during the cleanse, especially when the weather is cooler. (The alkaline broth can be drunk continuously throughout the day).
- **Smoothies:** These make a great option for meal replacements and snacks when the weather is warmer.
- **Protein/vegetable meals:** Many delicious meals can be constructed simply by putting protein and vegetables/salads together (depending on the weather), like chicken and steamed vegetables, fish and salad or frittata with salad. Alternatively, lightly stir-fried vegetables with a protein, such as poultry, meat or tofu, makes for quick, easy meals as do casseroles and slow-cooked stews. Consume red meat only once per week; chicken and fish can be eaten more often.
- **Eating out:** During the 14 Day Skin Cleanse, cook and prepare as many meals from scratch as possible. If you find you need to buy lunch or dinner, here are some suggestions:
 - **Fish:** Choose grilled fish only. Battered or crumbed is always deep-fried and should be avoided. Eat with a salad.
 - **Thai and Asian foods:** The biggest problem is the sauces (they usually contain sugar and vegetable oils) and white rice. If you can find a restaurant that cooks fresh stir-fries, ask for a simple meat or tofu dish with vegetables and without a sweet sauce. Ask them to use fresh herbs and spices, such as ginger, garlic, basil and lime leaves, and opt for a small portion of rice noodles.
 - **Barbequed or grilled chicken:** This is a good option if you avoid the skin, stuffing and gravy. Eat with a salad or steamed vegetables.

MEAL IDEAS

Snacks

It's OK to snack between meals while on the cleanse plan, but only from this healthy list.

- **Crudités:** Cut raw vegetables, such as carrots, capsicum and celery, into sticks and top with avocado, tuna, salmon, tahini, hummus or a homemade dip.
- **Nuts and seeds:** A handful of unroasted, unsalted nuts and seeds is a quick and easy snack – the healthiest options are walnuts, almonds, macadamias, pumpkin seeds.
- **Hard boiled eggs:** Make one in the morning and keep it in a container in your bag for a mid-morning snack.
- **Raw chocolate balls (see page 21 for recipe):** Great for a healthy sweet treat.
- **Smoothies:** A quick way to fill you up and give you an energy boost. See recipes on The Beauty Chef website.
- **Berries:** Whether fresh or frozen, add a dollop of natural yoghurt to a generous handful of berries and sprinkle with raw nuts (smaller quantity than for breakfast).



Digestion is the process of physically and chemically breaking down food in order to release its energy and nutrients in a form that can be absorbed and used by the body.

If our digestion is under par, then we can be eating the best foods in the world, but not gaining benefits from the wonderful nutrients that they contain. And if our body has a limited supply of nutrients to work with (weather through poor diet and/or faulty digestion), it will allocate the available nutrients to the most important organs such as the brain, heart, liver and kidneys, and the skin will be left to last as its low on the body's priority list. Therefore, how you digest your food has a huge impact on the health of your skin. CLEANSE contains a range of digestive enzymes that are designed to help break down carbohydrates, protein and fats - while you are taking it. In addition, there are a number of other things that you can do improve your own natural digestive processes.

The list below is taken from the book Radiant Health, Radiant Skin by The Beauty Chef naturopath Alison Cassar:

- **Eat appealing food.** The smell of delicious, appetising food stimulates digestive juices even before we've taken a bite.
- **Eat when hungry.** Hunger signals that our digestive system is ready to accept more food. Eating when we are not hungry can over-tax the digestive processes.
- **Chew well.** When we swallow our food, it should already be liquid in our mouths. This helps the absorption of nutrients from food.
- **Eat in a calm and relaxed environment.** Stress shuts down the release of digestive juices and diverts blood away from the digestive tract into the muscles. Consequently, digestion takes longer and is less effective. Always try and sit while eating and take a break from work to eat in a calm environment.
- **Stop eating before you are full.** The gastric juices and enzymes become exhausted if there is too much food and you will feel full and bloated as a result. Compare the stomach to a wood fire - if too much wood is put on a fire, it will smother it
- **Don't eat within 2 hours of bed time.** During sleep, digestion virtually stops. If you don't feel like breakfast when you wake up, you are probably eating too late and the food isn't being digested properly. One night, try having a very light meal or nothing at all and see if you feel different in the morning. You should also notice that your sleep improves and bad dreams are reduced.
- **Eat fermented foods.** The use of cultured, fermented, raw or living foods high in natural digestive enzymes will assist in the digestion process. This includes sauerkraut, kefir, yoghurt and miso.

To make your cleanse as easy and enjoyable as possible, below is a selection of recipes to get you started that follow the cleanse guidelines and are also healthy and delicious. Once you get the hang of what you can and can't eat on the cleanse, you'll soon find that you can easily adapt most recipes to meet the food guidelines outlined in Table A above.

BREAKFAST

See website for:

GREEN SMOOTHIE

INGREDIENTS

A variety of vegetables – good choices include cucumber, a handful of baby spinach leaves, 1 stick of celery, ½ carrot, sprouts, lettuce, etc

A whole lemon or lime, skin and pith removed

A handful of ice cubes made from filtered water

1 glass of filtered water (depending on the consistency you like)

A handful of frozen berries (optional, organic only)

A few sprigs of mint (optional, but great for a fresh flavour)

A few sprigs of parsley (optional)

Protein (try a handful of pumpkin, chia or sunflower seeds, or alternatively, add one heaped tablespoon of BODY Inner Beauty Powder – The Beauty Chef's fermented vegan protein powder)

CLEANSE Powder – in addition, you can add your daily dose of CLEANSE powder (but it doesn't count as the protein component)

1 tsp organic virgin coconut oil or shredded coconut (optional)

½ avocado (optional)

METHOD

Put all ingredients into a powerful blender and blend until liquefied, adding more water if you prefer a thinner consistency. You can make extra and store in the fridge for the evening or next day, just make sure that you fill the storage glass/jar to the brim and cover with a lid or covering. Serves 2.

OMELETTE

INGREDIENTS

2 eggs per omelette

1 tbsp filtered water or almond milk

A little butter, coconut oil or ghee for frying

Zest from ¼ lemon or lime

Himalayan pink salt or sea salt and freshly ground black pepper to season

Optional Fillings: Cooked vegetables, including asparagus, artichoke hearts, fennel bulb, leek, onion, pumpkin or zucchini; fresh rocket, baby spinach and sprouts; fresh herbs, like basil, dill, sweet marjoram, oregano, parsley, tarragon or thyme; and goat's cheese or feta.

METHOD

Mix the eggs, water or milk, citrus zest, sea salt and pepper together. Heat a little oil or butter in a frying pan. Pour in the egg mixture, coating the bottom of the pan. Arrange filling (see options below) on one side of the omelette. Cook over a gentle heat until the bottom of the omelette is set. Fold the other half of the omelette over the filling. Gently cook for a further 5 minutes until the filling is warm and soft.

PORRIDGE

INGREDIENTS

1 cup organic rolled grains (amaranth, oat, quinoa, rice, millet), soaked overnight

1/3 cup shredded coconut (dried or fresh)

Juice and zest of one fresh lemon

2 ½ cups filtered water or coconut water

Pinch of Himalayan pink salt or sea salt

METHOD

Soak the grains overnight in a covered bowl. Simmer the grains, spices, fruit and water until tender, stirring frequently to stop the porridge sticking to the bottom of the saucepan. Serve hot, adding any combination of one or two tablespoons of chia seeds, two tablespoons of Allowed fruits (raw, grated or stewed), or one or two tablespoons of biodynamic yoghurt. Serves 2.

BREAKFAST

SARDINES ON TOAST

INGREDIENTS

1 small tin of sardines
 1 slice sourdough bread (from allowed grains)
 ½ avocado
 Handful of baby spinach or watercress
 2 tablespoons of fresh parsley, chopped
 1 slice of red onion, finely diced
 2 tablespoons of lemon or lime juice plus a little zest
 Himalayan pink salt or Celtic sea salt and freshly ground pepper

METHOD

Empty the tin of sardines into a small bowl. Add the parsley, lemon juice, zest and a little salt and pepper. Mix through well, smashing the sardines a bit. Toast the bread and place onto a serving plate. Top with spinach leaves, sliced avocado and smashed sardines.

CHIA PUDDING

1/4 cup chia seeds
 1 cup coconut milk, depending on preference
 1 tsp organic raw honey (optional)
 Mix chia seeds, coconut milk, and honey together in a small bowl or glass mason jar. Let it set in refrigerator overnight.

Remove it from the fridge, and make sure your pudding looks thick and the chia seeds have gelled. Top with fresh fruit and nuts, and enjoy immediately. Serves 2.

CHIA, BERRY & COCONUT PUDDING

(see The Beauty Chef website for recipe)

SALADS

See website for:

ANTIOXIDANT SALAD

(with chicken)

INGREDIENTS

½ cup cooked chicken, shredded (for a vegetarian option, replace the chicken with 1 cup cooked chickpeas)

¼ cup red cabbage, shredded

1 cup organic baby spinach leaves

1 cup mixed sprouts (alfalfa, mung, broccoli etc)

½ red capsicum, finely sliced

1 Lebanese cucumber, diced

½ cup carrot, grated

¼ cup sunflower seeds

½ avocado, diced

¼ cup raw beetroot, grated

100gms goat's feta, cubed

½ cup cooked quinoa (optional)

Tahini dressing

1 cup if unhulled tahini

½ cup fresh lemon juice

1 garlic clove

Swish of extra virgin olive oil

Blend until you get a runny consistency.

You may need to add a little water.

Vegetarian option – replace the chicken with 1 cup cooked chickpeas.

Serves 2.

ROAST SALMON & BEETROOT SALAD

INGREDIENTS

4 small beetroots, unpeeled and quartered

2 zucchinis, chopped into large chunks

1 sweet potato, peeled and chopped into chunks

1 red capsicum, chopped into chunks

2 salmon filets (see guidelines)

2 tbsps light olive oil for cooking

2 tsp extra-virgin olive oil for dressing

2 large handfuls of baby spinach and rocket leaves

2 tsps apple-cider vinegar

METHOD

Coat the vegetables in olive oil and roast for around 40 minutes on a medium heat or until just tender.

Place the salmon fillets on top of the vegetables and put back into the oven for another 12 minutes then remove from heat. Put the vegetables and spinach into a bowl. Whisk the extra-virgin olive oil and apple-cider vinegar together and pour over salad, toss well. Divide over two plates and flake the salmon over the top. Serves 2.

SALADS

SUPERGREEN SALAD WITH SOFT EGG DRESSING

INGREDIENTS

4 stems of curly kale, torn into bite-sized pieces
 Juice of 1 lemon
 30 ml extra-virgin olive oil
 100 gm each green beans and sugar snap peas, cut into bite-sized pieces
 100 gm peas (frozen or fresh)
 1 bunch asparagus, very thinly sliced
 6 zucchini flowers, petals torn, stalks thinly sliced on a mandolin
 A large handful each of baby spinach and wild rocket
 A handful each of coarsely torn mint and flat-leaf parsley

Tamari roasted nuts and seeds

1 tbsp each coarsely chopped hazelnuts and almonds
 1 tbsp each sunflower seeds, pepitas and sesame seeds
 2 tsp each fennel seeds and cumin seeds
 1 tbsp tamari

Soft egg dressing

1 egg, at room temperature
 60 ml extra-virgin olive oil
 (or half extra-virgin olive oil and half almond oil)
 1 tbsp each cider vinegar and lemon juice, or to taste

METHOD

For tamari roasted nuts, preheat oven to 150C. Combine nuts in bowl with tamari, stir to coat. Spread on a baking tray lined with baking paper and bake, stirring occasionally, until dried and fragrant (15-20 mins). Meanwhile, dry-roast the remaining ingredients by cooking in a frying pan on the stovetop over medium heat, stirring occasionally, until fragrant and toasted (2-3 mins). Stir these through the nut-tamari mixture in the last 5 mins of cooking. Cool and store in an airtight container for up to 2 weeks.

For soft egg dressing, cook eggs in a saucepan of boiling water for 6 ½ minutes, drain, then cool under running water and peel. Shake remaining ingredients in a jar to combine, crumble in egg, season to taste and just before serving, shake again.

Massage kale in the lemon juice and olive oil until the kale starts to wilt (2-3 minutes), season to taste and set aside. Blanch beans, both peas and asparagus in a saucepan of boiling salted water until bright green (2-3 minutes), drain and cool under cold running water. Shake off the excess water, add to the kale along with the zucchini flowers and stalks, spinach, rocket and herbs. Toss through soft egg dressing (as much as you like to taste), toss to combine and serve scattered with tamari nuts and seeds. Serves 4.

SOUPS

See website for:

ALKALINE BROTH

INGREDIENTS

5 cups celery stalks and tops, chopped
3 cups carrot and carrot tops, chopped
1 cup zucchini, chopped
1 onion, chopped
2 cups red potato peels cut ½ cm thick
2 cups beetroot tops, chopped
4 litres filtered water

METHOD

Throw all the veg into a large saucepan, add the water, cover with a lid and bring to the boil. Reduce the heat and simmer for 20-30 minutes. Strain out the solids and drink within 3 days. Or freeze the liquid in one-cup (250ml) portions.

HEALING CHICKEN SOUP

INGREDIENTS

2 organic chicken carcasses
2-3 organic chicken wings
Enough cold filtered water to cover bones
1 tbsp apple-cider vinegar (helps draw minerals from the bones)
2 carrots, finely chopped
2 celery stalks, finely chopped
2 brown onions

1 bay leaf
4 sprigs thyme
4 garlic cloves, minced
1 cup fresh parsley
Ground black pepper and Himalayan pink salt or sea salt, to taste

METHOD

Boil up all the ingredients, adding more filtered water when required. Simmer for between 6-12 hours (slow cookers can be a great investment if you want to cook over a longer period). This soup can be strained and eaten as a broth or used as the stock base for other soups and meals. Or you can pick out the bones, leaving the vegetables and chicken flesh, and eat as a soup. Consume with 3 days or freeze in batches as soon as possible to keep histamine levels low.

CHICKEN & COCONUT BALLS IN SPICED BROTH

INGREDIENTS

For the chicken and coconut balls:
500g organic chicken, minced
1/2 cup quinoa, cooked in filtered water
1/2 cup coconut cream
1/2 bunch coriander finely chopped (roots included)
1 cm piece ginger, grated finely
1 big garlic clove grated (or 2 small)
Sea salt or pink Himalayan salt, couple of pinches

For the turmeric and kaffir-lime-spiced broth:

1 litre chicken stock, made using filtered water
400g can of coconut cream
1cm piece fresh turmeric, grated
1 piece ginger, sliced
6 kaffir lime leaves, bruised and torn
1 tsp pure maple syrup
Sea salt or pink Himalayan salt, to taste
1 fresh red chilli
Bean shoots
Mint
Thai basil
Coriander
Rice noodles, optional

METHOD

Combine all chicken and coconut ball ingredients in a bowl and mix with your hands until well combined.

Roll mixture into balls, using a heaped tablespoon as a size guide and set aside.

For the broth, add chicken stock and coconut cream to saucepan and bring to a simmer. Stir in turmeric, kaffir lime, maple syrup, salt and ginger slices and simmer for 15 minutes. Add chicken and coconut balls and poach in broth until cooked through.

Ladle broth and balls into a bowl and serve with fresh chilli, bean sprouts, mint, basil and coriander on top. For a more filling meal, add cooked rice noodles. Serves 4.

SOUPS

CHICKEN, VEGETABLE & QUINOA SOUP

INGREDIENTS

4 organic chicken wings or legs
2 carrots, diced
2 sticks celery, diced
1 onion, diced

1 large piece of pumpkin, cubed (larger than the other veg, or it will fall apart)

4 cloves garlic, finely chopped

A mix of diced vegetables (zucchini, broccoli, cauliflower, green beans, peas, corn kernels, choko, shredded cabbage, sweet potato etc) (Quantity will depend on the size of your pot)

2-3 litres of filtered water (depending on the size of your pot)

Himalayan pink salt or Celtic sea salt

½ cup quinoa, rinsed (and preferably soaked for at least ½ hour)

METHOD

This is a great recipe for using up all the vegetables in the fridge. Place the chicken into a large pot with the filtered water and salt and bring to the boil. Continue to boil for at least 1-2 hours with the lid on (topping up the filtered water if needed). Remove the chicken, leaving the liquid in the pot. If the water has boiled right down, you may need to add more filtered water (enough to cook the quinoa). Put all the vegetables into the pot with the quinoa. Bring back to the boil then turn the heat down

to a gentle simmer for around 30 minutes. In the meantime, pick the chicken from the bones and put back into the soup at any stage while the vegetables are cooking. Add more salt and freshly ground pepper for seasoning. Serves 4-6.

BEETROOT & CAULIFLOWER SOUP

INGREDIENTS

4 cups beetroot, peeled and chopped

4 cups cauliflower, chopped

1 large red onion, diced

1-6 cloves garlic, diced

2 bay leaves

1 tbsp extra-virgin olive oil

1 teaspoon dried thyme

8 cups filtered water

1-2 tablespoons biodynamic natural yoghurt

Fresh thyme

METHOD

In a large pot, sauté the onion and garlic in a little water or oil until translucent. Add the cauliflower and sauté until aromatic. Add beetroot, water, thyme and bay leaves. Bring to the boil and then simmer for at least 20 minutes or until the beetroot and cauliflower florets are tender. Blend until smooth. Stir through 1-2 tablespoons of extra-virgin olive oil and top with yoghurt and fresh thyme leaves. Serves 4.

QUICK SPICED CARROT & YOGHURT SOUP

INGREDIENTS

40ml coconut oil

1 red onion, thinly sliced

2 garlic cloves, finely chopped

1.2kg carrots, coarsely grated

1 tbsp ground cumin

2 tsp smoked paprika

2 lemons, juiced and with the zest finely grated

1.4 litres filtered water

20ml apple-cider vinegar, or to taste

300g sheep's-milk yoghurt

Coarsely chopped mint, coriander and flat-leaf parsley

Extra-virgin olive oil, to serve

METHOD

Heat the oil in a large saucepan over medium-high heat, add the onion and garlic and stir occasionally for about 3 minutes, or until tender. Add the carrot, spices and lemon zest, stirring occasionally until the carrot softens, then season to taste. Add the filtered water and bring to the boil, reduce heat to medium and simmer until flavours combine (about 10 minutes). Remove from heat, add the yoghurt and lemon juice and process with a hand-held blender until smooth. Serve hot, dolloped with extra yoghurt, scattered with herbs and drizzled with extra-virgin olive oil. Serves 4-6.

SOUPSBUCKWHEAT &
CHICKEN CONGEE

INGREDIENTS

1 cup buckwheat soaked
overnight in 1 cup filtered water
375 ml (1 ½ cups) organic chicken stock
2 tbsp tamari, plus extra to serve
3 whole spring onions, plus extra
thinly sliced to serve
5cm piece of ginger, coarsely chopped,
plus extra finely grated, to serve
3 skinless organic chicken thighs,
cut into bite-sized pieces
1 cup coarsely chopped choy sum or broccolini
Roasted sesame seeds, to serve

METHOD

Combine buckwheat, stock, tamari, spring onion and sliced ginger in a saucepan, bring to the simmer then stir occasionally over low heat until thick and the buckwheat has completely broken down (25-30 mins, add a little filtered water if mixture is getting too thick). Remove the ginger and spring onion, add the chicken and cook until the chicken is cooked though (4-5 mins). At the last minute, stir through choy sum and serve the congee hot, with tamari, sliced spring onion, grated ginger, chopped chilli and roasted sesame seeds on top to taste. Serves 4.

LUNCH & DINNER RECIPES

See website for:

ROAST VEGETABLE FRITTATA

INGREDIENTS

350g orange sweet potato, peeled, cut into 3cm pieces
1 red capsicum, cut into 3cm pieces
2 red onions, cut into wedges
2 zucchinis, cut into 3cm pieces
6 organic eggs
1/3 cup milk (almond or rice)
100g baby rocket and spinach leaves
30g goat's feta cheese

METHOD

Preheat oven to 220°C. Grease a 6cm deep, 20cm (base), 8-cup capacity square ovenproof dish. Line a large roasting pan with baking paper. Place sweet potato, capsicum, onions and zucchini in pan. Coat with coconut oil. Spread out in a single layer and roast for 30 minutes or until light golden and tender. Spread vegetables over base of prepared dish. Reduce oven to 190°C. Whisk the eggs, milk and pepper together in a jug. Pour the egg mixture over vegetables, shaking the dish gently to allow egg to spread to the base. Bake the frittata for 25 minutes or until the top is golden and the center is set. Set aside for 10 minutes. Cut into four pieces. Serves 2.

CAULIFLOWER RICE WITH MIDDLE EASTERN ROAST VEGETABLES

INGREDIENTS

1 large head (about 1.2kg) cauliflower, cut into small florets
1/2 cup coconut oil
1 eggplant, cut into 3cm pieces
1 red capsicum, cut into 3cm pieces
1 large zucchini, cut into 3cm pieces
1 red onion, cut into small wedges
400g pumpkin, trimmed, cut into 3cm pieces
1/2 tsp paprika
1/2 tsp ground cumin
1/2 tsp ground coriander
1/4 tsp chilli flakes
1 tbsp lemon juice
1 garlic clove, crushed
1 tsp honey
1/3 cup mint leaves
1/3 cup coriander leaves
1/3 cup feta, crumbled
2 tablespoons toasted pine nuts

METHOD

Preheat oven to 200°C. Grease and line two large baking trays with baking paper. Place the cauliflower florets on one of the prepared trays. Drizzle with 2 tablespoons coconut oil and toss to coat. Season with Himalayan pink or Celtic sea salt and freshly ground black pepper. Place eggplant, capsicum, zucchini, onion and pumpkin on the remaining tray. Combine paprika, cumin, coriander and chilli with 2 tablespoons of olive oil. Season with salt and pepper and drizzle over the mixed vegetables. Roast cauliflower and vegetables for 30 mins or until tender. Meanwhile, to make the dressing, whisk lemon juice, remaining olive oil, garlic and honey in a small bowl. Season with salt and pepper. Once the cauliflower is roasted, process in a food processor and until very finely chopped. Transfer to a platter. Toss vegetables with mint and coriander and arrange over the cauliflower. Top with feta and pine nuts before drizzling over the dressing to serve. Serves 4 as part of a meal.

Optional: serve with poached or grilled fish or chicken.

LUNCH & DINNER RECIPES

SAUTEED THAI LIME CHICKEN

INGREDIENTS

180 g chicken (or seafood or tofu)
1 tablespoon coconut oil
1 cup bean sprouts
1 clove garlic
1 teaspoon minced ginger
½ cup snow peas
½ cup sliced red capsicum
¼ cup slivered almonds
1 tablespoon lemon/lime juice
1 tablespoon organic tamari
Handful of mung beans

METHOD

Sauté chicken or alternative with ginger, garlic and organic tamari until cooked but not browned.

Add vegetables and cook for two to three minutes.

Sprinkle slivered almonds over meal just prior to serving.

Dress with lemon/lime juice.

Serves 2.

FRAGRANT WILD BARRAMUNDI CURRY WITH CAULIFLOWER RICE

INGREDIENTS

100 ml coconut oil
1 sweet potato, cut into 2-3cm chunks
1 carrot, coarsely chopped
1 brown onion, diced
30 gm finely grated ginger
1 long red chilli, thinly sliced
1 garlic clove, finely chopped
2 tsp black mustard seeds and ground tumeric
1½ tsp cumin seeds, ground cumin and ground coriander
1 tsp garam masala
½ tsp ground chilli
Seeds from 2 cardamom pods, crushed
5 ripe tomatoes, diced
150 gm split peas or lentils
600 gm wild caught barramundi, cut into 2-3cm chunks
Juice of 1 lemon
Handful of baby spinach
Coriander sprigs, to serve

Cauliflower rice

1 kg cauliflower, cut into small florets
50 ml coconut oil
½ onion, diced
1 tbsp finely grated ginger
1 small garlic clove

METHOD

Preheat oven to 200C. Heat half the coconut oil in a roasting pan in the oven, add sweet potato and carrot, season to taste, toss to coat in oil and roast until very tender (20-30 minutes).

Meanwhile, heat remaining coconut oil in a large saucepan over medium-high heat, add onion, ginger, chilli and garlic and stir until light golden (6-8 minutes). Stir in mustard seeds and cook until they begin to pop, then add remaining spices and stir until fragrant (1 minute, do not scorch or burn or the curry will be bitter). Add tomatoes and cook down until pulpy (6-8 minutes), then add split peas and 1.25 litres water. Bring to the boil, reduce heat and simmer until split peas break down and thicken the sauce (20-25 minutes).

Meanwhile, make your cauliflower rice by processing cauliflower in a food processor until fine. Heat coconut oil in a large frying pan over medium-high heat, add onion, ginger and garlic, saute until tender (3-4 minutes), then stir in cauliflower. Cook, stirring occasionally until beginning to turn golden (4-5 minutes), season to taste with sea salt and keep warm). If you prefer, you can simply steam the cauliflower for a lighter result.

Add barramundi and roast carrot to the curry mixture, simmer until fish just cooks through (3-4 minutes), season to taste at the end with salt and lemon juice and just before serving, stir through baby spinach and serve hot spooned over cauliflower rice, scattered with coriander. Serves 4-6.

SNACKS

See website for:

For more snack recipes, see
The Beauty Chef website.

CHOCOLATE BALLS OF BLISS

INGREDIENTS

2 cups desiccated coconut
(plus extra for coating the bliss balls)
½ cup raw cashews
½ cup raw almonds
½ cup sunflower seeds
¼ cup chia seeds
16 pitted medjool dates + 2-3 tbsp filtered water
4 scoops of BODY Inner Beauty Powder
3 tbsp raw cacao powder
2 tbsp coconut butter
2 tbsp almond butter
2 tbsp tahini
2 tbsp coconut oil
¼ tsp cinnamon
1 tsp vanilla extract

METHOD

Combine coconut, nuts and seeds in a food processor and blend until the mix resembles fine crumbs. Set aside in a separate bowl.
Seed dates and put them in the food processor with 2-3 tbsp water and let stand for 5 minutes. Blend to until it forms a chunky paste.
Add Body Balance powder, raw cacao and cinnamon to nut mix and combine. Add the nut mix to the date paste in the food processor.
Add coconut oil, coconut butter, almond butter, tahini, coconut oil and vanilla extract and

blend well until it forms a moist mixture.
If the mixture is too crumbly add a tbsp or two of filtered water. Shape mix into small balls and then roll in coconut. Store in an airtight container in the fridge. These balls will last in the fridge for up to four weeks.
Makes approx 40 balls.

RAW CARROT CAKE WITH MACADAMIA-VANILLA BUTTER FROSTING

INGREDIENTS

2 ½ cups coarsely grated carrot
½ cup coarsely grated granny smith apple, tossed with 2 tsp lemon juice
2/3 cup raw walnuts
2/3 cup pitted dates
2/3 cup shredded coconut
1 scoop GLOW powder
1 tsp vanilla extract
1 tsp ground cinnamon
½ tsp finely grated nutmeg
Finely grated rind of 1 orange

Macadamia-vanilla frosting (optional)

400 gm unsalted macadamias
3½ tbsp almond oil or melted coconut oil
2 tbsp maple syrup
Scraped seeds of 1 vanilla bean
or 1 tsp vanilla extract

METHOD

To make the frosting, blend the ingredients in a food processor, scraping down the sides every 5 minutes or so, until very smooth. The mixture will start off being dry and crumbly, then become smoother as the heat from the processing extracts the oil from the nuts. Stop the food processor part way through to give it a rest for 5-10 minutes to stop it overheating. Store in the fridge in an airtight container for up to 1 week. Pulse all the cake ingredients in a blender or food processor until smooth, then press into small muffin tins (about ½ cup capacity) or into a 20cm cake tin if you prefer and refrigerate until firm and well-chilled (2-3 hours). Spread frosting over the top to your desired thickness, scatter with extra spices and refrigerate, covered, for up to 3 days. Scatter with extra walnuts if you like or top with a pile of finely grated carrot just before serving. Serves 6-8.

DRINKS

See website for:

For more drink recipes, see
The Beauty Chef website.

GLOW GREEN JUICE

INGREDIENTS

Large handful of English spinach
1½ green apples, coarsely chopped
1 Lebanese cucumber, coarsely chopped
2 curly kale leaves, coarsely torn
½ lemon, coarsely chopped
¼ bunch mint
1 scoop GLOW powder

METHOD

Juice ingredients into a jug, then mix
through GLOW powder, pour over ice
and serve. Serves 1.

PINEAPPLE, MINT &
KOMBUCHA ICE WITH GLOW

INGREDIENTS

1 pineapple, peeled and coarsely chopped
1 bunch mint
250 ml kombucha
1-2 tbsp GLOW powder

METHOD

Juice pineapple and mint through a juicer (or
process in a food processor and strain through
a sieve, discard solids). Stir in kombucha and
GLOW, transfer to a shallow tray and freeze,
scraping occasionally with a fork, until frozen
and ice crystals form. Serve in chilled glasses,
with extra diced pineapple and mint leaves if
you like. Serves 4-6.

A SEVEN-DAY GUIDE MENU

After putting all of the principles into practice, this is what a typical weeks menu might look like.

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	Mon	Tue	Wed *	Thu	Fri	Sat	Sun
ON WAKING	Warm water and squeeze of lemon. 10gms of CLEANSE Inner Beauty Powder mixed into filtered water						
BREAKFAST	Breakfast Green Smoothie OR Yum Chai Smoothie	CWAD muesli	Breakfast smoothie OR Yum chai smoothie	Sheep's yoghurt, frozen berries, walnuts and chia bowl	Chia, berry and coconut pudding	Sardines on toast	BRUNCH Omelette with mixed vegetables.
MT	Handful of raw veg sticks with hummus	1 Raw Chocolate Ball	5 walnuts and a piece of fruit from allowed list	Handful of raw veg sticks with hummus	1 Raw Chocolate Ball	5 walnuts and a piece of fruit from allowed list	
Lunch	Raw Fennel, Beetroot and Carrot Salad with Sprouted Buckwheat	A soup of your choice	Frittata and Green leafy Salad with extra-virgin olive oil and freshly squeezed lemon dressing	Quinoa and Cannellini Bean salad	Leftover Cauliflower Rice with Veg	Quick Spiced Carrot and Yoghurt Soup	
3pm	2 cups of Alkaline Broth						Smoothie of your choice?
Dinner	*Roast Salmon and Beetroot Salad	*Frittata using left over roast vegetables	*Quinoa Pilaff with Baby Spinach, Fennel, Feta and Almonds	*Cauliflower Rice with Middle Eastern Roast Vegetables	Chicken and Coconut in Spiced Broth	Sauteed Thai lime chicken	Beetroot and Cauliflower Soup
Notes	*Make extra roast veg for tomorrow night's frittata	*Make extra frittata for lunch tomorrow	*Make extra quinoa for lunch tomorrow	*Make extra for lunch tomorrow			

Common side effects of a Cleanse programme include headaches, minor skin breakouts, fatigue, moodiness and general aches and pains.

These are all signs that the body's elimination and detoxification pathways are overwhelmed with the Cleaning process. They can also be the effects of withdrawal from a food or chemical. A common example is the headache people experience when they stop caffeine.

While these signs and symptoms are an indication that the 14-Day Skin Cleanse is working, they aren't necessary and can be uncomfortable. So what can we do about them?

At any stage, if you are feeling too uncomfortable, reduce the dose of the Cleanse inner Beauty Powder to half. Once the symptoms have subsided, then you can resume at full dose. Other tactics include:

- **Increase your water intake.** You should be drinking at least 2 litres of fresh filtered water on this programme anyway, but some people may need more. Increase to 2.5 litres and even 3 litres if the detox symptoms are still strong.
- **Reduce the intensity of your exercise,** especially if you are feeling fatigued during the programme.
- **Incorporate skin brushing into your daily routine** (see above for instructions)
- **Ensure that you are having at least once bowel motion daily** (see above for more information)