

Nectar of life

We understand it is sometimes hard to eat healthy on the go especially with work, family and social commitments. We've designed an eating plan which will enhance the dextox process and maximise weight loss.

Click below for tips, do's and don'ts, recipes and ideas.







# WATER

- 2 litres a day will keep you hydrated during the Somatox detox process
- Adding a fresh slice of lemon or lime has multiple benefits such as:
- · Giving your immune system a boost
- Cleansing your system
- Being an excellent source of potassium
- Keeping your skin blemish-free
- Helping you lose weight and
- Helping to cut out caffeine.

# TEA

- In order to optimise your detox process, we recommend herbal teas- in particular green tea without milk and suger.
- There is no solid evidence as to how many cups of green tea you should drinks, some say 3, some say 5 and others 10.
- Please keep in mind that green tea does contain caffeine, so if you're sensitive to caffeine then 1 should be your limit.

#### COFFEE

- Depending on why you're doing the Somatox detox, your approach towards caffeine will be different. So for example, if you're working towards weight loss then don't limit your caffeine intake as this could affect your metabolism.
- If it is for detoxing, then try and limit it to 1 or 2 cups a day, black and if white then with unsweetened almond milk.

## Juices

- Just because it says "not from concentrate" on the carton doesn't automatically mean it is healthy for you. Juice made that way is heated and stored in air-free tanks for up to a year. The process strips the juice of flavour- so manufacturers will add orange essence or orange oil for example to get the flavour back in.
- Green juices use large quantities of leafy vegetables and brassicas such as kale, spinach, chard and broccoli which means they have a lot of natural benefits over any packaged fruit juices.
- Freshly pressed vegetables juices are also good.
- But like with everything good or bad, drink in moderation.



#### SMOOTHIES

• Smoothies from the shelf aren't necessarily a healthy alternative to a fizzy drink. In fact, in recent researches it was found that fruit smoothies for children from major supermarkets contained up to 7 teaspoons of sugar. A can of Coca-Cola contains 5 teaspoons.

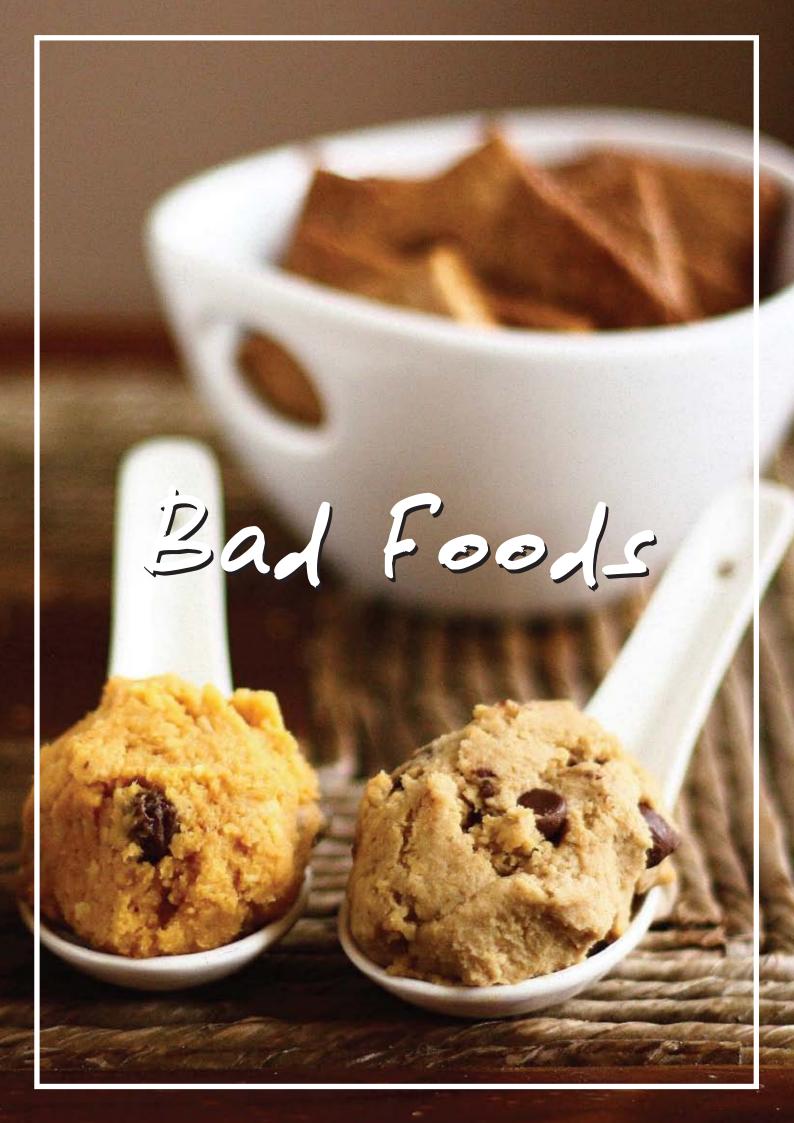
## ALCOHOL

• All beverages including wines, beers and spirits should be avoided during your Somatox programme.

## SOFT DRINKS

These are a big no no during the Somatox process.
 Especially flavoured drinks, cordial drinks etc







- Sugar
- Table salt
- Fatty animal meats, i..e. skinless chicken breast.
- Dairy products
- Refined white flour products, i.e. white rice, pasta, bread etc.
- Processed foods, i.e. chips, frozen foods, chocolate, cakes, biscuits, jams.
- Artificial sweeteners
- Fats such as saturated ones are the ones to avoid:
- High fat cuts of meat,
- Butter,
- · Cheese,
- Ice cream and
- Lard.





# VEGETABLES

- Broccoli- just a 100 gram serving will provide you with more than 150% of your recommended daily intake of Vitamin C! For the best results, steam broccoli lightly, or if you're really hardcore, eat it raw.
- Brussels sprouts- they are incredibly nutritious offering protection from Vitamin A deficiency, bone loss, and iron-deficiency.
- Cauliflower- eating this white goodness is like winning the antioxidant lottery. It is also an
  important source of dietary fibre for digestive health. What other vegetables offer you this, you
  ask?

Have a look at our helpful table below!

Broccoli	Turnips	Brussels sprouts
Cabbage	Bok Choy	Chinese cabbage
Arugula	Collard greens	Horseradish
Kale	Kohlrabi	Radishes
Mustard greens	Wasabi	Watercress

- Carrots- they are an excellent source of Vitamin A, providing 210% of the average adult's daily allowance. They also contain fibre, Vitamin K, potassium, folate, manganese, phosphorous, magnesium, Vitamin E and zinc, just to name a few!
- Pumpkin- it is the vegetable that will give you a fuller feeling which means your appetite will be kept at bay so you eat less overall.
- Avocado- known as a 'superfood' for its high nutrient value and its many health properties. For example did you know avocados contain more potassium than bananas. Avocado is a high fat food but it isn't just any fat, it is oleic acid. That is a monounsaturated fatty acid that is also the major component in olive oil.
- Edamame- these beans are naturally gluten free, contain no cholesterol, an excellent source of protein, iron and calcium. But the best part- it's low on calories!



#### FRUITS

- Pears- the benefits of eating a pear are endless! From preventing high blood pressure and stroke because of the anti-oxidant and anti-carcinogen they contain to being a natural source of energy due to the high amounts of fructose and glucose.
- Grapefruit Low in calories and full of nutrients, these balls of joy will help reduce bloating and assist with weight loss.
- Apples- they are known for satisfying those hunger cravings and only for a few calories.
   Make sure you include them as your one a day.
- Berries- make sure these are incorporated into your diet as they are a great source of antioxidants and vitamins. For example Acai Berries, Blueberries, Strawberries, Cranberries, Goji Berries, Raspberries.
- Watermelon- it contains an amino acid called arginine which could help to boost weight oss. Its high water content may also help you to feel fuller for longer.
- Bananas- make sure they are ever so slightly green and medium sized- why? It will fill you up and also help boost your metabolism.

### Lentils and beans

- Lentils are full of fibre and low in fat providing a minimal amount of calories per serving. They are a beneficial part of a weight-loss diet since the high fibre content of lentils can improve satiety and help keep you feeling full for hours.
- Red beans, Kidney beans and Black beans should also be incorporated into your diet- each are packed with protein and unlike red meat, it doesn't contain any saturated fat- an added bonus!
- Chick peas contain more than 2 grams of Resistant Starch, a type of dietary fibre than delivers some of the benefits of insoluble fibre and soluble fibre. It has been recognised as a 'beneficial carbohydrate' by the World Health Organisation.



# NUTS AND SEEDS

- Raw nuts such as walnuts, cashews, almonds.
- Chia seed, pumpkin seed, sunflower seed and linseed.
- Nuts and seeds should be consumed in moderation. 28g serving a day is sufficient to gain the health benefits.

# GRAINS AND OATS

- Brown rice, wholemeal pasta, quinoa, oats, buckwheat, rye sourdough.
- For weight loss it is best to limit the intake of carbohydrates through the Somatox process.
- Oats are rich in fibre- a serving helps you to feel full throughout the day. It contains that lovely Resistant Starch which helps boost metabolism and burn fat.

## SALMON

 The health benefits are endless. Packed with omega-3 fatty acids which boost your body's metabolism to improving heart health and even reducing depression!

# DARK CHOCOLATE

• Unlike milk or white chocolate, dark chocolate is loaded with nutrients that can positively affect your health. It is a powerful source of antioxidant. One study even showed that cocoa and dark chocolate contains more antioxidant activity, polyphenols and flavanols than other fruits tested including Blueberries and Acai berries! So its ok to consume this... in moderation!





#### **MONDAY**

Breakfast Egg white omelette with salmon

Lunch Gazpacho with slice of granary bread.

Dinner Grilled chicken with homemade guacamole and spiced kidney beans.

Snade Sliced apple on non fat plain yoghurt with cinnamon sprinkled on top.

Square of dark chocolate.

#### **TUESDAY**

Breakfast Porridge with berries and a little organic honey or maple syrup

Lunch Charred asparagus with poached egg and salmon

Dinner Grilled tuna steak with steamed broccoli, brussel sprouts and carrots.

Smale Cucumber, carrot, avocado slices with homemade humous (using chick peas).

#### **WEDNESDAY**

Brealfast Poached eggs, avocado and spinach leaves

Lunch Grilled chicken breast and supergreen (broccoli and kale), carrot, avocado and

sweet potato salad

Dinner Grilled salmon with a homemade pesto crust and sweet potato mash

Snade Air popped plain popcorn. Square of dark chocolate.

#### **THURSDAY**

Breakfast Non fat plain yoghurt topped with sliced apple, raw chopped walnuts and a little

organic honey.

Lunch Chicken breast noodle soup

Dinner Prawn, broccoli and wholemeal pasta salad.

Snade 25 almonds and 5 dried apricots



#### **FRIDAY**

Breakfast Fresh fruit salad (medley of berries, apples, bananas and grapefruit) topped with

toasted oats and a little organic honey or maple syrup

Lunch Poached egg and supergreen salad with 3 small new potatoes.

Dimer Teriyaki chicken with shiitake mushrooms served with brown rice.

Shade Whole apple and selection of berries. Square of dark chocolate

#### **SATURDAY**

Breakfast Scrambled egg whites with tomatoes and sautéed onions and grilled chicken strips.

Lunch Homemade houmous with baby carrots, bell pepper strips and wholemeal pitta

Dinner Tomato, bell pepper and chicken breast kebabs served with couscous and

homemade mint dressing.

Snack Non fat Greek yoghurt.

#### **SUNDAY**

Breakfast Natural peanut butter on a slice of wholemeal toast and a banana.

Lunch Mozzarella, tomato and mixed herb salad

Dinner Maple and mustard glazed salmon with steamed asparagus and 3 small new

potatoes

Snade 50g sunflower seeds. Square of dark chocolate



# SØMATOX







