



Eat healthy with our easy to prepare and time saving eating plan throughout the duration of your teatox. Always feel free to make a few little changes to the meals as long as they stay as clean, balanced and healthy diet. A little more advised while you are on your teatox and living a healthy life ♥

- ♥ Drink water. Lots of them.
- ♥ Add extra vegetables into meals to help you full up.
- ♥ Avoid processed, fast foods, alcohol and fizzy drinks.
- ♥ Avoid meat as they contain toxins that you're trying to cleanse during your teatox. Use fish as an alternative.
- ♥ Take fruits as snacks. Banana, apple, orange, grapes and strawberries make healthy snacks.
- ♥ Relax and live life! When you crave for sweets, have a bite of dark chocolate.

Breakfast

- Fruit smoothie (A blend of soya milk with berries, apples or bananas)
- Avocado toast with egg (2 slices of toasted whole grain bread, smashed avocado, 2 eggs)
- Strawberry-wich (1 slice whole grain bread, 2 tablespoons nut butter, 2-3 slices strawberries)
- 2 poached eggs on a slice of toasted whole grain bread
- 1 pot of fat-free yoghurt, 1 banana and 1 apple.
- 1/3 cup rolled oats, 1 small banana (smashed), 1/2 cup milk, 1/4 cup chopped nuts, a sprinkle of cinnamon
- 2 slices of wholemeal bread with 2 tablespoon of any low-fat spread, 1 banana.

Lunch

- 1 bowl of home-made vegetable soup with 1 wholemeal roll, 1 orange.
- Grilled cod on a bed of salad, 1 fat-free fruit yoghurt, handful of strawberries.
- 1 portion of fried Chinese brown rice with egg cooked with olive oil, 1 kiwi.
- 2 slices fresh mozzarella cheese, 2 plum tomatoes, 3 basil leaves, 1 tablespoon olive oil, sprinkle of balsamic vinegar, 1 whole grain baguette
- 4 strawberries, handful of pine nuts, ¼ broccoli, 1 slice fresh mozzarella cheese, sprinkles of olive oil and balsamic vinegar, handful spinach.
- ½ whole-wheat pitta, ½ cucumber, ½ pepper, ½ mixture of chickpeas and feta cheese, ½ romaine lettuce, 2 tablespoon of Greek dressing.
- ¼ avocado, 2 slices tomato, 1 olive oil fried egg, 2 slices of wholemeal bread.

Dinner

- ½ grapefruit, ¼ avocado, 1 tablespoon lemon juice, 1 tablespoon olive oil, pepper, salmon fillets and walnuts
- Chinese stir fry vegetables with handful of prawns (select from pak choi, gai lan, beansprouts, mooli or bamboo shoots and waterchesnuts), minimal use of olive oil, brown rice.
- Grilled salmon, jacket potato, steamed vegetables.
- Steamed seabass, 1 tablespoon soy sauce, spring onion, ¼ cup chopped ginger, brown rice.
- Stir fry handful rice vermicelli noodles, 5 prawns, ¼ green pepper, beansprouts, 1-tablespoon olive oil, 1 pinch salt, 1-tablespoon dark soy sauce.
- Sweet potato and spinach quesadilla (sweet potatoes, red-wine vinegar, sugar, black peppercorns, red onion, salt, black pepper, flour tortillas, baby spinach, mozzarella and olive oil)
- Gnocchi with Tomatoes, Pancetta & Wilted Watercress (1/2 ounces chopped pancetta, ¾ minced garlic cloves, 1 small tomato, a pinch of sugar, small pinch of crushed red pepper, ½ teaspoon red-wine vinegar, small pinch of salt, 1 ounce watercress, ¼ pound gnocchi, 1 spoonful grated Parmesan cheese.

Snacks to keep you going

- 1 small banana, 1 square of dark chocolate
- ¼ cucumber sliced with 2 tablespoons of hummus
- ½ cup plain Greek yoghurt, ¼ cup fresh blueberries
- 10 baby carrots with 2 tablespoons hummus
- 15 mini pretzel sticks with 2 tablespoons fat-free cream cheese
- 1 small apple, 1 low-fat cheese stick
- 1 handful of strawberries, 1 small banana.