

LIFE IN BALANCE

14 Day Cleanse & Reset



THE BEAUTY CHEF

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WHY CLEANSE

Our daily routine is made up of everyday habits that keep us going. But our health can sometimes take a backseat and we often forget that our insides need a little TLC, too. That's why we created DAILY SUPERGREENS Inner Beauty Support – a delicious, bio-fermented greens powder designed to help support the body's natural cleansing process while digestive enzymes, prebiotics and probiotics support a healthy belly.

By adding this revitalising potent formula to your inner beauty routine, you'll receive a supercharged dose of fibre and Certified Organic wholefoods including broccoli sprout, barley grass, spinach, kale and spirulina—as well as choline to aid fat metabolism and liver function.

On its own, DAILY SUPERGREENS is a powerhouse greens supplement! But you'll get even better results if you combine it with a few simple diet and lifestyle modifications. In *The Beauty Chef's 14 Day Cleanse & Reset*, you'll discover a wealth of health and nutritional information, as well as tips on how to improve your digestion and a bank of beautiful recipes to supercharge your results.

Ready, set, cleanse...

SUPPORT YOUR BODY'S NATURAL CLEANSING PROCESS

Think of your liver as your body's washing machine, with three cleansing cycles, or 'pathways'¹—phase 1, phase 2 and phase 3. These pathways are responsible for the detoxification and excretion of various chemicals, hormones, toxins, pathogens and allergenic food substances (for example: salicylates, histamines, amines, sulphites and glutamates) from your body.


During phase 1: Your liver converts toxic chemicals in your body, modifying them ready for phase 2. The side effect of this process, however, is that phase 1 produces a bunch of free radicals—molecules which can damage cells and cause premature ageing. To support phase 1 detoxification, it's therefore essential to up your intake of antioxidants as they help to mop up these potentially harmful compounds.

During phase 2: Your liver uses sulphur-containing amino acids to convert toxins and chemicals into less harmful substances, making them ready for elimination. And this is why DAILY SUPERGREENS Inner Beauty Support can be an incredible tool as sulphur-containing nutrients—such as broccoli, beetroot, kale, Jerusalem artichoke and barley grass—support phase 2 detoxification.

During phase 3: Substances which have been neutralised during phase 2 are released into kidneys and the liver via the bile ready for excretion². At this stage of detoxification, dietary fibre plays an important role as it binds to toxins in the bile and gut, helping to assist with elimination. Staying well-hydrated is also important in order to ensure your kidneys are able to do their job efficiently.

Your liver: As your body's chief detoxification organ, your hard-working liver helps to neutralise wastes and toxins using the two phases of detoxification. It then sends these processed chemicals to your bowels—or other elimination organs including your kidneys, lungs and skin—to be excreted.

Your skin: As your body's largest organ, your skin eliminates both water and fat-soluble substances through sweat and sebum. Often described as your third kidney or second liver, the skin is often the organ that picks up the slack when these other organs are overloaded or underfunctioning. When this happens, you can experience a myriad of skin issues.



CLEANSE

WHY IS GUT HEALTH SO IMPORTANT?

Good health and glowing skin begin in the gut, so it's important to nourish your inner health during your cleanse to encourage and maximise the benefits of detoxification.

Probiotic bacteria are key to this process and help to promote the elimination of toxins and effective cleansing in a number of ways:

- They ease the burden on the liver by neutralising chemicals and toxins that would otherwise need to be eliminated³.
- They assist in the production of some key vitamins—B2, B3, B12, biotin, folic acid and vitamin K—which are essential for the liver's role in detoxification and methylation⁴.
- Probiotics increase levels of IgA (Immunoglobulin A), in the gut⁵—an antibody which helps to maintain the integrity of the gut wall and supports your immune system to fight pathogenic bacteria, viruses and toxins. A healthy gut wall has a protective coating of mucous and friendly flora but when this lining is stripped away or damaged, the gut wall can become 'leaky'. Leaky gut is a condition which allows harmful substances—known as endotoxins—to cross the gut wall and escape into the bloodstream instead of being processed and eliminated⁶. This can trigger inflammation and places extra burden on the liver which then has to process any wastes and toxins circulating throughout the body.
- They are critical in the production of short-chain fatty acids (SCFAs)⁷—anti-inflammatory compounds which are produced when dietary fibre ferments in the colon and which help to keep our gut lining healthy. SCFAs also harbour immune-modulating properties which is crucial considering 70% of our immune system resides in our gut.
- They promote regular bowel movements, which is one of the body's main elimination pathways.

WHAT ROLE DO ANTIOXIDANTS PLAY?

It's no secret that antioxidants are essential for our overall health and wellbeing—as well as glowing skin. But did you know that antioxidants are also vital for effective detoxification?

During Phase 1 of detoxification, your liver generates free radicals¹⁰—inflammatory compounds which damage cells and contribute to premature ageing, collagen and elastin breakdown in the skin and fine lines and wrinkles. It's therefore essential to include an abundance of anti-inflammatory, antioxidant-rich foods—including dark leafy greens, garlic, turmeric and berries—in your diet during detoxification in order to help support your body's natural cleansing processes.

Who needs to Cleanse & Reset?

To support our overall health, beauty and wellbeing, we can all benefit from a cleanse. Consider the process an opportunity to give your system a gentle reboot. If you're not sure if a cleanse is right for you, consider the following.

DO YOU...

- Regularly drink alcohol?

- Regularly consume refined sugar?
 - Regularly consume refined food products, fried or processed foods?

- Smoke cigarettes or find yourself exposed to passive smoking?

- Live in an urban environment?

- Exercise near traffic and/or pollution?
 - Swim in chlorinated water?

- Eat seafood or fish that is high in mercury such as King mackerel, orange roughy, shark and swordfish?

If you answered YES to any of the above,
then you could definitely benefit from a gentle cleanse.

FAQS



OTHER SIGNS YOU MAY NEED TO CLEANSE INCLUDE:

Skin changes: Flaking, itching, rashes, pimples, psoriasis, rosacea, dull-looking skin, dehydrated skin that has lost its elasticity, flaking nails or dry, brittle hair.

General fatigue: Frequent tiredness, insomnia or lethargy upon waking, despite having more than seven hours sleep.

Body odours: Bad breath, smelly urine, excessive or smelly body odour, foul-smelling stools.

Metallic taste in the mouth: Or mouth ulcers and/or frequent nose bleeds.

Digestive issues: Bloating, flatulence, indigestion, reflux, undigested food in stools, allergies, intolerances/sensitivities, constipation, diarrhoea.

Frequent headaches: Or migraines, muscle pain and/or weakness.

Weakened immunity: Frequent colds or flus that are difficult to shake.

Note: Many of these symptoms could be indicative of other health conditions, so it's always important to speak to your healthcare practitioner before making any changes to your diet or lifestyle.

WHEN IS THE BEST TIME TO DO THE 14 DAY CLEANSE & RESET?

There's no time like the present to take charge of your health! Although many people are drawn to cleanse at the change of seasons, our 14 Day Cleanse & Reset is specifically designed to support your body at any time of the year. Ideally, we recommend you schedule your Cleanse & Reset during a time when you're able to block off your calendar and avoid the temptation of social events. It's also important to choose a time where you have the space to relax and rest—as this is also a vital part of cleansing.

HOW WILL I FEEL AFTER I COMPLETE
THE 14 DAY CLEANSE & RESET?

The aim of the cleanse is to improve your health by addressing some of the key factors that can impede good gut health and impact liver function. Some of the key benefits you may experience include:

More energy and vitality
upon waking, and
throughout the day

/

A clearer mind, sharper
memory and more stable
moods and emotions

/

Clearer skin that's
less reactive, calmer
and less inflamed

FAQS

WHAT HAPPENS NEXT?

If you would like to deepen the benefits you experience both during and after the Cleanse & Reset, feel free to continue following the same principles for a longer period of time.

For best results, continue to support your body by taking 1 teaspoon of DAILY SUPERGREENS Inner Beauty Support every day.





Program Principles

Before you get started on your 14 Day Cleanse & Reset—here are a few guiding principles that are guaranteed to supercharge your results...

1. AVOID INFLAMMATORY FOODS

Research shows that inflammation is associated with almost every lifestyle-influenced disease including cardiovascular disease, diabetes and cancer¹¹. Low-grade chronic inflammation is also closely linked to premature skin ageing—as well as a number of skin conditions¹². While inflammation can be caused by a myriad of factors—our diet can be a major source of low-grade inflammation and two food groups in particular that can wreak havoc are damaged oils and fats, as well as sugar—in particular excess fructose and sucrose¹³.

We have included a list of safe oils and fats in our Dietary Guidelines on page 27 and recommend minimising your sugar intake for the duration of your Cleanse & Reset. If you have a sweet tooth, we have included a recipe for Raw Chocolate Bliss Balls on page 78 which includes a small handful of dates.

2. MINIMISE FREE RADICAL EXPOSURE

Free radical damage is a major source of inflammation¹⁴. While free radicals are naturally formed in the body as a byproduct of normal metabolic processes, free radical damage can also be triggered by alcohol consumption, sugar, fried, burnt or charred foods, as well as cigarette smoke, pollution, environmental chemicals, pesticides and UV radiation (even in winter).

The most effective way to fight the effects of free radicals is to include antioxidant-rich foods in our diet regularly, which is why

the 14 Day Cleanse Program is designed to boost your body's antioxidant levels to help your body scavenge for these damaging compounds.

3. EAT A WIDE VARIETY OF NUTRIENT-RICH FOODS

The best way to reduce inflammation and combat free radical damage is to up your intake of nutrient-rich foods—and a diverse diet will also help to support your overall digestive health, keeping your microbes happy and your skin glowing. We have included plenty of options to help you increase your nutrient intake. But some simple ways to do this for yourself include:

Eat the rainbow: Colourful fruits and vegetables and heirloom varieties—especially those purple, blue or deep red in colour—are extremely high in beneficial antioxidants. Stock up on blueberries and purple versions of your favourite veggies like purple carrots, broccoli, sweet potato, cabbage, cauliflower and beetroot.

Up your intake of leafy greens and cruciferous vegetables: Rich in phytonutrients, dark leafy greens like kale, spinach, rocket and collard greens are naturally detoxifying. Cruciferous vegetables are also shown to be protective against cancer¹⁵ and help to promote our body's natural detoxification pathways.

Add spice: Including anti-inflammatory spices like turmeric and ginger in your meals is a delicious way to add flavour—and support your body during its cleanse.

Drink herbal tea: Blends including dandelion, licorice or fennel are delicious, rich in antioxidants and may help to fight inflammation.

4. ENJOY MORE ALKALISING FOODS

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 (eg. animal protein, fish, legumes, grains) and alkaline foods (eg. vegetables, some fruits) are essential for good health, an overly acidic diet can be detrimental to our overall health—as well as our skin. The 14 Day Cleanse & Reset includes plenty of alkalising recipes to help inspire you and rebalance your body!

5. DITCH GUT-COMPROMISING FOODS

While it's essential to focus on what you can enjoy, rather than what you should avoid during a cleanse—it's also important to give your body the best possible opportunity to do its job effectively. Aim to steer clear of refined sugars, alcohol and caffeine (if possible!) for the duration of your reset so that your body's elimination organs have the opportunity to rest, repair and focus on effective detoxification.

If you know of any other foods that irritate your gut or cause your skin to flare up, then avoid it—even if it's listed in the ENJOY column on pages 26–29.

6. MAKE HEALTHY CHOICES WHEN EATING OUT

Try to prepare and cook as many meals from scratch as possible. If you do find yourself needing to eat out however, here are a few healthy suggestions:

Fish: Avoid battered, crumbed or deep-fried fish and opt for grilled instead, served with salad and steamed veg. Check out our list of fish to ENJOY and AVOID on the table on page 26–29.

Sauces & flavour: Where possible, avoid sauces as they usually contain sugar and vegetable oils. Opt for fresh herbs and spices like ginger, garlic, basil and lime leaves.

Grilled lean meats and chicken: This is a great option, especially when served with salad or steamed veggies. Remember to avoid the stuffing and gravy.

7. EXERCISE GENTLY

During the 14 Day Cleanse & Reset, incorporate some gentle exercise into your daily routine to stimulate the flow of lymph fluid. This helps to remove wastes and toxins from every cell in your body—and makes you feel good too! Yoga, Pilates and gentle walks are all great options.

8. REDUCE YOUR CHEMICAL EXPOSURE

In order to reduce the toxic load on your body, try to minimise your exposure to toxic chemicals—which can be found in your home, foods and environment—as much

as possible during your Cleanse & Reset. While it can feel impossible to avoid these toxins entirely, there are a few ways to limit your exposure:

Eat organic where possible: Scrub and peel any produce that isn't organic and wash your veggies in filtered water and apple cider vinegar to reduce your exposure to pesticides.

Support your body's elimination channels: As your body cleanses, it's important to keep your bowels moving to expel wastes and toxins. If your bowel movements are a little sluggish, drink warm water—rather than cold—incorporate freshly ground flaxseeds into your diet and exercise regularly.

Boost your hydration: We already know that drinking plenty of water (where possible, filtered) each day is essential for good health—but staying well-hydrated is also vital for healthy digestion. Helping to support regular bowel motions and assist the passage of food through the gastrointestinal (GI) tract, drinking plenty of water helps your body cleanse itself and eliminate waste and toxins.

Review your topical skincare and personal care products: Commercial beauty and personal care products contain a staggering number of toxic ingredients. Our skin is also porous, so it's important to remember that any chemicals we apply topically may be absorbed into our bloodstream. Whenever possible, choose Certified Organic and natural options so you can ensure your beauty and skincare products are clean and green.

Review your household cleaning products: As with beauty and personal care products, many household cleaning products are laden with toxic ingredients and chemicals. Where possible, choose Certified Organic and natural options—or try making your own! There are countless resources and blogs online where you can find simple recipes for all your cleaning requirements.



Dry

Body

Brushing

TRY DRY BODY BRUSHING

Dry brushing is said to improve lymphatic flow, eliminate toxins and reduce the appearance of cellulite. It's best to dry brush first thing in the morning before you shower but start with light pressure until you're used to the sensation, then move onto firmer strokes. Always use a brush with natural bristles, rather than synthetic or nylon brushes or gloves, as they're too sharp and can damage your skin.

To begin, start with the soles of your feet and use swift upwards strokes, brushing from your feet, up your legs and towards your heart. Once you've covered your lower body, move to your hands and work up your arms in the same manner. Finish with you back and abdomen—always brushing in a clockwise direction—then finally, your chest and neck. It's best to avoid your face as most people's facial skin is too sensitive.

Brush for 2–3 minutes, or until your skin is rosy and slightly tingly—then shower to wash away any dead skin. To wash your brush, use a few drops of tea tree oil diluted in warm water.

To feel the true benefits of your Cleanse & Reset, it's important to get prepped. On the following pages we've included a table of foods to enjoy and avoid—as well as some simple diet and lifestyle tips...

TWO DAYS BEFORE YOU START:

Reduce your caffeine intake to 1 cup daily.

Eliminate alcohol.

Reduce your intake of refined white flour products and eliminate sugar, processed and junk foods. This will help to prepare your body for cleansing and ensure you're less likely to experience detox side effects like fatigue, headaches and skin breakouts.

Start taking 1 teaspoon daily of DAILY SUPERGREENS Inner Beauty Support.

DURING YOUR CLEANSE:

Increase your dose of DAILY SUPERGREENS Inner Beauty Support to 2 teaspoons daily—either taken in the morning or divided into two doses, taken morning and night. Review our list of foods to ENJOY and AVOID on pages 26–29 and make sure your fridge is well-stocked. Start your day with a large glass of warm, water, adding a squeeze of fresh lemon juice or a teaspoon of apple cider vinegar, if you wish.

Follow with either a half or full dose of DAILY SUPERGREENS Inner Beauty Support mixed into a glass of filtered water, where possible.

Wait at least 10 minutes before eating breakfast.

To maintain energy levels, eat three, larger main meals or six smaller meals each day.

Stay hydrated and flush out your bowels by drinking at least two litres of water each day while cleansing.

Support your digestion by reviewing our GUIDELINES FOR GOOD DIGESTION on page 24–25.

NUTRITION TIPS TO SUPPORT YOUR CLEANSE:

Make sure your plate is filled with at least 50–70 percent vegetables and salads at lunch and dinner.

If your skin is inflamed or irritated, we recommend limiting your red meat intake. Organic red meat is preferable.

Whenever possible, prepare your meals at home. When we eat out, we have far less control over the salt, sugar, additives and types of fat used in the cooking process.

Enjoy our recipes! At the back of this booklet, we've included a number of delicious recipes to enhance your cleanse. Feel free to tailor them to suit your personal taste and lifestyle.

Try to enjoy at least one liquid meal replacement each day. If you are cleansing during warm weather, choose a smoothie. If you are cleansing during cooler weather, opt for a soup instead. – The nourishing Alkaline Broth (page 59) is a great snack between meals to keep you satiated and hydrated. Try to have two cups daily.

Troubleshooting: If you experience any side effects during the initial stages of the Cleanse & Reset—such as headaches, pimples, fatigue or extra body odour—these are simply signs your body is detoxing. However, if you are worried about any side effects you are experiencing, please contact your health practitioner immediately. If you have any questions, you can also contact us at info@thebeautychef.com

GUIDELINES FOR GOOD DIGESTION

Digestion is the process of physically and chemically breaking down food to release its energy and nutrients so they can be effectively absorbed and utilised by the body. But if our digestion is under stress—or we're experiencing gut health issues—even the most nutrient-dense food will be unable to provide optimal benefits.

When the body has only a limited supply of nutrients—whether due to a poor diet, gut health issues or faulty digestion—it automatically reallocates these key nutrients to vital organs including the brain, heart, liver and kidneys. As a result, our skin can often be the last organ to receive nutrients. On top of this, if the liver (our primary detoxification organ) becomes overburdened, the skin—one of the body's other key elimination organs—has to pick up the slack and this can lead to dull, dry, congested or lacklustre skin.

To help support detoxification, liver function and effective digestion, DAILY SUPERGREENS Inner Beauty Support contains a range of digestive enzymes designed to assist digestion and help to break down macronutrients.

The tips included below will also help to improve your digestion and are an edited extract from the book, *Radiant Health, Radiant Skin*, by our consulting naturopath, Alison Cassar:

Eat appealing food: We eat with all our senses and the smell and sight of delicious food stimulates digestive juices before we've even taken a bite.

Eat when hungry: Hunger signals that our digestive system is ready to accept more food. Eating when we're not hungry can over-tax the digestive process.

Chew properly: When we swallow our food, it should already be liquid in our mouths. Chewing properly mixes our food with salivary and digestive enzymes—assisting in the breaking down of food.

Eat in a calm, relaxed environment: Stress can actually shut down the release of digestive juices and diverts blood away from the digestive tract and into the muscles—slowing down and compromising digestion. This is why it's important to always try to sit while eating and take a break from work to eat in a calm environment.

Stop eating when full: When we overeat, our gastric juices and enzymes become exhausted, leaving us feeling full and bloated. Compare your stomach to a wood fire—if you put too much wood on the fire, it smothers it.

Avoid eating late at night: Try not to eat within two hours of bedtime as during sleep, digestion virtually stops. If you don't feel like breakfast when you wake up, it's likely you're eating too late and your food isn't being properly digested. Try having a very light meal at night (or nothing at all) and see if you feel different in the morning. You should notice improved sleep, with fewer vivid dreams.

Eat fermented foods: Cultured, fermented, raw or living foods are naturally high in digestive enzymes which assist in the process of digestion. Try sauerkraut, kimchi, kefir, yoghurt and miso.

ITEM	ENJOY	AVOID
VEGETABLES	<p>All fresh vegetables are allowed. Enjoy veggies steamed, raw, stir-fried or baked.</p> <p>Fermented foods including sauerkraut and kimchi.</p> <p>Freshly squeezed vegetable juices (no added fruits, other than berries, tomatoes, lemons or limes).</p> <p>Choose fresh, organic vegetables when possible—especially carrots, sweet potato and broccoli.</p>	<p>Canned vegetables.</p> <p>Pickled vegetables (which unlike fermented foods have been soaked in vinegar to achieve a sour flavour).</p>
MEAT/EGGS & PROTEIN	<p>Fresh fish: Choose wild-caught, deep sea, cold water, small, oily fish—sardines are ideal.</p> <p>Pay attention to the fish and seafood on the AVOID list.</p> <p>Canned fish: Where possible, choose BPA-free canned products.</p> <p>Poultry: Free-range or organic chicken and turkey, where possible.</p> <p>Red meat: Can be enjoyed once a week if you don't have inflamed skin. Choose lean lamb or lean beef.</p> <p>Organic, grass-fed is preferable.</p> <p>Eggs: Use organic eggs where possible, preferably poached or boiled. You may scramble them or make omelettes occasionally.</p>	<p>Processed & deli meats: Ham, sausages, bacon etc.</p> <p>Seafood: Prawns, oysters, lobster, crab etc.</p> <p>Some fish: Swordfish, king mackerel, tilefish, flake, shark, orange roughly.</p>
FRUIT	<p>Lemon, limes, pineapples and tomatoes.</p> <p>Two serves daily of fruit, such as 1/2 cup of fresh or frozen organic berries, 1 apple, 1 nectarine, 1 peach, 1 tomato, 1/2 cup pineapple or 1 apricot.</p> <p>Add fresh lemon or lime juice to meals, especially salads.</p>	<p>All dried fruits.</p> <p>All fruit juices (either freshly squeezed or packaged).</p> <p>Melons, grapes, mangos, bananas.</p>
GRAINS	<p>Pseudo-grains and seeds: Quinoa, millet, buckwheat, amaranth.</p> <p>Spelt: Sourdough spelt bread, pasta—enjoy small amounts.</p> <p>Organic rolled oats: Soak overnight before cooking and eating—enjoy small amounts.</p> <p>Brown or Basmati rice: Max 1/3 cup cooked with a meal.</p> <p>Sprouted Essene bread.</p>	<p>Avoid any gluten-containing grains if you are allergic to gluten or experience any bloating.</p>

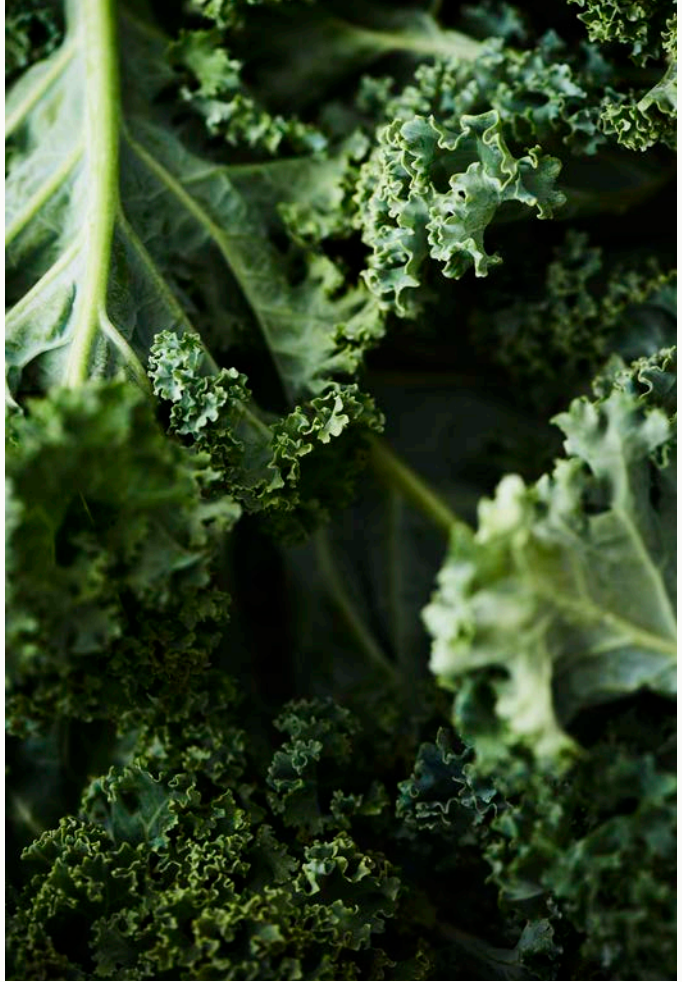
ITEM	ENJOY	AVOID
TEMPEH	<p>Tempeh.</p> <p>Tofu (no more than once a week).</p> <p>Chickpeas, kidney beans, lentils, cannellini beans, butter beans, adzuki beans and black beans. Soak beans overnight and rinse well before cooking to neutralise any anti-nutrients, like phytic acid.</p>	<p>Textured vegetable protein (TVP).</p> <p>Soy milk, yoghurt and cheese.</p> <p>Soy flour.</p> <p>Soy oil.</p>
DAIRY & ALTERNATIVES	<p>Yoghurt: Plain, unsweetened and calcium fortified (preferably sheep, goat or coconut). A small amount of cow's yoghurt is allowed, if tolerated.</p> <p>Cheese: Goat's and sheep cheese, small amounts each week.</p> <p>Coconut milk, cream and water.</p> <p>Almond milk.</p>	<p>Textured vegetable protein (TVP).</p> <p>Soy milk, yoghurt and cheese.</p> <p>Soy flour.</p> <p>Soy oil.</p> <p>Flavoured yoghurts, cream, sour cream and ice cream.</p>
FATS & OILS	<p>Avocados.</p> <p>Organic grass-fed or cultured butter and ghee.</p> <p>Extra virgin olive oil: Fresh and for cooking.</p> <p>Rice bran oil: This is the best option for high temperature cooking, but keep below 250 degrees Celsius. Use sparingly.</p> <p>Extra virgin coconut oil: Extra virgin is less stable than refined coconut oil, so try to keep cooking temperatures low.</p> <p>Macadamia oil: Use for low temperature cooking.</p> <p>Cold-pressed flaxseed oil: Use in small amounts as a daily supplement, if you wish. Not to be used for cooking.</p> <p>Coconut oil and ghee.</p>	<p>Margarine.</p> <p>Deep-fried foods.</p> <p>Vegetables oils: Including sunflower, safflower, corn and soy.</p> <p>Peanut oil.</p> <p>Sesame oil.</p> <p>Caged eggs.</p>

ITEM	ENJOY	AVOID
NUTS & SEEDS	<p>Nuts: Walnuts, almonds, macadamias and hazelnuts daily, but no more than 10 per serve. And stick to no more than four Brazil nuts per day.</p> <p>Seeds: Pumpkin, sunflower, chia, hemp and sesame.</p> <p>Note that all nuts and seeds should be raw and unsalted—and activated where possible. Store in the fridge or freezer to keep them fresh, and avoid buying in bulk.</p>	<p>Roasted, dry-roasted or salted nuts.</p>
FLAVOURS, CONDIMENTS & SPREADS	<p>Apple cider vinegar, raw where possible.</p> <p>Fresh lemon and lime juice.</p> <p>Tamari sauce and shoyu.</p> <p>Fresh herbs: Garlic, ginger and chilli are great ways to add flavour.</p> <p>Himalayan pink salt, or Celtic sea salt.</p> <p>Freshly ground black pepper.</p> <p>Raw cacao powder.</p> <p>Nut butters (made from 100 per cent nuts and seeds only).</p>	<p>Mayonnaise.</p> <p>Packaged and processed salad dressings, spreads and sauces.</p> <p>Tomato and barbecue sauces.</p> <p>Mustard.</p> <p>Soy and Teriyaki sauce.</p> <p>Vinegars (except apple cider vinegar).</p> <p>Spreads: Jams, conventional peanut butter, Vegemite, commercial spreads and cheese spreads.</p>
FOOD ADDITIVES & SWEETENERS	<p>Fresh herbs and seasonings, as listed above.</p> <p>Stevia.</p> <p>A little raw organic honey or maple syrup.</p> <p>Snacks containing small amounts of organic dates (for example, Raw Chocolate Bliss Balls on page78).</p>	<p>All preservatives, additives, colourings and flavourings.</p> <p>200 numbers (sulphites).</p> <p>600 numbers (MSG).</p> <p>Yeast extracts.</p> <p>Artificial sweeteners.</p> <p>Other sweeteners: Agave, table sugar, corn syrup and fruit sweeteners.</p>

ITEM	ENJOY	AVOID
PACKAGED FOODS	<p>Some foods can be bought ready-made, including hummus, nut spreads and healthy dips. Just remember to read the label and ensure they don't contain any preservatives, colourings, additives, flavours, sugars etc.</p> <p>Non-organic vegetables need to be washed in water with apple cider vinegar, scrubbed well and/or peeled.</p>	<p>Processed and packaged junk foods.</p> <p>Unhealthy fast foods.</p> <p>Convenience meals, frozen meals and sweets.</p>
BEVERAGES	<p>Filtered water, where possible.</p> <p>Organic green tea (max 2 cups daily).</p> <p>Herbal teas: Just ensure they contain no added sweeteners or artificial flavours.</p> <p>Coffee: If you must have coffee, choose organic and black. Or, opt for almond milk with no added sugar or flavourings.</p>	<p>Soft drinks.</p> <p>Alcohol. Cordial.</p> <p>Coffee and black tea, if possible.</p>
COOKING METHODS	<p>Steamed, raw or lightly blanched vegetables.</p> <p>Baked or roasted, at low temperatures.</p>	<p>Fried or deep-fried.</p> <p>Roasting or baking at high heats.</p> <p>Barbecue: If food becomes blackened or charred.</p>

Discover the simplicity of
nutrient-dense, wholefoods
with our collection of
delicious recipes...





Breakfasts

While completing the 14 Day Cleanse & Reset, it's important to enjoy a protein-rich breakfast within 60 minutes of waking to help keep your blood sugar levels balanced. Below are a few delicious breakfast ideas that will ensure you stay energised all day.

GREEN SMOOTHIE (PAGE 38)

This smoothie is filling enough to be a meal supplement if you add some protein such as our BODY Inner Beauty Support. DAILY SUPERGREENS Inner Beauty Support can also be added to this smoothie.

YUM CHAI SMOOTHIE (PAGE 46)

Enjoy this delicious protein shake—which includes BODY Inner Beauty Support—for breakfast or as a snack. It can be made with water, coconut water or almond milk.

CHIA BERRY COCONUT PUDDING (PAGE 45)

Although technically a pudding, this makes for a delicious breakfast. Plus you get a morning shot of prebiotics and probiotics thanks to the addition of GLOW® Inner Beauty Essential.

PALEO MUESLI

In a food processor, place 1 heaped tablespoon of shredded coconut or the flesh of one young coconut, 20g of walnuts, 1 apple (cored and chopped) and 1–2 organic dates. Process until shredded. Serve with a spoon of natural unsweetened yoghurt or almond milk.

TOAST

Select one of the approved 'Grains' from our table of foods to ENJOY and AVOID on page 43 and serve with a protein

topping of your choice. Topping ideas: Poached, boiled or scrambled eggs; tahini or nut spread; avocado (used as a spread under eggs or other protein toppings); sardines or red salmon; 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. Serve with a slice of toast. See RECIPES section for inspiration.

MUESLI & PORRIDGE (PAGE 41)

Ensure you use organic oats that have been soaked overnight.

BERRIES & YOGHURT

Combine ½ cup frozen or fresh berries with 2 tablespoons of unsweetened yoghurt or coconut yoghurt. Sprinkle with a few nuts and seeds.

Lunches & Dinners

It's important to nourish your body throughout the 14 Day Cleanse & Reset. Try not to skip any meals and eat lunch within a few hours of having breakfast. If that's not possible, feel free to reach for a protein-rich snack mid-morning to keep you going. Try to also have dinner at least two hours before bed to give your digestion a break.

Here are some simple tips on how to create a balanced meal, every time...

PROTEIN

Always include a small portion (about the size of the palm of your hand) at every meal for sustained energy.

VEGETABLES & SALADS

Should make up at least 50–70% of your plate. Whether bought or made from scratch, here's how to master the art of the balanced salad:

Use a base of raw, green leafy vegetables: Try mixed salad leaves, spinach, rocket, iceberg lettuce, watercress, endive or radicchio.

Add vegetables: Cucumber, celery, grated fennel, grated beetroot, shredded green or red cabbage, tomato, onion, carrot and chopped capsicum.

Add protein: Canned fish, chicken breast, lean lamb, boiled egg, tofu, goat's cheese, nuts, seeds or legumes.

Add good fats: Nuts, seeds or avocado.

Add low-GI carbohydrates:

Sweet potato, pumpkin, grains and pseudo-grains; quinoa, buckwheat, amaranth etc.

Add your own salad dressing: Try a base of extra virgin olive oil and freshly squeezed lemon juice, then add extra flavour with garlic, sea salt and pepper.

SOUPS

Soups are always a great option, especially during cooler weather. The Alkaline Broth (page 58) can be enjoyed continuously throughout the day.

SMOOTHIES

When the weather is warmer, smoothies are great meal supplement or snacks.

Snacks

Rest assured, it's okay to enjoy healthy snacks between meals during the 14 Day Cleanse & Reset. Here are a few simple snack ideas...

CRUDITÉS

Cut raw vegetables—such as carrots, capsicum and celery—into sticks and top with avocado, salmon, tahini, hummus or a homemade dip.

NUTS & SEEDS

A small handful of unsalted, unroasted nuts and seeds is a quick and easy snack. The healthiest options are walnuts, almonds, macadamias and pumpkin seeds.

HARD-BOILED EGGS

Make in the morning and pop into a container for a mid-morning snack.

RAW CHOCOLATE BLISS BALLS

These are a great, healthy sweet treat, (page 78).

SMOOTHIES

The perfect satiating snack! Visit thebeautychef.com for recipe ideas.

BERRIES

Whether fresh or frozen, berries are a great low-fructose option. Serve with natural or coconut yoghurt and a sprinkling of raw

To ensure your cleanse is as easy and enjoyable as possible, we've included a selection of delicious recipes to help get you started. Feel free to adapt each recipe to suit your personal tastes...







BREAKFASTS

Kickstart your morning
with one of our nutrient-
dense breakfasts...

Green Smoothie

INGREDIENTS

A variety of vegetables: Try cucumber, baby spinach leaves, celery, carrot, sprouts or lettuce

1 whole lemon or lime, skin and pith removed

1 handful of ice cubes, made from filtered water

1 cup filtered water (adjust according to the consistency you like)

1 handful of frozen berries (optional, organic only)

A few sprigs of fresh mint (optional)

A few sprigs of parsley (optional)

PROTEIN:

Try a handful of pumpkin, chia or sunflower seeds, OR, add 1 heaped tablespoon of BODY Inner Beauty Support

1 serve of DAILY SUPERGREENS Inner Beauty Support

1 teaspoon coconut oil, or shredded coconut (optional)

½ avocado (optional, adds extra creaminess)

METHOD

Place all ingredients in a high-speed blender and blend until liquified, 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.



Omelette

INGREDIENTS

2 eggs per omelette

1 tablespoon filtered water or almond milk

A little butter, coconut oil or ghee for frying

Zest of ¼ lemon, or lime

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

METHOD

Mix the eggs, water or milk, citrus zest, sea salt and pepper together. Heat a little coconut oil, ghee or butter in a frying pan. Pour in the egg mixture, coating the bottom of the pan. Arrange fillings 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.

OPTIONAL FILLINGS:

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

Porridge

INGREDIENTS

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

⅓ cup shredded dried or fresh coconut

1 fresh lemon, juice and zest

2 ½ cups filtered water or coconut water

Pinch of Himalayan pink sea salt

METHOD

Soak the grains overnight in a covered bowl. Simmer the grains, coconut, lemon and water until tender, stirring frequently to stop the porridge sticking to the bottom of the saucepan. Serve warm, adding any combination of 1–2 tablespoons of chia seeds, and/or 2 tablespoons of allowed fruits (either raw, grated or stewed) and 1–2 tablespoons of yoghurt.



SERVES 1

Sardines on Toast

INGREDIENTS

1 small tin of sardines

1 slice sourdough bread
(from allowed grains)

½ avocado, sliced

Handful of baby spinach leaves or
watercress

2 tablespoons fresh parsley, chopped

1 slice of red onion, finely diced

2 tablespoons fresh lemon or lime juice,
plus a little zest

Himalayan pink sea salt or Celtic sea salt
and freshly ground pepper, to taste

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 on a serving plate. Top with spinach leaves or watercress, sliced avocado and smashed sardines.

SERVES 2

Chia Pudding

INGREDIENTS

- ¼ cup chia seeds
- 1 cup coconut milk
- 1 teaspoon organic raw honey (optional)

METHOD

Mix chia seeds, coconut milk, and honey together in a small bowl or glass mason jar. Allow to set in the refrigerator overnight. Remove your pudding from the fridge, make sure it looks thick and the chia seeds have gelled. Top with a sprinkling of fresh fruit and nuts and enjoy immediately.

Chia, Berry & Coconut Pudding

INGREDIENTS

1 cup coconut cream or coconut milk
1 cup frozen mixed berries
2 tablespoons maple syrup
2 teaspoons GLOW®/GLOW AGELESS™
Inner Beauty Essential (optional)
¼ cup chia seeds

OPTIONAL TOPPINGS:

Serve with extra coconut cream, roasted flaked coconut and/or lightly toasted slivered almonds.

METHOD

In a blender, blitz coconut cream or milk, berries, maple syrup and GLOW®/GLOW AGELESS™ Inner Beauty Essential (if using) until smooth. In a bowl, combine berry coconut mix with chia seeds and stir well. Spoon mixture into two glasses, cover and chill in the fridge for four hours or until chia seeds have absorbed the liquid. Before serving, stir once and spoon into serving dishes. Sprinkle with chosen toppings, flaked coconut or almonds and serve immediately.

SERVES 2

Yum Chai Smoothie

INGREDIENTS

1 frozen banana, sliced
2 scoops BODY Inner Beauty Support
2 cups almond milk (or milk of your choice)
¼ cup macadamia nuts
½ teaspoon mixed spice
Pinch of turmeric
4 ice cubes made from filtered water

METHOD

Combine all ingredients in a high-speed blender until smooth. Serve immediately.

Poached Eggs with Avo, Quinoa & Relish

INGREDIENTS

2 cups (500ml) filtered water
180g quinoa
8 eggs
2 avocados, peeled and halved

FOR THE RELISH:

2 tablespoons coconut oil
4 red capsicums
2 red onions, halved and sliced
1 long red chilli, deseeded and sliced
4 cloves garlic, finely diced
2cm piece of ginger, grated
4 tomatoes, cored and diced
2 tablespoons tamari
2 tablespoons maple syrup
3 tablespoons apple cider vinegar
1 teaspoon smoked paprika

METHOD

To make the relish, preheat the oven to 200°C. Toss capsicums in oil before placing on a baking tray and roasting for 20–30 minutes. Remove from the oven and place in a covered bowl for 30 minutes to cool. Once cooled, peel and split capsicums in two, remove cores and seeds and slice into strips. Reserve liquid. Sauté onions until golden. Add chilli, garlic and grated ginger and continue to cook until fragrant. Add tomatoes, capsicums (with liquid), tamari, maple syrup, vinegar and paprika. Bring to the boil. Cook, uncovered, for 20–30 minutes, or until thickened.

To make the eggs, place the filtered water in a saucepan over a high heat. When it reaches a rolling boil, add the quinoa, then turn the heat right down. Simmer gently until the quinoa has absorbed all of the water. Poach the eggs in a pan of filtered water until cooked to your liking. Place equal amounts of quinoa on four plates and top with 2 eggs, avocado, chopped coriander and a dollop of roast-capsicum relish.



SALADS

Support your body with
one of our nourishing salad
combinations...

Raw Fennel, Beetroot & Carrot Salad with Sprouted Buckwheat

INGREDIENTS

85g buckwheat, sprouted
 2 lemons, juiced
 1 garlic clove, finely chopped
 4 tablespoons extra virgin olive oil
 2 teaspoons sumac
 2 beetroots, thinly sliced or grated
 2 carrots, thinly sliced or grated
 2 baby fennel bulbs, thinly sliced, fronds reserved
 1 cup each coarsely torn flat-leaf parsley, mint and coriander
 3 spring onions, thinly sliced
 50g roasted or tamari almonds, coarsely chopped

FOR THE TAHINI FETA DRESSING:

100g goat's feta
 4–5 tablespoons extra virgin olive oil
 ½ cup tahini (hulled or unhulled)
 60ml warm filtered water
 2 lemons, juiced, or to taste
 1 garlic clove, finely chopped

METHOD

To sprout the buckwheat, rinse in a sieve under cold running water then soak in a bowl of filtered water for 2 hours. Transfer back to a fine sieve, rinse well with filtered water until there is no slimy residue, then place over a bowl to drain. Spread buckwheat up the sides of the sieve, cover with plastic wrap or muslin and stand at room temperature until sprouted (1–2 days, rinsing twice a day with buckwheat spread up sides of sieve each time). You can also use cooked buckwheat that has cooled.

To make the tahini feta dressing, process all the ingredients in a food processor until smooth, season to taste and refrigerate until required (this can be made several days ahead).

For the salad, combine the lemon juice and garlic in a large bowl and stand for a few minutes until garlic softens. Whisk in oil and sumac and season to taste. Add the sprouted buckwheat, beetroot, carrot, fennel and reserved fronds, herbs, spring onion and almonds and toss to combine. To serve, spread some tahini feta dressing on a platter, pile salad on top and drizzle with extra dressing.

Roast Salmon & Beetroot Salad

INGREDIENTS

- 4 small beetroots, unpeeled and quartered
- 2 zucchinis, diced
- 1 sweet potato, peeled and diced
- 1 red capsicum, diced
- 2 salmon fillets (see guidelines)
- 2 tablespoons coconut oil
- 2 large handfuls of baby spinach and/or rocket leaves
- 2 teaspoons extra virgin olive oil, for dressing
- 2 teaspoons apple cider vinegar

METHOD

Toss beetroot, zucchini, sweet potato and capsicum together with 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 place back into the oven for another 12 minutes, or until salmon is cooked to your liking. Place the roast vegetables and spinach or rocket leaves in a bowl. Whisk extra virgin olive oil and apple cider vinegar together before pouring over salad. Toss well. Divide salad between two plates and flake salmon over top.

Quinoa Pilaf with Baby Spinach, Fennel, Feta & Almonds

INGREDIENTS

2 tablespoons coconut oil
½ red onion, finely diced
1 garlic clove, crushed
150g quinoa
2 cups (500ml) filtered water
3 large handfuls of baby spinach
1 handful each of coarsely chopped flat-leaf
parsley, mint and coriander
1 baby fennel bulb, thinly sliced on a mandolin
Juice of 1 lemon, or to taste
A handful of tamari almonds, coarsely chopped
Crumbled goat's feta, to serve

METHOD

Heat oil in a large saucepan over low-medium heat, add onion and garlic and stir occasionally until tender—about 5 minutes. While the onion and garlic are cooking, rinse quinoa thoroughly, then add to the pan with the filtered water. Bring to the boil, then reduce heat and simmer until tender and fluffy—about 20 minutes. Drain off excess water and season to taste. You can cool it at this point if you want to serve it as a cold salad, otherwise, stir in spinach, herbs, fennel, lemon juice and almonds and serve warm topped with crumbled feta.

Supergreen Salad with Soft Egg Dressing

INGREDIENTS

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

FOR THE TAMARI ROASTED NUTS AND SEEDS:

Serve with extra coconut cream, roasted flaked coconut and/or lightly toasted slivered almonds.

FOR THE SOFT EGG DRESSING:

1 egg, at room temperature
 4 tablespoons extra-virgin olive oil (or half extra-virgin olive oil and half almond oil)
 1 tablespoon each of apple cider vinegar and lemon juice, or to taste

METHOD

To make the tamari roasted nuts and seed, preheat the oven to 150°C. Combine nuts in a bowl with tamari and stir to coat. Spread on a baking tray lined with baking paper and bake, stirring occasionally, until dried and fragrant (15–20 minutes). Meanwhile, dry-roast seeds and spices in a frying pan over a medium heat, stirring occasionally, until fragrant and toasted (2–3 minutes). Add to the nut-tamari mixture during the last 5 minutes of cooking. Once cool, store in an airtight container for up to two weeks.

To make the soft egg dressing, cook eggs in a saucepan of boiling water for 6 ½ minutes. Drain, then cool under running water and peel. Place remaining ingredients in a jar and shake to combine. Crumble in egg, season to taste and just before serving, shake again.

To make the salad, 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, 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 excess water, add to the kale along with the zucchini flowers and stalks, spinach, rocket and herbs. Toss through as much of the soft egg dressing as you like to taste, then serve scattered with tamari nuts and seeds.

Antioxidant Salad (with Chicken)

INGREDIENTS

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

¼ cup red cabbage, shredded

1 cup 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

100g goat's feta, cubed

½ cup cooked quinoa (optional)

FOR THE TAHINI DRESSING:

1 cup of unhulled tahini

½ cup fresh lemon juice

1 garlic clove

Glug of extra virgin olive oil

METHOD

To make the dressing, blend all ingredients together until you get a runny consistency. You may need to add a little water. For the salad, toss all other ingredients together in a bowl and drizzle with the dressing. Serve immediately.

Poached Eggs with Avo, Quinoa & Relish

INGREDIENTS

2 tablespoons coconut oil
4 red capsicums
2 red onions, halved and sliced
1 long red chilli, deseeded and sliced
4 cloves garlic, finely diced
2cm piece of ginger, grated
4 tomatoes, cored and diced
2 tablespoons tamari
2 tablespoons maple syrup
3 tablespoons apple cider vinegar
1 teaspoon smoked paprika

OPTIONAL FILLINGS:

Serve with extra coconut cream, roasted flaked coconut and/or lightly toasted slivered almonds.

METHOD

To make the relish, preheat the oven to 200°C. Toss capsicums in oil before placing on a baking tray and roasting for 20–30 minutes. Remove from the oven and place in a covered bowl for 30 minutes to cool. Once cooled, peel and split capsicums in two, remove cores and seeds and slice into strips. Reserve liquid. Sauté onions until golden. Add chilli, garlic and grated ginger and continue to cook until fragrant. Add tomatoes, capsicums (with liquid), tamari, maple syrup, vinegar and paprika. Bring to the boil. Cook, uncovered, for 20–30 minutes, or until thickened.

To make the eggs, place the filtered water in a saucepan over a high heat. When it reaches a rolling boil, add the quinoa, then turn the heat right down. Simmer gently until the quinoa has absorbed all of the water. Poach the eggs in a pan of filtered water until cooked to your liking. Place equal amounts of quinoa on four plates and top with 2 eggs, avocado, chopped coriander and a dollop of roast-capsicum relish.



SOUPS

A warming bowl of soup provides the perfect comfort on those days where you feel you need a little extra support...



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 veggies into a large saucepan, 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. Alternatively, freeze broth in 1 cup (250ml) portions.



Healing Chicken Soup

INGREDIENTS

2 organic chicken carcasses
2–3 organic chicken wings
Enough cold, filtered water to cover bones
1 tablespoon apple cider vinegar (helps to draw minerals out of the bones)
2 carrots, finely chopped
2 celery stalks, finely chopped
2 brown onions, roughly chopped
1 bay leaf
4 sprigs thyme, fresh or dried
1 cup fresh parsley
Himalayan pink sea salt and freshly ground black pepper, to taste

METHOD

Add all ingredients to a large saucepan and bring to the boil, add more filtered water, as required. Simmer for 6–12 hours (if you have a slow cooker, feel free to cook for even longer!). This soup can then be strained and enjoyed as a broth, or used as the stock base for other soups and meals. Or, simply remove the bones, leaving the vegetables and chicken flesh, and enjoy as a soup. Consume within 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 mince
½ cup cooked quinoa
½ cup coconut cream
½ bunch fresh coriander, finely chopped (roots included)
1 large garlic clove, grated (or 2 small)
Pinch of Himalayan pink sea salt

FOR THE TURMERIC AND KAFFIR-LIME-SPICED BROTH:

1 litre chicken stock, made using filtered water
400g can coconut cream
1cm piece fresh turmeric, grated
1 piece ginger, sliced
6 kaffir lime leaves, bruised and torn
1 teaspoon maple syrup
Himalayan pink sea salt or sea salt, to taste
1 fresh red chilli
Bean shoots
Fresh mint
Fresh Thai basil
Fresh coriander
Cooked rice noodles, optional

METHOD

To make the chicken and coconut balls, combine all 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 a saucepan and bring to a simmer. Stir in turmeric, ginger slices, kaffir lime leaves, maple syrup and salt. 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. For a more filling meal, add cooked rice noodles.

Chicken, Vegetable & Quinoa Soup

INGREDIENTS

4 organic chicken wings or legs
2-3 litres of filtered water
Pinch of Himalayan pink sea salt
or Celtic sea salt
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: Try zucchini,
broccoli, cauliflower, green beans, peas,
choko, shredded cabbage and sweet
potato (the quantity will depend on the
size of your pot)
½ cup quinoa, rinsed (and preferably
soaked for at least 30 minutes)

METHOD

Place the chicken in 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 with filtered water as needed). Remove chicken, leaving liquid in the pot. If the water has boiled right down, you may need to add more filtered water (enough to cook the quinoa). Place all vegetables into the pot with the quinoa. Bring back to boil then turn heat down to a gentle simmer for around 30 minutes. In the meantime, pick chicken from the bones and place back into the soup at any stage while vegetables are cooking. Add more salt and freshly ground pepper for seasoning.

Beetroot & Cauliflower Soup

INGREDIENTS

1 large red onion, diced
1–6 cloves garlic, diced
1 tablespoon coconut oil
4 cups cauliflower, chopped
4 cups beetroot, peeled and chopped
8 cups filtered water
1 teaspoon dried thyme
2 bay leaves
1–2 tablespoons extra-virgin olive oil
1–2 tablespoons biodynamic natural yoghurt
Fresh thyme, to serve

METHOD

In a large pot, sauté the onion and garlic in a little water or coconut 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 in 1–2 tablespoons of extra-virgin olive oil and top with yoghurt and fresh thyme leaves.

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 tablespoon ground cumin
2 teaspoons smoked paprika
2 lemons, juiced and zest finely grated
1.4 litres filtered water
20ml apple cider vinegar, or to taste
300g sheep's milk yoghurt
Fresh mint, coriander and flat-leaf parsley,
coarsely chopped
Extra virgin olive oil, to serve

METHOD

Heat the coconut oil in a large saucepan over a medium heat, add the onion and garlic and stir occasionally for about 3 minutes, or until tender. Add the carrots, 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.

Buckwheat & Chicken Congee

INGREDIENTS

1 cup buckwheat, soaked overnight
in 1 cup of filtered water

1½ cups (375ml) organic chicken stock

2 tablespoons tamari, plus extra to serve

3 whole spring onions, plus a little extra
sliced thinly, to serve

5cm piece of ginger, sliced grated,
plus a little extra finely grated, to serve

3 skinless organic chicken thighs,
cut into bite-sized pieces

1 cup choy sum or broccolini, coarsely
chopped

1 long red chilli, sliced thinly, to serve

Roasted sesame seeds, to serve

METHOD

Combine buckwheat, stock, tamari, spring onion and ginger in a saucepan. Bring to a simmer then stir occasionally over a low heat until thick and the buckwheat has completely broken down, 25–30 minutes. Add a little filtered water if the mixture is getting too thick. Remove ginger and spring onion, add chicken and cook for 4–5 minutes, or until chicken is cooked through. In the last minute, stir through the choy sum and serve hot, with tamari, sliced spring onion, grated ginger, chilli and roasted sesame seeds.

Spring Vegetable Broth with Kale Pesto

INGREDIENTS

2 tablespoons coconut oil
 1 leek, thinly sliced
 2 garlic cloves, finely chopped
 8 cups (2L) chicken stock
 Filtered water
 3 thyme sprigs
 1 bay leaf
 100g brown rice
 2 bunches asparagus, trimmed
 1½ cups green beans
 1½ cups frozen peas
 1 lemon, juiced, or to taste
 Handful each of flat-leaf parsley,
 mint and basil, coarsely chopped

METHOD

Heat coconut oil in a large saucepan over medium-high heat, add leek and garlic and cook until soft (about 5 minutes). Add a good splash of filtered water, thyme and bay leaf, season to taste and then simmer for 15 minutes until well-flavoured. Stir in the brown rice and simmer until tender (about 30 minutes). Add extra filtered water, if needed. While the soup base is simmering, cook kale in a saucepan of boiling filtered water until just wilted (around 2 minutes), drain and rinse under cold water to stop the cooking, then squeeze out excess water. Process kale, basil and garlic in a food processor until finely chopped, add hazelnuts and ricotta, season to taste and process again to combine. With the motor running, gradually add the oil and process to a paste, adding a little extra oil if necessary to thin it to a dolloping consistency. Once rice is tender, pour in a little extra filtered water if necessary, add vegetables to the soup and simmer until just tender but still bright green (about 2 minutes). Remove from heat, add lemon juice and herbs, season to taste and serve with the kale pesto.

FOR THE KALE PESTO:

1 cup kale, coarsely chopped
 ¼ cup basil
 1 garlic clove
 ¼ cup hazelnuts
 ¼ cup ricotta
 200ml extra virgin olive oil



OTHER LUNCH & DINNER RECIPES

For a heartier dish, try one
of these cleansing meals...



Roast Vegetables Frittata

INGREDIENTS

Coconut oil
350g orange sweet potato, peeled and 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, either almond or rice
Freshly ground black pepper
Handful of baby spinach and rocket leave, to serve
30g goat's feta cheese

METHOD

Preheat the 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 the roasting pan. Lightly toss vegetables in coconut oil then spread out in a single layer and roast for 30 minutes or until lightly golden and tender. Then, spread vegetables over the base of prepared dish. Reduce oven to 190°C.

Whisk the eggs, milk and a little freshly ground black pepper together in a jug. Pour the egg mixture over vegetables, shaking the dish gently to allow the egg to spread to the base. Bake the frittata for 25 minutes or until the top is golden and the centre is set. Set aside for 10 minutes, then serve with baby spinach, rocket and sprinkling of goat's feta.

Cauliflower Rice with Middle Eastern Roast Vegetables

INGREDIENTS

1 large head (about 1.2kg) cauliflower, cut into small florets
½ cup (125ml) 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 and cut into 3cm pieces
½ teaspoon ground paprika
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon chilli flakes
1 tablespoon fresh lemon juice
1 garlic clove, crushed
1 teaspoon honey
½ cup fresh mint leaves
½ cup fresh coriander leaves
½ cup goat's feta, crumbled
2 tablespoons toasted pine nuts

METHOD

Preheat the 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 sea salt 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 minutes, or until tender. Meanwhile, prepare the dressing by whisking lemon juice, remaining oil, garlic and honey in a small bowl. Season with salt and pepper. Once the cauliflower has 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. You can also serve this dish with grilled fish or poached chicken for a complete meal.

Sautéed Thai Lime Chicken

INGREDIENTS

180g chicken breast, sliced
(or seafood or tofu)

1 tablespoon coconut oil

1 teaspoon ginger, minced

1 clove garlic

1 tablespoon tamari

1 cup bean sprouts

½ cup snow peas

½ cup red capsicum, sliced

¼ cup slivered almonds

1 tablespoon fresh lemon or lime juice

Handful of mung beans

METHOD

In a little coconut oil, sauté chicken or alternative with ginger, garlic and organic tamari until cooked but not browned. Add vegetables and cook for 2–3 minutes. Sprinkle with slivered almonds and mung beans just prior to serving. Dress with fresh lemon or lime juice.

Tamari Poached Chicken with Soba Noodles

INGREDIENTS

6 cups (1.5L) filtered water, if possible
100ml tamari
1 large knob of ginger, thinly sliced
1 head of garlic, halved
3 spring onions, coarsely chopped, plus 3 extra, thinly sliced, to serve
1 bunch coriander, roots finely chopped and leaves reserved
3 skinless organic chicken breast fillets
250g buckwheat soba noodles
2 teaspoons rice bran oil
150g sugar snap peas, trimmed
100g edamame

QUICK-PICKLED CUCUMBER:

1 Lebanese cucumber, thinly sliced into rounds
1 tablespoon ginger, finely grated
1 garlic clove, finely chopped
50ml each mirin (Japanese rice wine) and brown rice vinegar
1 tablespoon tamari

METHOD

Combine filtered water, tamari, ginger, garlic, spring onion, coriander roots and chicken in a saucepan over medium heat. Simmer for 10 minutes. Remove from heat and cool chicken completely in the cooking liquid (about 45 minutes). Next, make the pickled cucumber by combining all ingredients in a small bowl, ensuring cucumber is submerged in the liquid. Set aside at room temperature.

Cook soba noodles, drain well, transfer to a bowl and drizzle with oil. Add a cup of liquid from poaching the chicken and stir to combine. Blanch sugar snap peas and edamame in a saucepan of boiling salted filtered water until tender (about 2 minutes), drain and rinse under cold running water until cool. Halve sugar snap peas, pod the edamame and add both to the noodles. Shred chicken and add to noodles along with coriander leaves, sliced spring onion and a little cucumber pickling liquid. Toss to combine and serve.

Fragrant Wild Barramundi Curry with Cauliflower Rice

INGREDIENTS

100ml coconut oil

1 sweet potato, cut into 2–3cm chunks

1 carrot, coarsely chopped

1 brown onion, diced

30g fresh ginger, finely grated

1 long red chilli, thinly sliced

1 garlic clove, finely chopped

1 teaspoon black mustard seeds

1 teaspoon ground turmeric

½ teaspoon cumin seeds

½ teaspoon ground cumin

½ teaspoon ground coriander

1 teaspoon garam masala

½ teaspoon ground chilli

Seeds from 2 cardamom pods,

5 ripe tomatoes, diced

150g split peas or lentils

600g wild caught barramundi, cut into 2–3cm chunks

Juice of 1 lemon

Handful of baby spinach leaves

Coriander sprigs, to serve

CAULIFLOWER RICE:

1kg cauliflower, cut into small florets

50ml coconut oil

½ onion, diced

1 tablespoon ginger, finely grated

1 small garlic clove, minced

METHOD

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

Meanwhile, heat remaining coconut oil in a large saucepan over a medium-high heat, then add onion, ginger, chilli and garlic and stir until lightly golden (6–8 minutes). Stir in mustard seeds and cook until they begin to pop, 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 or lentils and 1.25 litres filtered water. Bring to the boil, reduce heat and simmer until split peas break down and thicken the sauce (20–25 minutes).

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

Add barramundi and roast vegetables to the curry mixture, simmer until fish just cooks through (3–4 minutes), season to taste at the end with a little Himalayan pink sea salt and lemon juice. Just before serving, stir through baby spinach and serve hot, spooned over cauliflower rice and sprinkle with coriander.

SNACKS

Curb cravings with
one of our satiating snacks...





Raw Chocolate Bliss Balls

INGREDIENTS

2 cups desiccated coconut
(plus extra for coating the bliss balls)

½ cup raw cashews

½ cup raw almonds

½ cup sunflower seed

¼ cup chia seeds

16 pitted Medjool dates + 2–3 tablespoons
filtered water

4 scoops of BODY Inner Beauty Support

3 tablespoons raw cacao powder

1 teaspoon ground cinnamon

2 tablespoons coconut oil

2 tablespoons coconut butter

2 tablespoons almond butter

2 tablespoons tahini

1 teaspoon vanilla extract

METHOD

Combine coconut, nuts and seeds in a food processor and blend until mixture resembles fine crumbs. Set aside in a separate bowl. Seed dates and place them in the food processor with 2–3 tablespoons of filtered water and let stand for 5 minutes. Blend until it forms a chunky paste. Add BODY powder, raw cacao and cinnamon to nut mix and combine.

Add nut mix to date paste in the food processor. Add coconut oil, coconut butter, almond butter, tahini and vanilla extract and blend well until it forms a moist mixture. If the mixture is too crumbly, add a tablespoon 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.

Raw Carrot Cake

INGREDIENTS

2 ½ cups coarsely grated carrot
½ cup coarsely grated granny smith apple,
tossed with 2 teaspoons fresh lemon juice
¾ cup raw walnuts
¾ cup pitted dates
¾ cup shredded coconut
1 teaspoon GLOW®/GLOW AGELESS™
Inner Beauty Essential (optional)
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
½ teaspoon finely grated nutmeg
Finely grated rind of 1 orange

OPTIONAL FILLINGS:

Serve with extra coconut cream, roasted
flaked coconut and/or lightly toasted
sliced almonds.

METHOD

Pulse all the ingredients together 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. Refrigerate until
firm and well-chilled (2-3 hours). Scatter with
extra walnuts if you like or top with a pile of
finely grated carrot just before serving. This
cake will last, covered in the fridge,

Coconut & Raspberry Supergreen Balls

INGREDIENTS

1 cup (80g) desiccated coconut
1/3 cup (45g) almonds, coarsely chopped
1 tablespoon DAILY SUPERGREENS
Inner Beauty Support
Finely grated zest of 2 limes
1/3 cup (80mL) canned coconut milk
1/4 cup (60g) coconut butter, warmed
1 tablespoon pure maple syrup
1/2 teaspoon pure vanilla extract
2/3 cup (80g) fresh or frozen and
thawed raspberries
1/3 cup (25g) desiccated coconut,
for coating

METHOD

Place the coconut, almonds, DAILY SUPERGREENS powder and lime zest in a medium bowl and stir to combine. Add the coconut milk, coconut butter, maple syrup and vanilla and stir until mixture begins to bind together. Add the raspberries and stir to combine. Divide the mixture into 12 equal portions and roll into balls. Place the coconut in a shallow bowl. Add the balls in batches and toss to coat. Place on a tray and refrigerate for 1 hour, or until firm. Store in an airtight container in the refrigerator for up to 2 weeks. Alternatively freeze for up to 3 months.







DRINKS

These refreshing sips
are a delicious way to stay
hydrated throughout
your cleanse...

SERVES 1

Daily Supergreens Green Juice

INGREDIENTS

Large handful of English spinach
1 ½ green apples, coarsely chopped
1 Lebanese cucumber, coarsely chopped
2 curly kale leaves, coarsely torn
½ lemon, coarsely chopped
¼ bunch mint
1–2 teaspoons DAILY SUPERGREENS
Inner Beauty Support

METHOD

Juice ingredients into a jug, then mix through
DAILY SUPERGREENS Inner Beauty Support,
pour over ice and serve.

Pineapple, Mint & Kombucha Ice with Glow

INGREDIENTS

1 pineapple, peeled and coarsely chopped

1 bunch mint

1 cup (250mL) kombucha

1-2 tablespoons GLOW®/GLOW AGELESS™
Inner Beauty Essential or DAILY SUPERGREENS
Inner Beauty Support

METHOD

Juice pineapple and mint through a juicer (or process in a food processor and strain through a sieve, discarding solids). Stir in kombucha and add either GLOW®/GLOW AGELESS™ or DAILY SUPERGREENS powders, 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.

Cold-Brewed Spiced Apple, Dandelion & Cardamom Tea

INGREDIENTS

1 litre filtered water, if possible
2 dandelion tea bags
2 apples, quartered
2 cardamom pods, cracked
1 cinnamon stick
Pure maple syrup, to taste
Handful of ice cubes, made
from filtered water
Fresh lemon slices, to serve

METHOD

Combine filtered water, tea bags, apples and spices in a large screw-top jar or plastic container and refrigerate overnight to infuse, then strain through a fine sieve into a serving jug. Add the maple syrup to sweeten. Drop in the filtered-water ice cubes and lemon slices. Serve in tall glasses.



CLEANSE SAMPLE MEAL PLAN

By putting into practise all of the 14 Day Cleanse & Reset principles, this is what a typical week's menu might look like...

	MON	TUES	WED	THUR	FRI	SAT	SUN
ON WAKING	Warm water with a squeeze of lemon + Take DAILY SUPERGREENS (if including in recipes, ensure you don't exceed the recommended dose).						
BREAKFAST	Green Smoothie	Paleo Muesli	Chia Berry Coconut Pudding	Yum Chai Smoothie	Omelette	Eggs on toast	Brunch: Omelette
SNACK	Veggie sticks with Homemade Hummus	1 Raw Chocolate Bliss Ball	Small handful nuts & fruit (From approved list)	1 Raw Chocolate Bliss Ball	Veggie sticks with Homemade Dip		
LUNCH	Raw Fennel, Beetroot & Carrot Salad with Sprouted Buckwheat	Leftover Tamari Poached Chicken	Roast Vegetables Frittata	Leftover Chicken & Coconut Balls in Spiced Broth	Antioxidant Salad (with chicken)		
SNACK	2 cups Alkaline Broth						Yum Chai Smoothie
DINNER	Tamari Poached Chicken	Roast Vegetables Frittata	Chicken & Coconut Balls in Spiced Broth	Quinoa Pilaf with Baby Spinach, Fennel, Feta & Almonds	Cauliflower rice with Middle Eastern Roast Vegetables	Sautéed Thai Lime Chicken	Soup of your choice
NOTES	Make extra roast veggies for tomorrow night's dinner	Make extra frittata for lunch tomorrow	Pop an extra serve of dinner in the fridge for tomorrow's lunch	Make extra quinoa for lunch tomorrow	Make enough soup for lunch tomorrow		

TROUBLESHOOTING

Some common side effects you may experience during the 14 Day Cleanse & Reset include headaches, minor skin breakouts, fatigue, moodiness and general aches and pains.

But don't worry! These are all normal signs that your body's elimination and detoxification pathways are feeling a little overwhelmed due to the cleansing process. These side effects can also be symptoms of withdrawal after eliminating certain foods or chemicals. A common example of this is the headache people often experience after ditching caffeine. Speak to your healthcare practitioner for more info.

While these signs and symptoms indicate that the Cleanse & Reset is working, there are a few tips you can try to make you more comfortable while cleansing:

Reduce your intake of DAILY SUPERGREENS Inner Beauty Support. If you're feeling too uncomfortable at any stage, reduce the dose of DAILY SUPERGREENS to half. Once your symptoms have subsided, feel free to resume the full dose.

Increase your water intake. You should be drinking at least 2–3 litres of filtered water each day, but some people may require more. Increase your water intake if your detox symptoms are still strong.

Reduce exercise intensity. Opt for regular, but moderate exercise if you're feeling fatigued during the program.

If you find yourself feeling unwell or have any concerns during your 14-Day Cleanse & Reset, please speak to your healthcare practitioner.

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