

LIFE IN BALANCE

5 Day Cleanse & Reset



THE BEAUTY CHEF



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READY TO RESET?

When you wake up in the morning, how do you feel? If the answer is anything less than healthy, vibrant and full of energy—then it might be time to hit reset and support your body through a gentle cleanse.

While our body's work hard behind the scenes to process and expel the myriad of toxins, chemicals and pesticides we encounter daily—the truth is that due to our busy modern lives, most of us need a little extra support.

The good news is kickstarting healthy habits doesn't have to be so hard. Our 5 Day Cleanse & Reset has been created to show you how in less than a week you can begin to transform your health and wellbeing and support your body's natural detoxification processes by making a few simple diet and lifestyle tweaks.

In fact, this is one of the reasons we created our bestselling DAILY SUPERGREENS Inner Beauty Support. Designed to be enjoyed daily, DAILY SUPERGREENS is a supercharged serving of bio-fermented green goodness for everyday wellbeing. It contains nutrient-dense wholefoods, fibre from green banana starch and Jerusalem artichoke to keep you regular, choline to aid liver function and fat metabolism, as well as digestive enzymes, prebiotics and probiotics to support a healthy belly.

At the end of your reset, we hope you feel energised and revitalised, with some new daily habits to keep you going. Don't forget you can continue taking DAILY SUPERGREENS every day to support your wellbeing.

So, let's get set to reset....

DO I NEED A RESET?

If you're unsure whether a gentle cleanse is right for you, it's important to tune into your intuition and start listening to your body—it's far more intelligent than you likely give it credit for.

Here are a few signs and symptoms that could indicate your body is ready to reset...

YOU HAVE DIGESTIVE ISSUES

Optimal health, beauty and wellbeing begin in the gut—and our gut is also an excellent indicator for what's going on in our body. If we're not eating well—or more importantly not digesting food well—then we can experience a range of digestive issues from bloating and constipation to more chronic inflammation and leaky gut. As part of our natural detoxification processes too, the liver sends processed chemicals to our bowels to be eliminated, but if our gut health has been compromised and our bowels aren't working properly, our body is unable to effectively expel the wastes and toxins we need it to.

YOUR SKIN HAS CHANGED

Did you know that our skin is our body's largest organ? It also plays an essential role in eliminating both water and fat-soluble substances through sweat and sebum. When our other detoxification organs are overloaded or underfunctioning, our skin can also find itself having to pick up the slack—which can contribute to a number of skin issues.

YOU'RE FEELING FATIGUED

When our body's natural detoxification processes are feeling overloaded—we can experience sluggishness, extreme fatigue or lethargy—even after a full night's sleep.

YOUR IMMUNITY IS POOR

If our body is having trouble expelling excess wastes and toxins, we can find ourselves vulnerable to more frequent colds, flus and infections.





Cleanse & Reset Principles

At The Beauty Chef, our philosophy is #healthynotperfect so don't worry—this gentle reset is designed to be just that... gentle.

Created to inspire and empower you to take charge of your health, our 5 Day Cleanse & Reset is intended to be super user-friendly so you can be the happiest, healthiest version of yourself possible. Whether you've enjoyed a little too much fun and frivolity over the weekend and are looking to kickstart your week on a clean and green foot—or you're simply keen to start incorporating some healthier diet and lifestyle practices into your everyday routine, we've got you covered.

Every tip below is grounded in science and will help to support your body's natural cleansing processes—from the inside and out. Give these tips a try for 5 days and we promise, you'll be feeling supergreen in no time!

1. BOOST YOUR HYDRATION

We all know that drinking plenty of water 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. When you're feeling fatigued, sluggish and bloated, there's a good chance your body is retaining these excess waste products—putting extra burden on your detoxification systems, as well as your skin. Try to aim for around 2 litres of water each day.

2. LOAD UP ON FIBRE

More than any other food group, fibre helps to nourish your digestive system and support healthy cleansing. While our body's have three stages of detoxification, it's during the final stages that fibre plays a key role—binding to toxins in the bile and gut, assisting with elimination. Eating an abundance of fibre also ensures that we are producing enough short-chain fatty acids (SCFAs)—anti-inflammatory compounds which proliferate when dietary fibre ferments in the colon². These nourishing compounds not only ensure our gut lining remains robust and healthy, but they also support our immune system—which is vital as 70% of our immune system resides in our gut.

3. 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.

4. FAVOUR FERMENTED FOODS

Probiotic-rich fermented foods are not only essential for a healthy gut—helping to encourage microbial diversity and

combat inflammation—but they also help to support our body’s natural detoxification pathways by neutralising certain chemicals and toxins so that they don’t have to then be processed by the liver. Fermented foods—such as sauerkraut, kimchi, kefir, yoghurt and miso—are also naturally high in digestive enzymes which further support digestion, helping to break down nutrients so that they are more easily assimilated by the body.

5. DRY BODY BRUSH

Dry body brushing helps to stimulate the lymphatic system—a key part of the body’s immune and detoxification systems—which assists in the transport and removal of wastes from the cells. When we’re sick, run down or exposed to lots of chemicals and toxins, our lymph system can slow down—leaving us even more vulnerable to fatigue and infection. But by helping to keep this system flowing effectively, you can help to support your body’s ability to fend off pathogens.

6. MOVE MINDFULLY

Just as dry body brushing can assist with stimulating your lymphatic system—so too can regular exercise! But don’t worry, you don’t have to don your joggers and pound the pavement to feel the benefits. Gentle practices such as yoga, Pilates and walking are all great ways to practise mindful movement and help to stimulate lymphatic flow. See recommended daily exercise time periods for adults [here](#).

7. EAT THE RAINBOW

We all know that fruits and vegetables are an important part of any healthy, balanced diet—but to really reap the rewards, it’s essential to consciously eat as many colourful varieties as possible. Where possible, opt for dark blue, purple or red fruits and veggies—including purple carrots, sweet potato, beetroot and berries—as these are richer in antioxidants. The more of these nutrient-dense wholefoods you eat every day will help to cultivate a diverse microbiome. These superfoods also scavenge for free radicals, with anti-inflammatory and antioxidant-rich properties to support our body’s natural cleansing processes and mop up potentially damaging molecules⁴.

8. GO GREEN

Every day we come into contact with countless chemicals and toxins in our environment that are either ingested or absorbed through our skin—which all contribute to our “toxic load”. While our body works hard to help eliminate these harmful substances, it can easily become overloaded. One of the easiest ways to help reduce our toxic load, however, is by turning to clean and green cleaning products in our home. By swapping harsh, chemical-laden products for plant-derived, natural products, we can ease the burden on our body’s natural cleansing processes even further. If you’re unsure where to start, it’s best to avoid anything that contains: phthalates, sodium lauryl sulfate (SLS), parabens and synthetic colours or fragrances.

9. CLEANSE YOUR BEAUTY CABINET

Just as cleaning products contribute to our “toxic load”, so too do the beauty products that we choose to use. In fact, many chemicals used in skincare and makeup products are considered dangerous in high concentrations and can not only overload our body’s natural detoxification processes, but also disrupt our delicate endocrine system⁵. By making the switch to green, Certified Organic and natural products,

you can ease the burden on your hardworking elimination organs and also reduce your risk of skin irritations and allergic reactions.

10. FOCUS ON SLEEP

Getting enough high-quality shut-eye does more than leave us feeling rested and recharged—good sleep actually supports our body’s ability to detox itself, too, helping to remove any toxic substances and wastes that may have accumulated during the day. If we find ourselves feeling sleep-deprived, however, this natural process can be disrupted and toxins and wastes that would otherwise be eliminated, can build up in our system. To help boost your ability to snooze well, focus on creating an environment that helps to induce sleep. Aim to keep your bedroom dark, quiet and cool, avoid stimulating melatonin-blocking blue light from your devices in the evenings and ensure you don’t eat or exercise too close to bedtime.

Before you prep for your 5 Day Cleanse & Reset, here are a few simple nutrition guidelines to take on board:

1.

For every meal, create a balanced plate that consists of at least 50–70 percent vegetables. Rich in antioxidants and fibre, this will ensure that you stay satiated between meals, while also supporting your natural detoxification processes and bolstering your gut health.

2.

Eat at home! When dining out, it can be virtually impossible to avoid refined sugars, excess salt, additives and preservatives—so for 5 days, aim to cook all your meals at home.

3.

Choose one meal each day that is a nutritionally balanced soup or smoothie. This will give your digestive system a chance to rest and recharge, while also ensuring you remain well hydrated.

4.

Enjoy our delicious smoothie recipes! On the next few pages we have included three of our favourite cleansing smoothie recipes that all incorporate our naturally apple-flavoured DAILY SUPERGREENS Inner Beauty Support. Follow them directly, or use them as inspiration to create your own tasty DAILY SUPERGREENS sips.

The Glowing Skin Grocery List

Along with taking DAILY SUPERGREENS every day, stock up on these fridge and pantry essentials to help you feel your best.



ANTIOXIDANT-RICH PLANTS

Antioxidants come in many forms; vitamins A, C and E for example, and in plant compounds as carotenoids, flavonoids, resveratrol and tannins, and they protect healthy cells from being attacked by free radicals. Free-radical damage causes inflammation and the breakdown of collagen and elastin, so antioxidants are crucial in preventing premature aging as well as helping protect the skin from sun damage, pollutants and other environmental toxins.

A reminder to buy and eat in season where possible—it's not only cheaper, but better for your body too. In winter, foods are naturally more insulating and in spring and summer, boast more cleansing properties, working in synergy with what you need to function at your optimum.

Vibrantly coloured vegetables and fruits like berries, beetroot, dark leafy greens, broccoli, sweet potato, lemons, papaya and pomegranate, green tea, herbs and spices like cardamom, black pepper, ginger, turmeric, basil, rosemary and thyme.

FERMENTED FOODS

Fermentation is a process in which bacteria and/or yeasts are used to break down the sugars and starches in foods. While there are many different methods, at The Beauty Chef we believe lacto-fermented foods to be particularly beneficial for the gut. Predominantly using the *Lactobacillus* species of bacteria, it can improve the bioavailability of nutrients as well as provide the gut with a good dose of probiotics and postbiotics.

DAILY SUPERGREENS and The Beauty Chef's Inner Beauty range, kimchi, kefir, natural yoghurt, cultured butter, sauerkraut and miso.

HEALTHY FATS

Essential fatty acids play a significant role in the skin's function and are necessary for a smooth, supple complexion. In fact, they're the building blocks for healthy cells. Even saturated fats, like butter, ghee and coconut oil, contain fat-soluble vitamins and anti-inflammatory lauric acid.

Oily fish such as salmon and sardines, avocado, flaxseeds, chia seeds, walnuts, grass-fed meat (organic if possible), butter, ghee and coconut oil.

PROTEIN

Eating foods that are high in protein gives your body the amino acids it needs to make keratin, which is essential for the health of your hair and nails, as well as the outer layer of your skin. One of the best ways to maintain metabolic efficiency and help keep your blood sugar levels balanced, protein-rich meals also help to keep you feeling satisfied, which benefits both your appetite and your metabolism.

Eggs (organic free-range if possible), legumes, nuts, seeds, bone broth, sustainably-sourced seafood, tempeh, organic grass-fed meat and quality protein powders such as The Beauty Chef's BODY Inner Beauty Support.

FOODS TO AVOID

For those with sensitivities, certain foods may cause inflammation in the gut, which in turn, can trigger problems with the skin. Everyone is different though, so listen to your gut, and to the best of your ability, eat a healthy balance of low HI (human intervention) wholefoods.

For further support try our Gut Primer™.

Always read the label and follow directions for use.

CLEANSE RECIPES

Here are a few of our favourite
DAILY SUPERGREENS smoothie
recipes for you to enjoy...

No time for a smoothie? Simply
mix 1 teaspoon of DAILY SUPERGREENS
in 200 ml water or your favourite
drink and consume immediately.

We've also whipped up some
green-boosting recipes to nourish
your body during your cleanse.

Remember to take DAILY SUPERGREENS
daily during your 5 Day Cleanse & Reset
(and beyond!).







SERVES 1

Green Smoothie

This nourishing blend contains a good dose of healthy fats from avocado, while the inclusion of kale helps to keep your microbes happy!

INGREDIENTS

¾ cup (180mL) unsweetened coconut water

½ ruby grapefruit, peeled & segmented

½ Lebanese cucumber, coarsely chopped

¼ small-medium ripe avocado

1 large handful coarsely chopped kale leaves

10 mint leaves

1 tablespoon hemp seeds

2 teaspoons freshly squeezed lime juice

1 teaspoon DAILY SUPERGREENS Inner Beauty Support

¼ medjool date

3 ice cubes

METHOD

Place all ingredients in a high-speed blender
Blend until smooth

SERVES 1

Daily Supergreens Smoothie with Chia, Banana & Passionfruit

This vibrant blend is a tropical delight! Containing omega-rich chia seeds as well as creamy yoghurt, it's the perfect pick-me-up.

INGREDIENTS

1 teaspoon DAILY SUPERGREENS
Inner Beauty Support

2 teaspoons chia seeds

1 banana

2 passionfruit (Panama, if possible)

120mL unsweetened coconut yoghurt

250mL almond milk

1 cup ice, made using filtered water

Extra ice, to serve

METHOD

Place all ingredients in a high-speed blender.
Blend until smooth.

SERVES 1

Green Apple Daily Supergreens Smoothie

With fibre-rich broccoli and prebiotic-packed green apple, this refreshing green smoothie is sure to hit the spot. Containing creamy avocado and coconut yoghurt, it will also give your skin a healthy dose of skin-loving fats.

INGREDIENTS

½ large green apple, cored
and coarsely chopped

½ cup (125mL) coconut water

¼ cup (60mL) coconut yoghurt

2 florets broccoli

¼ medium ripe avocado, flesh scooped out

1 large handful baby spinach

2 teaspoons freshly squeezed lemon juice

1 teaspoon DAILY SUPERGREENS Inner
Beauty Support

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Finely grated zest of 1 unwaxed lemon

Chopped pistachios, to serve

METHOD

Place all of the ingredients in a high-speed
blender and blend until smooth.

Top with chopped pistachios to serve, if desired.

SERVES 4



Zucchini, Fennel, Mint & Basil Soup

This flavoursome anti-inflammatory zucchini soup is a quick and easy one-pot dish full of nourishing vegetables and broth. Fennel boasts calming and anti-spasmodic properties and is wonderful for digestive health. And the herbs aren't just there to brighten the dish—basil contains powerful plant compounds including eugenol, citronellol and linalool that have been shown to help reduce gut inflammation.

INGREDIENTS

2 tablespoons extra-virgin olive oil

1 small or medium fennel bulb, trimmed, thickly sliced and fronds reserved

1 medium onion, finely sliced

1 garlic clove, finely chopped

450g (about 3 medium) zucchini (courgettes), thickly sliced

2 handfuls basil

2 handfuls mint

4 cups (1L) homemade vegetarian or chicken bone broth, or store-bought stock

1 ½ tablespoons freshly squeezed lemon juice, plus zest to serve

Sea salt and freshly ground black pepper, to taste

Extra-virgin olive oil, to serve

Dried chilli flakes, to serve

METHOD

Heat the oil in a medium saucepan over a medium heat. Cook the fennel, onion and garlic until softened, about 3 minutes. Add the zucchini, basil, mint and reserved fennel fronds and stir to combine.

Pour in the broth and bring to the boil over a medium heat. Reduce to a gentle simmer. Cook for 5 minutes, or until the vegetables are tender.

Add the lemon juice and season with salt and pepper. Using a high-speed or hand-held blender, blend the soup until smooth.

Serve topped with a drizzle of extra-virgin olive oil, a sprinkle of lemon zest and some chilli flakes.

Kale Bowl with Fermented Vegetables, Wakame and Avocado

Fresh and nutritious, this flavour-packed dish features wakame—a great source of minerals that can be lacking in conventionally-grown produce and that we need for healthy, glowing skin. The addition of fermented veggies also provides a dose of belly-boosting bacteria.

INGREDIENTS

- ½ cup (100g) quinoa, rinsed
- 1 cup (250mL) water
- 7g wakame
- 1 tablespoon coconut oil
- 1 onion, thinly sliced
- 1 clove garlic, finely chopped
- 2 bunches (approx. 800g) kale, stemmed and coarsely chopped
- 2 teaspoons white sesame seeds, plus extra to serve
- 2 teaspoons black sesame seeds, plus extra to serve
- ½ teaspoon chilli flakes
- 1½ cups (230g) sweet and sour fermented vegetables (find a recipe on our website)
- 1 avocado, halved, stone removed and flesh sliced lengthways
- ½ cup (75g) raw cashews, roasted and coarsely chopped

FOR THE TAHINI SAUCE:

- ¼ cup (60mL) freshly squeezed lemon juice
- ¼ cup (60g) tahini
- 1 tablespoon extra-virgin olive oil
- 2cm knob of ginger, peeled and finely grated
- 3 teaspoons tamari
- 2 teaspoons raw honey

METHOD

Place the quinoa and water in a medium saucepan and bring to the boil. Cover and decrease the heat to low and gently simmer for 15 minutes, or until almost all of the water has been absorbed and holes appear on the surface. Keep covered and remove from the heat to finish cooking for a further 5 minutes, or until tails have sprouted and all of the water has been absorbed. Keep warm.

Meanwhile, soak the wakame in cold water for 5 minutes, or until rehydrated. Drain and squeeze out excess water. Slice into strips. Set aside.

To prepare the sauce, place all of the ingredients in a jar and seal with a lid. Shake vigorously to combine.

Heat the coconut oil in a large frying pan or wok over low-medium heat. Cook the onion and garlic, until softened. Add the kale and cook, stirring occasionally, for 4–5 minutes, until wilted. Add the sesame seeds and chilli flakes and toss to combine.

To serve, arrange the kale, quinoa, wakame, fermented vegetables and avocado into serving bowls. Drizzle with the tahini sauce and scatter with roasted cashews and extra sesame seeds.





Pan-Fried Cauliflower Gnocchi with Creamy Pesto Sauce

Traditional gnocchi is delicious, but it can also feel a little like heavy gut luggage. When writing *The Gut Guide*, Carla came up with a different version—one that's lighter, gluten-free and fibre-rich. You'll adore these little parcels of loveliness with pesto alone, but adding coconut and almond milk will give you something richer and creamier.

INGREDIENTS

FOR THE GNOCCHI:

- 400g cauliflower stalk and florets, broken into large pieces
- 50g ground almonds
- 2 tablespoons arrowroot, plus additional for rolling
- 15g nutritional yeast flakes
- 1 free-range organic egg white (optional)
- 1 teaspoon psyllium husk
- ½ teaspoon sea salt
- 2 tablespoons ghee or extra-virgin olive oil

FOR THE CREAMY PESTO SAUCE:

- 125L tinned coconut milk
- 125mL almond milk
- 90g chunky pesto (*We love the Pumpkin Seed & Herb Pesto on page 244 of The Beauty Chef Gut Guide*)
- Fresh basil, finely shredded, or micro herbs (optional), to serve
- Freshly ground black pepper, to serve

METHOD

Steam the cauliflower for 10 minutes, or until tender. Transfer to a food processor and blend until finely chopped.

Put in a medium bowl and add all remaining ingredients except the ghee. Stir to combine.

Line a baking tray with baking paper. Dust a clean kitchen bench, and your hands, with some arrowroot.

Divide the gnocchi mixture into quarters. Using your hands, gently roll one quarter at a time into 2 cm thick logs. Dip a small sharp knife in some arrowroot and cut each log into 2 cm pieces. Gently squeeze each piece in the centre to give it the classic gnocchi shape, then transfer to the prepared tray.

Melt the ghee in a large frying pan over a medium heat. Cook the gnocchi in batches for 1–2 minutes on each side until golden brown. Transfer to a plate and set aside.

To prepare the creamy pesto sauce, pour the coconut and almond milk into a frying pan and simmer over a medium heat for 2–3 minutes until reduced a bit and slightly thicker. Add the pesto, stirring to combine, and heat through. Add the gnocchi to the pan and ladle with sauce to coat.

Serve the gnocchi in shallow serving bowls scattered with shredded basil and topped with freshly ground black pepper.

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