



14-DAY CLEANSE PROGRAM



CLEANSE Inner Beauty Powder

An alkalisng super-greens formula with
bio-fermented wholefoods, digestive enzymes,
prebiotics and probiotics to help support
the body's natural cleansing processes.

Beauty begins in the belly 

150g

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Why Cleanse?

Every day, we shower and brush our teeth without fail, but we often forget that our insides need a little TLC, too. That's why we created CLEANSE Inner Beauty Powder – a nutrient-dense, bio-fermented, super-greens supplement designed to help purify the body from the inside, out.

The Beauty Chef's CLEANSE Inner Beauty Powder gives you an intense dose of Certified Organic, alkalising wholefoods, digestive enzymes, prebiotics, probiotics and antioxidants to amplify your body's natural detoxification processes and create smoother, clearer skin.

While The Beauty Chef's CLEANSE Inner Beauty Powder is effective, you'll experience even more benefits if you combine CLEANSE with diet and lifestyle modifications. That's why we've put together The Beauty Chef's 14-Day Cleanse Program – packed with health and nutrition information, as well as tips to improve your digestion, delicious recipes and inspiration to supercharge your results!

CLEANSE SUPPORTS PHASE 2 DETOXIFICATION AND ELIMINATION

Your liver is your body's washing machine and it has two cleansing cycles, or 'pathways' – phase 1 and phase 2. 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 into less harmful chemicals.

During phase 2, your liver uses sulphur-containing amino acids to convert toxins and chemicals into less harmful substances making them ready for elimination. CLEANSE Inner Beauty Powder includes important sulphur-containing nutrients such as broccoli, beetroot, kale, barley grass, rosemary, St Mary's thistle and dandelion to support phase 2 detoxification.

The great news is, CLEANSE Inner Beauty Powder and The Beauty Chef's 14-Day Cleanse Program work together to support all of your body's elimination channels, including:

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

Your skin. Officially the 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 the organ that picks up the slack when these other organs are overloaded or underfunctioning. When this happens, your skin tries to eliminate wastes and toxins via sweat and sebum which, in many cases, can be the underlying cause of certain skin conditions.

CLEANSE supports your skin due to its unique formulation and The Beauty Chef's exclusive bio-fermentation process.

Each ingredient in CLEANSE Inner Beauty Powder has been specifically chosen to support your digestive health and help to promote radiant skin from within. The ingredients used in CLEANSE are fermented using The Beauty Chef's exclusive Flora Cultue™ bio-fermentation process, which boosts the bioavailability of nutrients, while also helping to neutralise any anti-nutrients like phytic acid, found in grains and legumes. This process also creates a natural, broad-spectrum probiotic to nourish and soothe your gut, promoting healing from the inside, out.

THE IMPORTANCE OF GUT HEALTH & PROBIOTICS

Good gut health and glowing skin begin in the gut, so it's important to nourish your inner health during your cleanse to encourage 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 eliminated.
- 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 methylation.
- Probiotics increase levels of IgA (Immunoglobulin A), in the gut – 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 – endotoxins – to cross the gut wall and escape into the bloodstream instead of being processed and eliminated. 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 – compounds which are produced when dietary fibre ferments in the colon and which help to keep our gut lining healthy.
- They promote regular bowel movements, which is one of the body's main elimination pathways.

THE IMPORTANCE OF ANTIOXIDANTS

- Antioxidants are essential for good health and glowing skin due to their anti-inflammatory benefits. A contributing cause of many skin conditions – including acne, eczema, rosacea and even premature ageing – is inflammation and antioxidants play a key role in calming the skin and reducing redness, irritation and sensitivity.
- They help to prevent premature ageing by neutralising free radical damage caused by stress, smoking, a poor diet, environmental pollution, UV exposure as well as our body's own metabolic processes. Free radical damage causes collagen and elastin breakdown which can contribute to fine lines and wrinkles. Note that it's best to get antioxidants from wholefoods and food-based supplements because in nature, antioxidants are never single components. Instead, they are found alongside a vast array of other antioxidants and work synergistically to neutralise the amount of free radicals our bodies produce every day. In the same way, CLEANSE Inner Beauty Powder contains a potent blend of antioxidants, designed to work synergistically together to supercharge their effects.

THE BENEFITS OF CLEANSE INNER
BEAUTY POWDER

WHO NEEDS TO CLEANSE?

Anyone looking to support their health and improve their skin, especially anyone who does ANY of the following:

- Drinks alcohol
- Consumes refined sugar
- Consumes refined white flour products, fried foods or processed foods
- Smokes cigarettes or is exposed to passive smoking
- Drinks unfiltered water
- Regularly uses pharmaceutical medications
- Lives in an urban environment
- Exercises near traffic and/or pollution
- Swims in chlorinated water
- Eats seafood or fish (which can increase your mercury intake)

SOME SIGNS YOU NEED TO CLEANSE:

Listen to your body, some of the following symptoms may indicate it's time to give your system a gentle cleanse...

Skin changes: Flaking, itching, rashes, pimples, psoriasis, rosacea, flushing, 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, haemorrhoids.

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 health practitioner before making any changes to your diet or lifestyle. CLEANSE Inner Beauty Powder and the 14-Day Cleanse Program are designed to support your body and may provide relief from some of the above ailments.

WHEN IS THE BEST TIME TO DO THE 14-DAY CLEANSE PROGRAM?

There's no time like the present to take charge of your health! While cleansing during spring is common, our Cleanse Program is designed to support your body at any time of the year. You can do the 14-Day Cleanse Program seasonally, or you may prefer to do it once or twice a year.

Ideally, schedule your Cleanse Program during a time when you are able to block off your calendar and avoid the temptation of social events.

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

The aim of the Cleanse Program is to improve your health and skin by addressing some of the root causes, including: poor diet, digestion issues and dehydration.

Some of the key benefits you may experience include:

- Clearer skin that is less reactive, calmer and less inflamed
- More energy and vitality upon waking, and throughout the day
- A clearer mind, sharper memory and more stable moods and emotions

HOW DOES CLEANSE INNER BEAUTY POWDER SUPPORT MY CLEANSE?

CLEANSE is a potent blend of easy-to-digest vitamins, minerals, antioxidants, digestive enzymes, prebiotics and probiotics that work synergistically to enhance elimination and detoxification.

Power ingredients like fermented chickpeas, adzuki beans, mung beans, lentils and organic sprouted pea powder, are all rich in fibre – promoting the effective elimination of toxins. While broccoli, beetroot, kale, rosemary, St Mary's Thistle, dandelion, spinach, nettle, lemon, collard greens and our unique phyto-greens blend (including spirulina and barley greens) work together to support the liver's second phase of detoxification. A super-blast of digestive enzymes and inulin from Jerusalem artichokes also acts as a natural digestive aid.

Combined, these superfood ingredients work synergistically to supply the body with a shot of free radical-fighting antioxidants to help neutralise toxins, promote radiant skin and help to prevent cellular ageing.

WHAT HAPPENS AFTER I'VE COMPLETED THE 14-DAY CLEANSE PROGRAM?

If you would like to deepen the benefits you experience both during and after the Cleanse Program, feel free to continue following the same principles for a longer period of time. In fact, you will gain even better results and improved skin health should you follow the program for 28 days. To then further support your body on an ongoing basis, you can take 1–2 teaspoons of CLEANSE Inner Beauty Powder daily.

Program Principles

*Before you begin your Cleanse Program,
here are a few guiding principles that are
guaranteed to help improve your skin health...*

AVOID INFLAMMATORY FOODS

Low-grade chronic inflammation is associated with all aspects of premature skin ageing and many skin conditions. Research also shows that inflammation is associated with almost every lifestyle-influenced disease including cardiovascular disease, diabetes and cancer. Our diet can be a major source of chronic low-grade inflammation and two inflammatory foods that play havoc with our skin are damaged oils/fats and sugar (in particular concentrated fructose and sucrose).

We have listed safe oils and fats on page 15, but be diligent about avoiding all other fats and oils during the 14-Day Cleanse Program. Try to also steer clear of sugar, except for some small quantities of natural sugars (see the list on page 15 for details). Remember though, the less natural sugars you consume during the program, the better your results will be. If you still need a sweet fix, try our Raw Chocolate Bliss Balls recipes on page 43 which only includes a small handful of dates.

MINIMISE FREE RADICAL EXPOSURE

Free radical damage is a major source of inflammation. 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 counteract them is by upping our intake of antioxidants. The 14-Day Cleanse Program helps to support the body in its fight against free radicals while also boosting your antioxidant levels.

INCREASE NUTRIENT-RICH FOODS

Eating plenty of anti-inflammatory and antioxidant-rich foods helps to reduce the damage caused by free

radicals and reduce inflammation. Here are some of our top tips on how to get more of these nutrient-dense foods into your diet:

Eat the rainbow. Colourful fruits and veggies – especially those purple, blue or deep red in colour – are extremely high in 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 cancer 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.

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

ENJOY MORE ALKALISING FOODS

You may have read that we should eat more alkalising foods and less acidic foods. But what exactly does this mean?

Foods are classified as acidic, neutral or alkalising depending on whether they break down to acids or alkalising bicarbonates during digestion. While both healthy acid foods (animal meats, fish, legumes, grains) and alkaline foods (vegetables, some fruits) are essential for good health, many skin conditions are associated with an overly acidic diet. Our Cleanse Program includes plenty of alkalising recipes to help rebalance your body and boost your intake of alkalising foods while doing the Cleanse Program.

EAT A WIDE RANGE OF NUTRIENTS

A diverse diet that stimulates your appetite will provide all the nutrients you need for healthy skin and whole body health. Remember that your skin is low priority when it comes to your body's vital organs, so if your diet is low in nutrients, your skin will be starved of these essential compounds. While completing the 14-Day Cleanse Program, try not to eat the same meals every day. We have provided plenty of options to increase your nutrient intake.

AVOID FOODS YOU ARE ALLERGIC OR INTOLERANT TO

If you know a food causes your skin to flare up, then avoid it, even if it's listed in the 'ENJOY' column on pages 14–15.

AVOID GLUTEN & DAIRY

Both gluten and dairy are considered common gut irritants. Wheat contains two inflammatory substances – gluten and lectins – which research shows, may increase gut permeability (leading to leaky gut) and inflammation. Dairy also contains two substances – lactose and casein – which many people are sensitive to. Dairy is linked to many skin conditions, including acne and eczema.

EXERCISE GENTLY

During the 14-Day Cleanse Program, 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!

REDUCE YOUR CHEMICAL EXPOSURE

In order to reduce the toxic load on your body, try to minimise your exposure to toxic chemicals (found in your home, foods and environment) as much as possible during your Cleanse Program. While it's impossible to avoid these toxins entirely, there are a few ways to limit your exposure:

Eat organic. 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.

Drink filtered water. Tap water contains heavy metals, chlorine, fluoride and other chemicals as well as domestic, agricultural and industrial pollutants and oral medications. Avoid single-use plastic water bottles too, which can leach potentially harmful chemicals into the water, especially when they have been left for an extended period or in the sun.

Review your topical skincare. 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. This website is a great resource as it allows you to search ingredients found in common skincare products – www.ewg.org/skindeep/ – but whenever possible, choose Certified Organic and natural options so you can ensure your beauty and skincare products are clean and green.

Support your elimination channels. It's important to keep your bowels moving regularly to expel wastes and toxins. If your bowel movements are a little sluggish, drink warm water (rather than cold or room-temperature water), incorporate freshly ground flaxseeds into your diet and exercise regularly.

TRY DRY BODY BRUSHING

Dry brushing helps to improve lymphatic flow, eliminate toxins and reduce cellulite. It's best to dry brush first thing in the morning before you shower. Start with light pressure until you're used to the sensation, then move 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.

How to dry body brush:



- Start with the soles of your feet, use swift upward strokes and brush from the feet, up the legs, working towards your heart.
- Once you've covered your lower body, move to your hands and work up your arms toward your heart in the same manner.
- Next (using a long handle brush or getting your partner to help out), brush your back.
- Lastly, work on your abdomen (moving in a clockwise direction to follow the movement of the colon), chest and neck. It's best to avoid your face as most people's facial skin is too sensitive.
- Brush for 2–3 minutes until your skin is rosy and slightly tingly.
- Always shower after you dry brush to wash away dead skin. Keep a separate dry brush for every member of the family and wash it regularly with a few drops of tea tree oil.





HOW TO PREPARE FOR YOUR 14-DAY CLEANSE PROGRAM

To enhance the benefits of your Cleanse Program, it's important to get prepped. To help you, we've included a table of foods to enjoy and avoid on pages 14–15, 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.
- Take a reduced dose of CLEANSE Inner Beauty Powder, 1 teaspoon (3.5g daily).

DURING YOUR CLEANSE:

- Increase your dose of CLEANSE Inner Beauty Powder to 2 teaspoons (7g) daily – either taken in the morning or divided into two doses, taken morning and night.
- Review Table A (found on pages 14–15) once more, and make sure your fridge is well-stocked.
- Start your day with a large glass of warm, filtered 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 CLEANSE Inner Beauty Powder mixed into a glass of filtered water.
- Wait at least 10 minutes before eating breakfast.
- To maintain energy levels, eat three meals each day.
- Stay hydrated and flush out your bowels by drinking at least three litres of filtered water each day while cleansing.
- Support your digestion by following the guidelines outlined on pages 14–15.

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, avoid red meat. You may choose to eat organic red meat, once per week.
- Get creative! We've included lots of meal inspiration on pages 17–18 so you stay motivated and on track throughout your cleanse.
- 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 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 33) can be used as a 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 Program (such as headaches, pimples, fatigue or extra body odour), these are simply signs your body is detoxing. You can either return to the prep stage of the program, or soldier on. If you have any questions, please contact us at info@thebeautychef.com and always consult with your health practitioner.

Dietary Guidelines

Use the following table as a reference guide for the foods you should avoid during your cleanse, as well as the foods you can enjoy in abundance.

We have also included meal ideas and recipes for you to follow, if you wish. Or, you can use your own recipes provided they follow these guidelines. Ready, set, cleanse...

TABLE A

ITEM	ENJOY	AVOID
Vegetables	<p>All vegetables are allowed (except those listed in the AVOID column). Enjoy veggies steamed, raw, stir-fried or baked.</p> <p>Freshly squeezed vegetables juices (no added fruits, other than berries, lemons or limes).</p> <p>Fresh, organic vegetables when possible. Frozen is okay, occasionally.</p> <p>Non-organic vegetables need to be washed in filtered water with apple cider vinegar, scrubbed well and/or peeled.</p> <p>Choose organic carrots, sweet potato and broccoli, during the cleanse.</p>	<p>Canned and dried vegetables.</p> <p>Corn.</p> <p>Potato.</p> <p>Mushrooms.</p> <p>Pickled vegetables (in vinegar).</p>
Meat/Eggs & Protein	<p>Fresh fish: Choose wild-caught, deep sea, cold water, oily fish – sardines are ideal. Pay attention to the fish and seafood on the AVOID list.</p> <p>Canned fish: Sardines and red salmon only.</p> <p>Poultry: Free-range or organic chicken and turkey.</p> <p>Red meat: Can be enjoyed once a week if you don't have inflamed skin. Choose lean lamb or lean beef. Organic, grass-fed is preferable.</p> <p>Eggs: Organic eggs, preferable 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>Processed and some canned fish products: Smoked salmon, fish fingers, canned tuna.</p> <p>Some fish: Swordfish, king mackerel, tilefish, flake, shark, orange roughly, tuna.</p> <p>Eggs: Non-organic or caged eggs.</p>
Fruit	<p>Lemon and limes.</p> <p>Two of the following low-fructose fruits are allowed daily: ½ cup fresh or frozen organic berries (such as raspberries, blackberries, blueberries), or 1 apple, nectarine, peach, apricot, plum, or ¼ cup papaya.</p>	<p>All other fruits.</p> <p>All dried fruits.</p> <p>All fruit juices (either freshly squeezed or packaged).</p> <p>Melons, grapes, mangos, bananas.</p>
Grains	<p>Gluten-free pseudo-grains and seeds: Quinoa, millet, buckwheat, amaranth.</p> <p>Spelt*: Sourdough spelt bread, pasta – enjoy small amounts, only occasionally.</p> <p>Organic rolled oats*: Soak overnight before cooking and eating – enjoy small amounts.</p> <p>Brown or Basmati rice: Max ½ cup cooked with a meal.</p> <p>Sprouted essene bread.</p> <p>*Avoid if you are gluten-free or you experience any bloating.</p>	<p>Wheat and all wheat products.</p> <p>Kamut.</p> <p>Rye.</p> <p>Barley.</p> <p>Soy flour.</p>
Legumes	<p>Tempeh.</p> <p>Tofu (no more than once a week).</p> <p>Chickpeas, kidney beans, lentils, cannellini beans, butter beans, adzuki beans, black beans – no more than ½ cup per day.</p> <p>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 (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. Almond milk.</p> <p>Organic grass-fed or cultured butter and ghee.</p>	<p>Milk: Cow's milk, soy, rice and oat.</p> <p>Cheese: All cheese including cheddar, parmesan, hard ricotta and feta.</p> <p>Flavoured yoghurts, cream, sour cream and ice cream.</p>

TABLE A

ITEM	ENJOY	AVOID
Fats & Oils	<p>Unbruised 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. 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>Any other oil not listed in the ENJOY column.</p>
Nuts	<p>Nuts: Walnuts, almonds, macadamias and hazelnuts daily, but no more than 10 per serve. Cashews are allowed, but not daily. And stick to no more than four Brazil nuts per day.</p> <p>Seeds: Pumpkin, sunflower, chia and hemp.</p> <p>All nuts and seeds should be raw and unsalted. Store in the fridge or freezer to keep them fresh, and avoid buying in bulk.</p>	<p>Peanuts.</p> <p>Pistachios.</p> <p>Roasted, dry-roasted or salted nuts.</p>
Flavours, Condiments & Spreads	<p>Raw apple cider vinegar, with the 'mother'.</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>Mayonnaise.</p> <p>Packaged and processed salad dressings, spreads and sauces.</p> <p>Tomato and barbecue sauces.</p> <p>Mustard.</p> <p>Soy 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 page 43).</p>	<p>All preservatives, additives, colourings and flavourings.</p> <p>200 numbers (sulphites).</p> <p>600 numbers (MSG).</p> <p>TVP.</p> <p>Yeast extracts.</p> <p>Artificial sweeteners.</p> <p>Other sweeteners: Agave, table sugar, corn syrup and fruit sweeteners.</p>
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>Processed and packaged junk foods.</p> <p>Unhealthy fast foods.</p> <p>Convenience meals, frozen meals and sweets.</p>
Beverages	<p>Filtered water.</p> <p>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>Tap and bottled water.</p> <p>Soft drinks.</p> <p>Alcohol.</p> <p>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>



MEAL INSPIRATION

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

While completing the 14-Day Cleanse Program, 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 23)

This smoothie is filling enough to be a meal replacement if you add some protein. CLEANSE Inner Beauty Powder can also be added to this smoothie.

YUM CHAI SMOOTHIE (page 25)

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

CHIA BERRY COCONUT PUDDING (page 25)

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 Powder.

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 Table A (page 14) 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 24)

Ensure you use organic gluten-free 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.

It's important to nourish your body throughout the 14-Day Cleanse Program. 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.

THE PERFECT PLATE

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 (optional): Sweet potato, pumpkin, gluten-free 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 33) can be enjoyed continuously throughout the day.

SMOOTHIES

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

HOW TO 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.

Thai & Asian Foods: Where possible, avoid sauces as they usually contain sugar and vegetable oils. If you can find a restaurant that serves fresh stir-fries, ask for a simple meat or tofu dish with vegetables and request lots of fresh herbs and spices like ginger, garlic, basil and lime leaves. Feel free to include a small portion of rice noodles.

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

Rest assured, it's okay to enjoy a few healthy snacks between meals during the 14-Day Cleanse Program. 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 one 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 43).

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 nuts and seeds.

Digestion is the process of physically and chemically breaking down food to release its energy and nutrients so they can be absorbed and utilised by the body. But if our digestion is under par – or we're experiencing gut issues – even the most nutrient-dense food won't 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 allocates these key nutrients to vital organs including the brain, heart, liver and kidneys. As a result, the 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 and boost skin health, CLEANSE Inner Beauty Powder contains a range of digestive enzymes designed to assist digestion and help break down carbohydrates, proteins and fats.

The tips included below will 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 shuts down the release of digestive juices and diverts blood away from the digestive tract and into the muscles – slowing down and compromising digestion. Always try to sit while eating and take a break from work to eat in a calm environment.

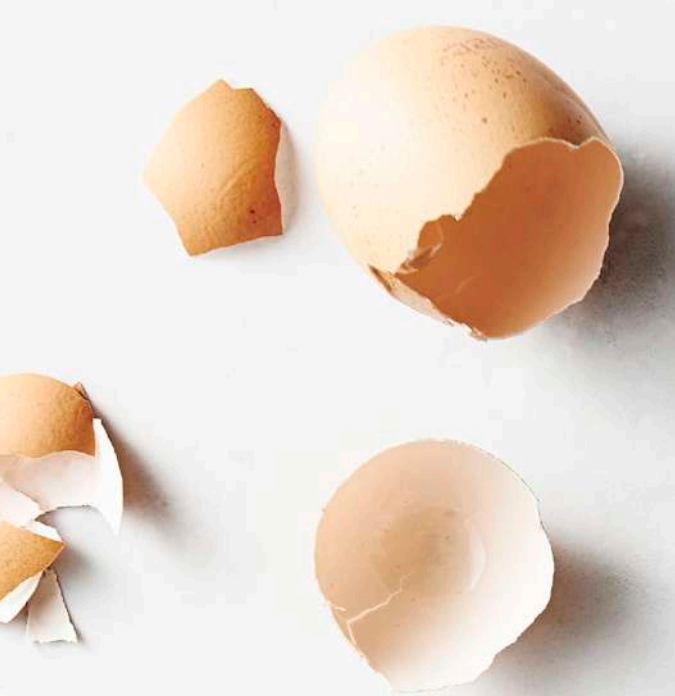
Stop eating when full: When we overeat, our gastric juices and enzymes become exhausted, leaving us feeling full and bloated. Compare your stomach to a wood fire – if you put too much wood on the fire, it smothers it.

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.

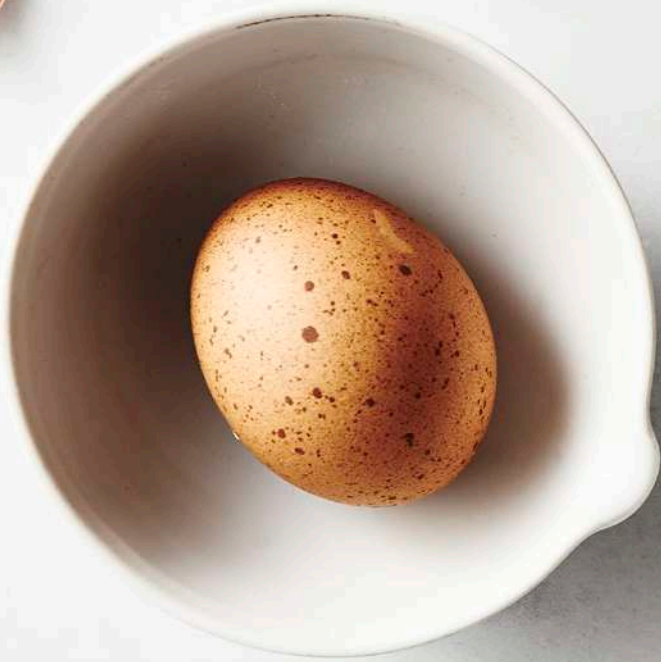
Our Recipes

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 breakfast recipes...*



GREEN SMOOTHIE

(Serves 2)

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 (250mL) 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 small handful of seeds, or, add 1 heaped tablespoon of BODY Inner Beauty Powder

1 serve of CLEANSE Inner Beauty Powder

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 liquefied, adding more water if you prefer a thinner consistency. You can make extra and store in the fridge for the evening or next day, just make sure that you fill the storage glass/jar to the brim and cover with a lid.

OMELETTE

(Serves 2)

INGREDIENTS

2 eggs per omelette

1 tablespoon filtered water or almond milk

Zest of ¼ lemon, or lime

Himalayan pink salt and freshly ground black pepper, to season

A little butter, coconut oil or ghee for frying

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.

METHOD

Mix the eggs, water or milk, citrus zest, 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.

PORRIDGE

(Serves 2)

INGREDIENTS

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

½ cup shredded, dried or fresh coconut

1 fresh lemon, juice and zest

2½ cups (375mL) filtered water or coconut water

Pinch of Himalayan pink 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 nuts and seeds and/or 2 tablespoons of allowed fruits (either raw, grated or stewed) and 1–2 tablespoons of yoghurt.

SARDINES ON TOAST

(Serves 1)

INGREDIENTS

1 small tin of sardines

2 tablespoons fresh parsley, chopped

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

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

1 slice sourdough bread, if tolerated (or gluten-free bread of choice from allowed grains)

Handful of baby spinach leaves or watercress

½ avocado, sliced

1 slice of red onion, finely diced

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, onion and smashed sardines.

CHIA PUDDING

(Serves 2)

INGREDIENTS

- ¼ cup chia seeds
- 1 cup (250mL) coconut or non-dairy milk of choice
- 1 teaspoon organic raw honey (optional)

METHOD

Mix chia seeds, milk, and honey together in a small bowl or glass mason jar. Allow to set in 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.

YUM CHAI SMOOTHIE

(Serves 2)

INGREDIENTS

- 1 frozen banana, sliced
- 2 scoops BODY Inner Beauty Powder
- 2 cups (500mL) 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.

CHIA, BERRY & COCONUT PUDDING

(Serves 2)

INGREDIENTS

- 1 cup (250mL) coconut or non-dairy milk of choice
- 1 cup frozen mixed berries
- 2 tablespoons maple syrup
- 2 teaspoons GLOW Inner Beauty Powder
- ¼ cup chia seeds

Optional toppings: Serve with toasted flaked coconut and/or lightly toasted slivered almonds.

METHOD

Combine milk, berries, maple syrup and GLOW Inner Beauty Powder in a high-speed blender until smooth. 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.

POACHED EGGS WITH AVO, QUINOA & RELISH

(Serves 4)

INGREDIENTS

2 cups (500mL) filtered water
180g quinoa
8 eggs
2 avocados, peeled and halved
Fresh coriander, to serve

For the relish:

2 tablespoons olive 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 balsamic vinegar
1 teaspoon smoked paprika

METHOD

To make the relish, preheat oven to 200°C. Toss capsicums in olive oil before placing on a baking tray and roasting for 20–30 minutes. Remove from 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 and quinoa, 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 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

(Serves 2)

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, thinly sliced

For the tahini feta dressing:

100g goat's feta
 4–5 tablespoons extra virgin olive oil
 ⅓ cup tahini (hulled or unhulled)
 4 tablespoons 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 onions 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

(Serves 2)

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 olive oil, for cooking
- 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 olive oil and roast for around 40 minutes on a medium heat, or until just tender. Place the salmon fillets on top of the vegetables and 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

(Serves 4–6)

INGREDIENTS

- 2 tablespoons olive 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 medium-high heat, add onion and garlic and stir occasionally until tender – about 5 minutes. While the onion is cooking, rinse quinoa thoroughly, then add to 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

(Serves 4)

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:

1 tablespoon each of coarsely chopped hazelnuts
 and almonds
 1 tablespoon each of sunflower seeds, pepitas
 and sesame seeds
 2 teaspoons each of fennel seeds and cumin seeds
 1 tablespoon tamari

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 seeds, preheat 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)

(Serves 2)

INGREDIENTS

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

¼ cup red cabbage, shredded

1 cup 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

Splash 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.

SOUPS

A nourishing soup provides the perfect comfort for those days when you need a little extra support during your cleanse...



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 with filtered water, cover with a lid and bring to the boil. Reduce the heat and simmer for 20–30 minutes. Strain out the solids and drink within 3 days. 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 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

(Serves 4)

INGREDIENTS

For the chicken and coconut balls:

500g organic chicken mince
½ cup cooked quinoa
½ cup (125mL) coconut cream
½ bunch fresh coriander, finely chopped (roots included)
1 large garlic clove, grated (or 2 small)
Pinch of Himalayan pink salt

For the turmeric and kaffir-lime-spiced broth:

4 cups (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 or sea salt, to taste
1 fresh red chilli, sliced
Bean sprouts
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 leave, 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*(Serves 4–6)***INGREDIENTS**

4 organic chicken wings or legs

2–3 litres of filtered water

Pinch of Himalayan pink 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.

BUCKWHEAT & CHICKEN CONGEE*(Serves 4)***INGREDIENTS**

1 cup buckwheat, soaked overnight in 1 cup (250mL) 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

Toasted 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 choy sum or broccolini and serve hot, with tamari, sliced spring onion, grated ginger, chilli and toasted sesame seeds.

BEETROOT & CAULIFLOWER SOUP*(Serves 4)***INGREDIENTS**

1 large red onion, diced
 1–6 cloves garlic, diced
 4 cups cauliflower, chopped
 4 cups beetroot, peeled and chopped
 8 cups (2L) 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 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. Process with a hand-held blender 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*(Serves 4–6)***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-high 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.

SPRING VEGETABLE BROTH WITH KALE PESTO

(Serves 4–6)

INGREDIENTS

2 tablespoons extra virgin olive oil
 1 leek, thinly sliced
 2 garlic cloves, finely chopped
 8 cups (2 litres) 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

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

METHOD

Heat oil in a large saucepan over medium-high heat, add leek and garlic and cook until soft (about 5 minutes). Add chicken stock, 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 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.



OTHER LUNCH
& DINNER RECIPES

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

ROAST VEGETABLE FRITTATA*(Serves 2)***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
 ½ cup milk, either almond or rice
 Freshly ground black pepper
 Handful of baby spinach and rocket leave, to serve
 30g goat's feta

METHOD

Preheat oven to 220°C. Grease a 6cm deep, 20cm base, 8-cup capacity square ovenproof dish. Line a large roasting pan with baking paper. Place sweet potato, capsicum, onions and zucchini in 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 over 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*(Serves 4, as part of a meal)***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
 ⅓ cup fresh mint leaves
 ⅓ cup fresh coriander leaves
 ⅓ cup goat's feta, crumbled
 2 tablespoons toasted pine nuts

METHOD

Preheat oven to 200°C. Grease and line two large baking trays with baking paper. Place the cauliflower florets on one of the prepared trays. Drizzle with 2 tablespoons coconut oil and toss to coat. Season with Himalayan pink 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, pulse in a food processor 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*(Serves 2)***INGREDIENTS**

1 tablespoon coconut oil
 180g chicken breast, sliced (or seafood or tofu)
 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
 Handful of mung beans
 1 tablespoon fresh lemon or lime juice

METHOD

In a little coconut oil, sauté chicken or alternative with ginger, garlic and 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*(Serves 4–6)***INGREDIENTS**

6 cups (1.5 litres) filtered water
 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 sesame 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 sesame 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

(Serves 4–6)

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 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 pulsing 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 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*(Makes approximately 20–25 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 Powder
 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 pulse 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 fridge for up to four weeks.

RAW CARROT CAKE*(Serves 6–8)***INGREDIENTS**

2 ½ cups coarsely grated carrot
 ½ cup coarsely grated granny smith apple, tossed with 2 teaspoons fresh lemon juice
 ⅔ cup raw walnuts
 ⅔ cup pitted dates
 ⅔ cup shredded coconut
 1 scoop GLOW Inner Beauty Powder
 1 teaspoon vanilla extract
 1 teaspoon ground cinnamon
 ½ teaspoon finely grated nutmeg
 Finely grated rind of 1 orange

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, for up to 3 days.

GLOW RAW ENERGY BARS

INGREDIENTS

4 tablespoons coconut oil
4 tablespoons coconut butter
2 cups Medjool dates
1 cup raw almonds
1 cup raw cashews
1 cup dried cranberries and/or goji berries
2 cups desiccated coconut
4 teaspoons GLOW Inner Beauty Powder

METHOD

Line a slice tin with baking paper. Melt coconut oil and coconut butter in a small saucepan over a low heat until melted. When the oil and butter have cooled slightly, add to a food processor with the dates and blend until slightly combined. In a separate bowl, combine the almonds, cashews, berries, coconut and GLOW Inner Beauty powder and mix well.

Gradually add the dry mix to the wet mix in the food processor, 1–2 cups at a time, and pulse until well combined and the mixture has formed a sticky dough consistency. Tip the mixture into the prepared tin and press firmly with the back of a spoon. Sprinkle with desiccated coconut and press lightly into the slice. Refrigerate for 2 hours, then cut into bars. Store bars in an airtight container in the fridge for up to four weeks, or freeze.

DRINKS

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



CLEANSE GREEN JUICE*(Serves 1)***INGREDIENTS**

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

METHOD

Juice ingredients into a jug, then mix through CLEANSE Inner Beauty Powder, pour over ice and serve.

PINEAPPLE, MINT & KOMBUCHA ICE WITH GLOW*(Serves 4–6)***INGREDIENTS**

1 pineapple, peeled and coarsely chopped
 1 bunch mint
 1 cup (250mL) kombucha
 1–2 tablespoons GLOW or CLEANSE Inner Beauty Powder

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 either GLOW or CLEANSE Inner Beauty Powder, 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*(Serves 6–8)***INGREDIENTS**

1 litre filtered water
 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 Program 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 + 1 serve of CLEANSE mixed into filtered water						
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

Some common side effects you may experience during the 14-Day Cleanse Program 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 health practitioner for more info.

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

Reduce your intake of CLEANSE Inner Beauty Powder.

If you're feeling too uncomfortable at any stage, reduce the dose of CLEANSE Inner Beauty Powder 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 particularly unwell during your 14-Day Cleanse Program, please speak to your health practitioner.