

SIMPLE WAYS TO DETOXIFY YOUR BODY

Breakfast Suggestions

*Berry Smoothie - 1 banana, ½ cup fresh or frozen blueberries, 1/3 cup fresh or frozen cherries, ½ cup fresh or frozen red dragon fruit combine with filtered water and top with ice. Add in 1 scoop of green qi and optional natural mineral drink or other liquid nutritional supplements.

*Green Smoothie - 1 avocado, 1 small banana, 1 Lebanese cucumber, handful of berries (of choice) handful of baby spinach leaves, water and top with ice. Add in 1 scoop of green qi and other liquid nutritionals.

*Bowl of fresh fruit with linseed, sunflower seed and almond (LSA) ground. Add a dollop of organic yogurt (Greek style) or plain coconut etc.

*Smoothie with banana/berries, protein powder, LSA, lecithin with nut milk or milk alternative

*Veggie omelette

*Scrambled eggs with smoked salmon, avocado and mushroom (or your choice of brightly coloured nutritious vegies)

*Scrambled tofu with vegetables

*Rice porridge or regular porridge with rice/almond/coconut milk. Add rice flakes, cinnamon, chopped nuts or LSA for extra fibre

*Wheat free toast - avocado, hummus, tahini, almond/cashew/hazelnut/macadamia butter, home made baked beans, nut butter and banana.

Lunch suggestions

Salad with protein - i.e. legumes, egg, fish, tofu, tempeh, hummus quinoa etc.

Home-made soup i.e. lentil, vegetable or mushroom

Stir fry with minimal oil (choose good quality oil) - avocado, coconut, olive

Baked vegetables with minimal oil (air-fry if possible) with quinoa

Dinner suggestions

Tomato and vegetable soup (home-made)

Bean or chicken stew (slow cooker meal)

Curry with vegetables and protein (no creamy sauce added) just spices - turmeric, natural curry powder.

Falafel balls with hummus and steamed veg

Baked or grilled vegetables with protein

If you are still hungry/Snacks

Fresh fruit - apple, pear, banana, blueberries

Hummus and carrot/cucumber/capsicum sticks

Raw unroasted, unsalted nuts and seeds (trail mix)

Wheat free/Brown rice crackers topped with avocado, tomato and parsley. Hummus with grated carrot and alfalfa, nut butter with banana and sesame seeds,

Boiled egg - mash and add paprika or curry powder

Canned tuna in spring water

Protein smoothie

Miso soup

Handful of raw nuts, not salted or roasted: Brazil nuts, almonds or walnuts.



MODERE DETOX

FOOD LIST & MENU PLAN

It's much easier than you think!

You can easily create your meal plan by using the food list. Top tip: choose your selection of foods from the food list and Google them to find a suitable recipe! Just remember to follow the portion sizes recommended on the food list and include a protein food with every meal and snack.

The following is an example meal plan created using this list. You can find the recipes on the Modere website under Detox Collection. Rotate your protein sources to maintain a balanced diet. Vegans and vegetarians may need to improvise using snack proteins.

	DAY 1	DAY 2	DAY 3	
Breakfast	Bridie's veggie omelette	Rolled oats with fresh apricots or scrambled eggs and smoked salmon	Modere smoothie	
Water	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch	
Mid morning Snack	Small tub of natural yoghurt or a small serve of mixed nuts	Green apple and/or walnuts	Brazil nuts, almonds or walnuts	
Lunch	Tuna pasta	Ham and salad wrap	BBQ Chicken Salad	
Water	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner	
Mid afternoon Snack	Hummus and carrot sticks	Palm size protein and celery sticks	Protein and home-made hummus (left over protein from last night meal)	
Dinner	Chicken stir-fry	Thai beef salad	Vegetable soup with Atlantic salmon pieces	
Evening snack	Quark and blueberries	Quark and choice of fruit	Protein Smoothie Bowl	
	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Berry Smoothie	Green Smoothie	Bowl of fresh fruit with linseed	Scrambled eggs with smoked
Water	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch
Mid morning Snack	Salad with protein - i.e. legumes, egg, fish, tofu, tempeh, hummus	Green apple and/or walnuts	Brazil nuts, almonds or walnuts	Small tub of natural yoghurt or a small serve of mixed nuts
Lunch	Salad with protein	Ham and salad wrap	BBQ Chicken Salad	Tuna pasta
Water	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner
Mid afternoon Snack	Hummus and carrot sticks	½palm size protein and celery sticks	Protein and home-made hummus (left over protein from last night)	Hummus and carrot sticks
Dinner	Chicken stir-fry	Thai beef salad	Vegetable soup with Atlantic salmon pieces	Chicken stir-fry
Evening snack	Quark and blueberries	Quark and choice of fruit	Protein Smoothie Bowl	Quark and choice of fruit

SIMPLE WAYS TO DETOXIFY YOUR BODY

- * Drink a glass of warm water with half a freshly squeezed lemon or lime upon rising. This helps to stimulate your digestion and help to cleanse the body.
- * Choose liver supportive foods like dark green leafy vegetables (silverbeet, onion, garlic, beetroot, rocket, eggs, legumes, oat bran, apples, beans, broccoli, carrot, turmeric, parsley, mustard greens, fennel and globe artichoke).
- * Introduce raw foods into the diet (salads, fruit, nuts and seeds). These are beneficial and nutritious and allow the body to access nutrients, antioxidants and phyto-chemicals which can be destroyed through heating and cooking.
- * Go for brightly coloured fruits and vegetables – consider eating a rainbow at every meal.
- * Remove saturated fats which are commonly found in fatty meats and deep fried, heavily processed foods. Swap these out for foods rich in essential fatty acids – cold-water fish, nuts and seeds.
- * Avoid trans fatty acids as an ingredient in many heavily processed foods - look for the trans fat content which can be found on many packaged foods. Trans fatty acids may adversely affect your cholesterol levels.
- * Remove refined carbohydrates – foods containing white flour i.e. breads, pastas, rices etc.
- * Remove added sugars, caffeine, alcohol and dairy products, from your diet and increase consumption of filtered water, non caffeinated herbal teas, dairy free nut milk or milk alternatives.
- * Include bitter foods to your salads – this includes ingredients such as chicory, barley, dandelion, endives and rocket. Bitter foods help stimulate digestive secretions assisting us to better digest our food.
- * Aim to increase your water consumption to 2-3 litres per day. This will assist with diluting toxins and assists in the removal of wastes out of the body. A higher consumption of water also helps to soften stools and reduce the challenges of constipation.
- * Avoid foods that are artificially coloured, flavoured or enhanced. Look for ways to create simple, nourishing foods at home in preference to grabbing a bite to eat on the go.
- * Check on your emotional state before eating your food. If you are stressed or emotional, this can impact how well we digest our food. Think happy thoughts and chew your food well.
- * Chewing food well can reduce symptoms of bloating and gas. It can also make us fuller for longer.
- * Graze, eat smaller meals more frequently rather than sticking to larger rigid meals.
- * Only eat when you are hungry and check in with yourself to see if you are actually hungry. More often than not we eat unconsciously or crave when we are stressed or bored. Try to work out what your triggers are and find other ways of supporting yourself through these cravings.
- * Try dry skin brushing – this is an excellent way to increase lymphatic drainage and enhances the removal of toxins in the body. Work in small circular motions from your feet upwards. Do this before you shower.



MODERE DETOX

FOOD LIST & MENU PLAN

It's much easier than you think!

NUTRITION AND DETOX

An integral component of the Modere Detox program is a nutritious, healthy and above all sensible approach to eating.

Let's start with a very important piece of advice: Don't be afraid of food.

Food is fuel for your body and you need to eat. You just need to choose the right food for optimal body composition.

Ideally the more processed a food is, the more you should avoid it. If you look at the food list overleaf, you'll see there are a great variety of delicious and nutritious foods included for you to choose from.

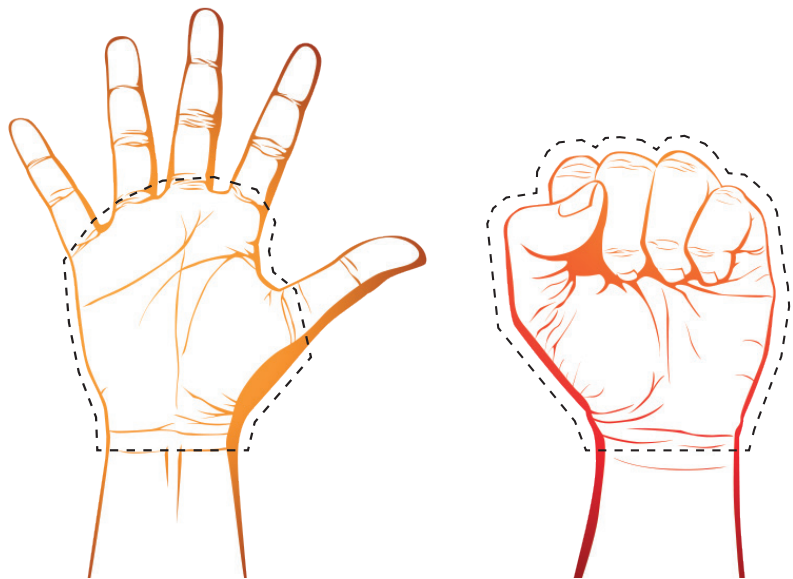
IT'S EASY! JUST FOLLOW THESE SIMPLE RULES:

- 3 meals per day, which include:
 - 1 palm sized portion of a protein food from the recommended protein meal lists with every meal
 - 3 fists of vegetables with at least two meals a day (you may replace 1 fist per day with a fist of fruit)
- 2-3 snacks per day, which include:
 - palm of a protein food from the recommended protein snacks list or the nuts & seeds list (nuts and seeds are an optional protein snack however they also are high in calories, so limit your intake to no more than 3-5 snacks containing nuts and seeds per week)
 - Continue with your usual exercise routine - if you don't have an established exercise routine - get moving! A good idea is to get a pedometer and set a goal to do 10,000 steps a day. You'll be amazed at how many you already do.
 - Drink 2 litres of filtered water daily, ideally 1 litre in-between breakfast and lunch and 1 litre in-between lunch and dinner.

WHAT'S THIS ABOUT PALMS?

Don't worry too much about exact measures, as you have a very useful guide to portion control right at hand! Palm sizes and fists can help you to instantly measure the foods you eat. Remember, because the Modere Detox program is personalised to your needs, actual amount are based on your body size!

- 1 palm size equals approximately 100 grams of a protein food; however the amount is unique to the individual
- Palm size equals approximately 50 grams of protein foods for snacks
- 3 fists equal approximately 3 cups of vegetables, depending on the size of your fist.



MODERE DETOX

FOOD LIST

RECOMMENDED PROTEIN MEALS	RECOMMENDED VEGETABLES		RECOMMENDED PROTEIN SNACK	FRUIT (OPTIONAL)	NUTS & SEEDS (OPTIONAL SNACK)	CONDIMENTS & COOKING OILS (OPTIONAL)	DAIRY FREE MILK ALTERNATIVE (ALMOND/COCONUT)	SWEETENERS
1 palm per meal	2-3 fists or cups per meal		½palm per snack	1 cup per day*		1 teaspoon		
Shake Pea Protein <i>(full serve)</i>	Alfalfa sprouts	Olives	Shake Pea Protein <i>(½ serve)</i>	Apples	Almonds	All herbs & spices	Fresh fruit	Stevia
Beef	Asian greens	Onions	Boiled egg (1)	Apricots	Brazil nuts	Coconut oil*	Fruit sorbet*	Xylitol
Chicken	Asparagus	Radicchio	Cottage cheese	Blackberries	Coconut meat	Macadamia oil*	Frozen berries*	
Duck	Avocado	Radish	<i>(low fat)</i>	Blueberries	Flax/Linseeds	Olive oil*	Frozen yoghurt*	BEVERAGES
Eggs (2)	Baby spinach	Rocket	Haloumi	Cherries	Hazelnuts	Sesame oil*	Stewed fruit*	
Kangaroo	Bamboo shoots	Sea vegetables <i>(kelp, kombu, wakame, arame)</i>	Hard cheese <i>(low fat)</i>	Figs <i>(fresh)</i>	Macadamia nuts	Soy sauce**	Quark <i>(low fat)</i>	Chamomile tea
Lamb	Bean sprouts		Quark <i>(low fat German style)</i>	Grapefruit	Pecans	Walnut oil*	<i>*no added sugar</i>	Dandelion tea
Mussels	Bok choy	Snow peas	Salmon smoked*	Guava	Pepitas	Avocado oil		Ginger tea
Oysters	Broccoli	Spinach	Sardines**	Honeydew melon	Pine nuts	<i>*Organic cold pressed oils preferable</i>		Green tea
Pork <i>(inc. nitrite free cured meats e.g. ham, bacon)</i>	Broccolini	Sprouts	Tuna**	Kiwi fruit	Pistachios	<i>**preferably low sodium and gluten free</i>		Licorice tea
Prawns	Brussels sprouts	Squash	natural Greek yoghurt or plain dairy free yoghurt (i.e. coconut)	Lemons	Sesame seeds			Peppermint tea
Rabbit	Cabbage	Tomato		Limes	Sunflower seeds			Tulsi tea
Salmon smoked*	Capsicum	Water chestnut		Mulberries	Walnuts			Water*
Scallops	Cauliflower	Watercress		Nectarines	Chia seeds	DAIRY (OPTIONAL)		Mineral water
Tempeh <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Celery	Zucchini		Passionfruit	Oat bran			<i>*can be flavoured with fresh lemon, lime or grated ginger</i>
Tofu <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Chard	Avocado	<i>*check label for hidden sugars</i>	Strawberries		Cheese <i>(low fat) (inc. paneer)</i> <i>½ palm size</i>		
Veal	Cucumber	Globe	<i>**small can in spring water</i>	Banana		Natural yoghurt <i>1 serve = small carton</i>		
White fish	Eggplant	Artichoke		Pears		Organic milk <i>1 serve = 1 cup</i>		
<i>*check label for hidden sugars</i>	Endive	Beans		Dragon fruit		Organic unsweetened Dairy Free yoghurt (coconut/almond)		
legumes:	Fennel	Carrot				Dairy Free milk alternative		
entils	Garlic	Silverbeet						
beans	Kale	Parsley						
	Kohrabi	Beetroot						
	Leek	Chicory						
	Lettuce <i>(all types)</i>	Dandelion						
	Mushroom							
	Okra							

Organic and GM free produce recommended

