

THE HOLISTIC DETOX

# 7 DAY DETOX DIET

21 RECIPES



# HI & WELCOME!

## Welcome to Your 7-Day Detox Diet: Reducing Inflammation for Optimal Detoxification

Embarking on a detox is one of the most effective ways to help your body eliminate toxins, balance your energy, and support overall well-being. This 7-day detox plan is specifically designed to reduce inflammation, support liver function, and promote natural detoxification processes. By eliminating common inflammatory foods and focusing on nutrient-dense, detox-friendly ingredients, you'll give your body the reset it needs.

### Why Lowering Inflammation is Key to Detoxification

Inflammation is your body's natural response to injury, infection, or exposure to toxins. However, chronic inflammation caused by poor diet, stress, and environmental factors can overload your system, making it harder for your organs—especially the liver, kidneys, and gut—to function properly. When the body is in a constant state of inflammation, it holds onto toxins, creating a cycle that can lead to fatigue, weight gain, digestive issues, and more serious health concerns. By reducing inflammation through this detox plan, you'll allow your body's detox pathways to work more efficiently, enabling the organs responsible for detox—like the liver, kidneys, and digestive system—to eliminate waste and toxins more effectively.

### How This Detox Diet Supports the Liver and Other Detox Organs

The liver is your body's primary detox organ, responsible for processing and eliminating toxins from everything you consume. This 7-day detox focuses on foods that support the liver's detoxification processes, including cruciferous vegetables like broccoli and Brussels sprouts, which boost the liver's production of enzymes that break down toxins.



By avoiding processed foods, refined sugars, dairy, and inflammatory ingredients like nightshades, you're reducing the burden on your liver and digestive system. This allows the liver to focus on detoxifying rather than managing inflammation caused by unhealthy foods.

## KEY FOODS THAT HELP DETOXYFY THE BODY



- **Cruciferous Vegetables** like broccoli, kale, and cauliflower help stimulate liver enzymes that work to eliminate toxins.



- **Leafy Greens** such as spinach and romaine lettuce are rich in chlorophyll, which helps cleanse the blood by binding to toxins and heavy metals.



- **Fiber-Rich Foods** like quinoa, lentils, and flaxseeds promote healthy digestion and bowel movements, which are crucial for eliminating waste from the body.



- **Healthy Fats** from avocados, olive oil, and flaxseeds support cellular health and provide the necessary building blocks for the body's detox processes.



- **Antioxidant-Rich Fruits** like berries help neutralize free radicals, reducing oxidative stress and supporting cellular repair.

# WHY THIS DETOX WORKS WHILE OTHER DIETS DON'T?

While many diets focus on calorie restriction, this detox is all about providing your body with the nutrients it needs to naturally heal and detoxify. By eating whole, unprocessed foods, you're nourishing your body at a cellular level, reducing inflammation, and supporting your detox organs.

This isn't a quick fix—it's a sustainable, nourishing plan that works in harmony with your body. As you progress through the week, you'll likely notice improved digestion, clearer skin, reduced bloating, and increased energy as your body flushes out toxins and inflammation subsides.





## ENJOY

- **Vegetables to Aid Detox:** Broccoli, cauliflower, kale, cabbage, Brussels sprouts, onions, garlic, raw greens, red/green lettuce, romaine, spinach, endive.
- **Neutral Vegetables:** All other fresh vegetables (not on the avoid list), unsweetened vegetable juices, green/yellow beans, yams/sweet potatoes, legumes (beans like navy, white, red, kidney).
- **Protein Sources:** Organic chicken, turkey, lamb, wild-caught fish, cage-free eggs (avoid red meat for 3 weeks of cleanse).
- **Fruits:** Organic lemons, avocados, apples, berries, pears, peaches, plums, limes, melons, etc.
- **Nuts/Seeds:** Quinoa, almonds, walnuts, cashews, pine nuts, unsweetened nut butters, sunflower/sesame seeds.
- **Spices/Condiments:** All vinegars, fresh herbs, oils (olive, avocado, flaxseed), butter, ghee, coconut aminos.
- **Sweeteners:** Stevia, monk fruit, agave, honey, pure maple syrup.
- **Beverages:** Water, non-caffeinated coffee, herbal teas, unsweetened milk substitutes.
- **Grains:** Millet, buckwheat, oats, cassava.

## AVOID

- Corn, white potatoes, nightshades (tomatoes, bell peppers, eggplant).
- Soybeans, soy products.
- Pork, processed meats, nitrates, MSG.
- Grapefruit (can interact with certain medications).
- Peanuts, peanut butter.
- Dairy, alcohol, soda, caffeinated drinks.
- Refined sugars, corn syrup, cane juice.



# GETTING THE BALANCE RIGHT

If you normally eat a diet high in meat, dairy, wheat, and processed foods, start with a moderate change. Cut out processed/junk foods first and gradually adjust.

If your diet is generally healthy (mainly fresh meals), follow a more restrictive detox diet. Moving towards a vegetarian or vegan diet is ideal.

## Worst Foods for a Detox Diet:

- **Meat** slows digestion, clogs intestines.
- **Dairy products** slow detoxification.
- Wheat harms intestines and reduces nutrient intake.
- **Caffeine** leads to toxins in the body.
- **Nightshades** contain solanine, affecting joints.
- **Processed foods** lack nutrients and are high in salt/sugar, slowing cell function.

## Best Foods for a Detox Diet:

- Vegetables, fruits, beans, nuts, and seeds are best for detox.
- High-fiber and high-enzyme foods aid detox.

## Fish in a Detox Diet:

Cold-water fish (salmon, mackerel, sardines) contain good fats and boost immune function, but avoid larger fish like swordfish and tuna due to heavy metal contamination.

## High-Fat Foods That Are Actually Super Healthy:

- **Avocados:** High in fat (77% calories) but loaded with potassium, fiber, and beneficial for cardiovascular health.
- **Dark Chocolate:** High in fat, rich in nutrients/antioxidants, improves heart health.
- **Whole Eggs:** Nutrient-dense, contain high-quality protein and healthy fats.
- **Fatty Fish:** Linked to improved health, reduce inflammation, and provide omega-3s.
- **Nuts:** Loaded with healthy fats, fiber, and vitamins.
- **Extra Virgin Olive Oil:** Rich in vitamins E/K and antioxidants.
- **Coconut/Coconut Oil:** Contains medium-chain fatty acids that help in fat metabolism.



## SHOPPING LIST

Here's the shopping list for the 7-day detox meal plan, categorized for convenience.

### Vegetables:

- 4 zucchinis (for noodles and scrambles)
- 2 cups spinach (for salads and scrambles)
- 1 bunch kale (for salads)
- 1 head romaine lettuce or mixed greens
- 1 bunch broccoli (for roasting and steaming)
- 2 cups Brussels sprouts (for roasting)
- 1 bunch asparagus (for steaming)
- 1 medium sweet potato (for roasting)
- 1 head cauliflower (for roasting)
- 2 large onions (for sautéing)
- 4 cloves garlic (for flavoring)
- 1 cucumber (for salads)
- 1 cup carrots (for roasting)
- 1 cup green beans (for steaming)

**Fruits:**

- 7 organic lemons (for dressings and cooking)
- 4 avocados (for salads, breakfasts)
- 1 banana (for smoothie)
- 1 pint mixed organic berries (blueberries, raspberries)
- 2 apples (for porridge or snacks)
- 1 small bunch parsley (for herbs)



## Proteins:

- 4 organic chicken breasts (for lunches and dinners)
- 2 wild-caught salmon fillets (for dinner)
- 1 organic turkey breast (for lunches and dinners)
- 1 small lamb chop (for dinner)
- 1 can wild-caught tuna (for lunch salad)
- 2 wild-caught white fish fillets (cod, haddock, or any white fish)
- 6 cage-free eggs (for breakfasts)

# SHOPPING LIST

Here's the shopping list for the 7-day detox meal plan, categorized for convenience.

## Dairy Substitutes and Other Pantry Items:

- 1 quart unsweetened almond milk (for porridge, smoothies, chia pudding)
- 1 container unsweetened coconut milk (for chia pudding)
- 1 small container unsweetened coconut yogurt (for breakfast)
- 1 jar almond butter (for smoothies, porridges)
- 1 jar tahini (for dressings and bowls)
- 1 small jar coconut aminos (for flavoring)
- 1 small jar pure maple syrup (optional for sweetness)
- 1 jar pumpkin seeds (for breakfasts)
- 1 bag walnuts (for salads, snacks, and breakfasts)
- 1 bag sunflower seeds (for salads)
- 1 bag chopped almonds (for porridges and salads)

## Oils and Fats:

- 1 bottle olive oil (for cooking and dressings)
- 1 jar coconut oil (for roasting and cooking)
- 1 bottle flaxseed oil (for salads)
- 1 bottle extra virgin olive oil (for cooking and dressings)



## Spices and Seasonings:

- Sea salt
- Black pepper
- Ground cinnamon (for porridge and smoothies)
- Fresh dill (for flavoring)
- Fresh parsley (for flavoring)
- 1 small jar turmeric (optional for anti-inflammatory benefits)



# DAY 1

## BREAKFAST: DETOX VEGGIE SCRAMBLE

### INGREDIENTS

- 2 cage-free eggs
- 1/2 cup spinach
- 1/4 cup diced zucchini
- 1/4 red onion, diced
- 1 tbsp coconut oil
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Heat coconut oil in a skillet over medium heat.
2. Add the onion and zucchini, sauté for 3-4 minutes.
3. Add spinach and cook until wilted.
4. Crack the eggs into the skillet, scramble until cooked. Season with salt and pepper.

### DETOX BENEFITS

Spinach and zucchini are rich in fiber and antioxidants, which help support liver function and detox. Eggs provide a clean source of protein.

### NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



14 g

Carbs



6 g

Fats



22 g

### KEY INGREDIENTS

Eggs, spinach, zucchini, coconut oil







# DAY 1

## LUNCH: KALE AND QUINOA SALAD WITH GRILLED CHICKEN

### INGREDIENTS

- 1 cup cooked quinoa
- 1 cup kale, chopped
- 1 organic chicken breast, grilled and sliced
- 1/4 cup sunflower seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Mix quinoa, kale, and sunflower seeds in a bowl.
2. Top with grilled chicken slices.
3. Drizzle with olive oil and lemon juice, season with salt and pepper.

### DETOX BENEFITS

Quinoa is a high-fiber grain that supports digestion, while kale offers antioxidants that aid in liver detoxification. Chicken provides lean protein.

### NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



33 g

Carbs



30 g

Fats



18 g

### KEY INGREDIENTS

Quinoa, kale, chicken, sunflower seeds





# DAY 1

## DINNER: BAKED LEMON SALMON WITH STEAMED BROCCOLI

### INGREDIENTS

- 2 wild-caught salmon fillets
- 1 cup broccoli florets, steamed
- 1 tbsp olive oil
- Juice of 1 lemon
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking sheet, drizzle with olive oil and lemon juice.
3. Bake for 15-20 minutes until salmon is cooked through. Serve with steamed broccoli.

### DETOX BENEFITS

Broccoli supports detoxification enzymes in the liver, while salmon provides anti-inflammatory omega-3 fatty acids.

### NUTRITIONAL INFORMATION

Calories



400 kcal

Protein



35 g

Carbs



12 g

Fats



26 g

### KEY INGREDIENTS

Salmon, broccoli, olive oil, lemon







# DAY 2

## BREAKFAST: QUINOA PORRIDGE WITH BERRIES AND ALMONDS

### INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup unsweetened almond milk
- 1/2 cup mixed organic berries (blueberries, raspberries)
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1 tbsp chopped almonds

### INSTRUCTIONS

1. Warm quinoa and almond milk in a small pot over medium heat.
2. Top with berries, almond butter, chia seeds, and chopped almonds.

### DETOX BENEFITS

Quinoa provides fiber for gut health, while berries are rich in antioxidants that support detoxification.

### NUTRITIONAL INFORMATION

Calories



350 kcal

Protein



10 g

Carbs



45 g

Fats



15 g

### KEY INGREDIENTS

Quinoa, almond milk, berries, almonds





# DAY 2

## LUNCH: AVOCADO AND CHICKEN SALAD WITH MIXED GREENS

### INGREDIENTS

- 1 organic chicken breast, grilled and sliced
- 1/2 avocado, diced
- 1 cup mixed greens (spinach, romaine, kale)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Toss mixed greens with olive oil and lemon juice.
2. Top with grilled chicken and diced avocado.

### DETOX BENEFITS

Avocados are loaded with healthy fats that support liver function, and mixed greens provide fiber and essential nutrients.

### NUTRITIONAL INFORMATION

Calories



380 kcal

Protein



30 g

Carbs



10 g

Fats



25 g

### KEY INGREDIENTS

Chicken, avocado, mixed greens, olive oil







# DAY 2

## DINNER: GRILLED TURKEY WITH ROASTED BRUSSELS SPROUTS AND SWEET POTATOES

### INGREDIENTS

- 1 organic turkey breast, grilled and sliced
- 1 cup Brussels sprouts, halved
- 1 small sweet potato, diced
- 1 tbsp coconut oil
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts and sweet potatoes in coconut oil, then roast for 25-30 minutes until tender.
3. Grill the turkey breast and serve with the roasted veggies.

### DETOX BENEFITS

Brussels sprouts are cruciferous vegetables that help activate detox enzymes, while sweet potatoes provide a healthy source of complex carbs.

### NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



32 g

Carbs



35 g

Fats



18 g

### KEY INGREDIENTS

Turkey, Brussels sprouts, sweet potatoes, coconut oil







# DAY 3

## BREAKFAST: ALMOND CHIA SEED PUDDING

### INGREDIENTS

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 tsp pure maple syrup
- 1/4 cup mixed berries (optional)

### INSTRUCTIONS

1. Mix chia seeds, almond milk, and maple syrup. Let sit for 4 hours or overnight.
2. Top with mixed berries before serving.

### DETOX BENEFITS

Chia seeds are rich in omega-3 fatty acids and fiber, which help cleanse the digestive system.

### NUTRITIONAL INFORMATION

Calories



350 kcal

Protein



8 g

Carbs



30 g

Fats



22 g

### KEY INGREDIENTS

Chia seeds, almond milk, berries





# DAY 3

## LUNCH: SPINACH AND LENTIL SALAD

### INGREDIENTS

- 1/2 cup cooked lentils
- 2 cups spinach
- 1/4 cup cucumber, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Toss spinach and cucumber with olive oil and lemon juice.
2. Top with cooked lentils and serve.

### DETOX BENEFITS

Lentils provide plant-based protein and fiber to aid digestion, while spinach offers essential detoxifying nutrients.

### NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



45 g

7 day detox diet Carbs



35 g

Fats



9 g

### KEY INGREDIENTS

Lentils, spinach, olive oil







# DAY 3

## DINNER: HERB-CRUSTED COD WITH STEAMED GREEN BEANS

### INGREDIENTS

- 2 cod fillets
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 cup green beans, steamed
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Coat cod fillets with olive oil, parsley, dill, salt, and pepper.
3. Bake for 12-15 minutes until the cod is cooked through. Serve with steamed green beans.

### DETOX BENEFITS

Lentils provide plant-based protein and fiber to aid digestion, while spinach offers essential detoxifying nutrients.

### NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



45 g

Carbs



35 g

Fats

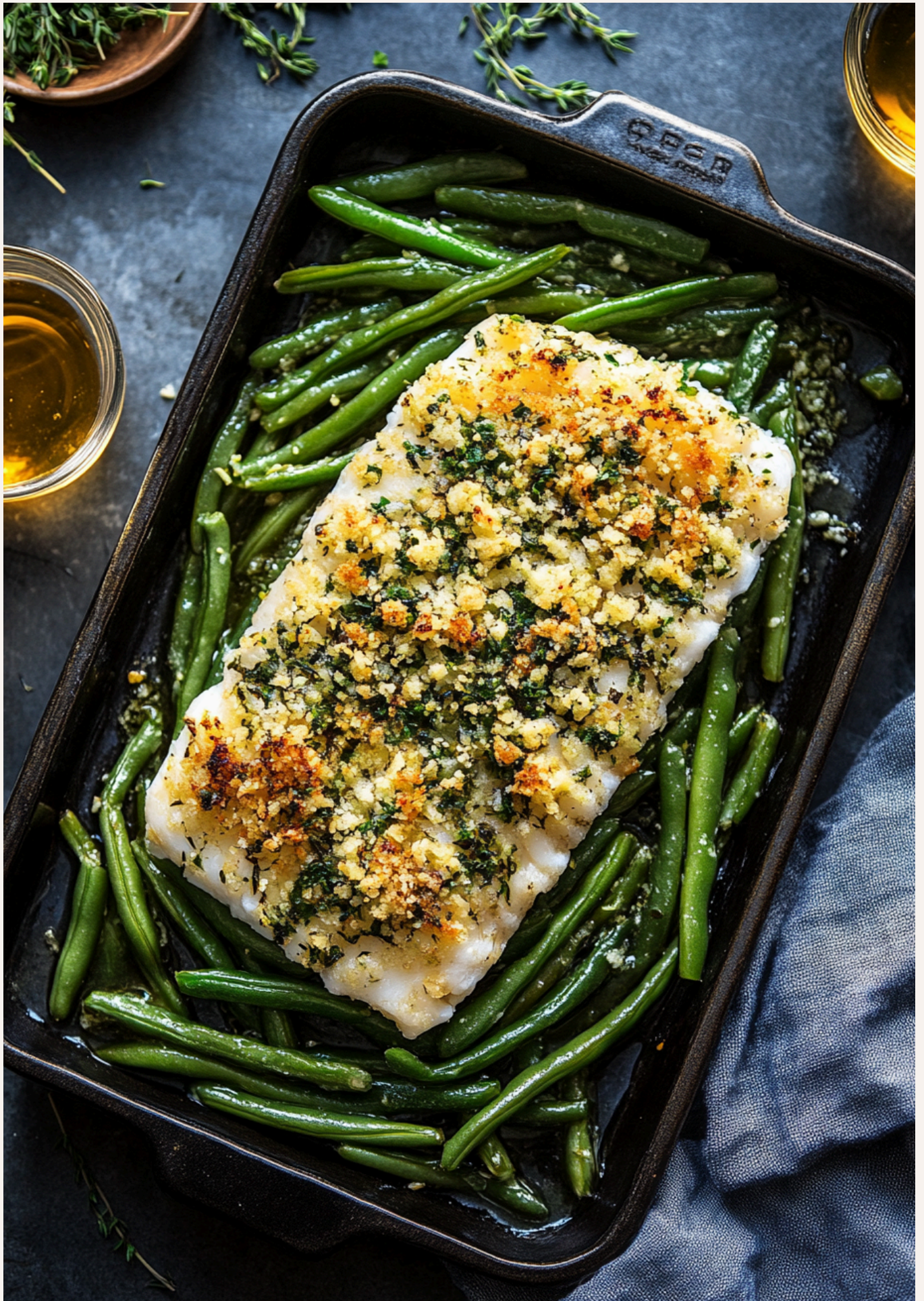


9 g

### KEY INGREDIENTS

Lentils, spinach, olive oil







# DAY 4

## BREAKFAST: MILLET PORRIDGE WITH ALMOND BUTTER

### INGREDIENTS

- 1/2 cup cooked millet
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tsp cinnamon
- 1 tsp pure maple syrup (optional)

### INSTRUCTIONS

1. Warm millet with almond milk and cinnamon in a saucepan over medium heat.
2. Stir in almond butter and drizzle with maple syrup (if using).

### DETOX BENEFITS

Millet is a gluten-free grain that supports digestion, while almond butter adds healthy fats to aid in detoxification.

### NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



45 g

Fats



12 g

### KEY INGREDIENTS

Millet, almond milk, almond butter, cinnamon





# DAY 4

## LUNCH: QUINOA AND AVOCADO SALAD WITH TURKEY

### INGREDIENTS

- 1/2 cup cooked quinoa
- 1 organic turkey breast, grilled and sliced
- 1/2 avocado, diced
- 1 cup mixed greens (spinach, romaine)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Toss quinoa, avocado, and mixed greens with olive oil and lemon juice.
2. Top with grilled turkey slices.

### DETOX BENEFITS

Quinoa provides fiber for healthy digestion, and avocado adds healthy fats to help with nutrient absorption.

### NUTRITIONAL INFORMATION

Calories



400 kcal

Protein



28 g

Carbs



30 g

Fats



20 g

### KEY INGREDIENTS

Quinoa, turkey, avocado, mixed greens





# DAY 4

## DINNER: ROASTED CHICKEN WITH CAULIFLOWER AND GARLIC

### INGREDIENTS

- 1 organic chicken thigh, roasted
- 1 cup cauliflower florets
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Toss cauliflower and garlic with olive oil and roast for 25-30 minutes until tender.
2. Roast chicken thigh until fully cooked and golden brown. Serve with roasted cauliflower.

### DETOX BENEFITS

Cauliflower contains sulfur compounds that support detox, and garlic is a natural detoxifying agent.

### NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



30 g

Carbs



10 g

Fats



28 g

### KEY INGREDIENTS

Chicken, cauliflower, garlic, olive oil





# DAY 5

## BREAKFAST: CHIA SEED AND FLAX PUDDING

### INGREDIENTS

- 1/4 cup chia seeds
- 1 tbsp ground flaxseed
- 1 cup unsweetened coconut milk
- 1 tsp pure maple syrup
- 1/4 cup berries (optional)

### INSTRUCTIONS

1. Mix chia seeds, ground flaxseed, coconut milk, and maple syrup. Let sit for 4 hours or overnight.
2. Top with berries before serving.

### DETOX BENEFITS

Chia and flaxseeds are rich in fiber and omega-3s, which help flush out toxins and reduce inflammation.

### NUTRITIONAL INFORMATION

Calories



340 kcal

Protein



10 g

Carbs



24 g

Fats



22 g

### KEY INGREDIENTS

Chia seeds, flaxseed, coconut milk





# DAY 5

## LUNCH: SPINACH AND WALNUT SALAD WITH GRILLED FISH

### INGREDIENTS

- 1 wild-caught white fish fillet (e.g., cod or haddock)
- 2 cups spinach
- 1/4 cup walnuts, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Grill the fish fillet until cooked through.
2. Toss spinach and walnuts with olive oil and lemon juice, and serve the fish on top.

### DETOX BENEFITS

Spinach is loaded with chlorophyll, which helps detoxify the liver, while walnuts provide omega-3s for brain and heart health.

### NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



34 g

Carbs



10 g

Fats



28 g

### KEY INGREDIENTS

Fish, spinach, walnuts, olive oil





# DAY 5

## DINNER: ZUCCHINI NOODLES WITH GRILLED TURKEY

### INGREDIENTS

- 2 zucchini, spiralized into noodles
- 1 organic turkey breast, grilled and sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Toss zucchini noodles with olive oil, lemon juice, and parsley.
2. Top with sliced grilled turkey and serve.

### DETOX BENEFITS

Zucchini is a low-calorie vegetable that supports hydration and digestion, while turkey offers lean protein.

### NUTRITIONAL INFORMATION

Calories



380 kcal

Protein



30 g

Carbs



10 g

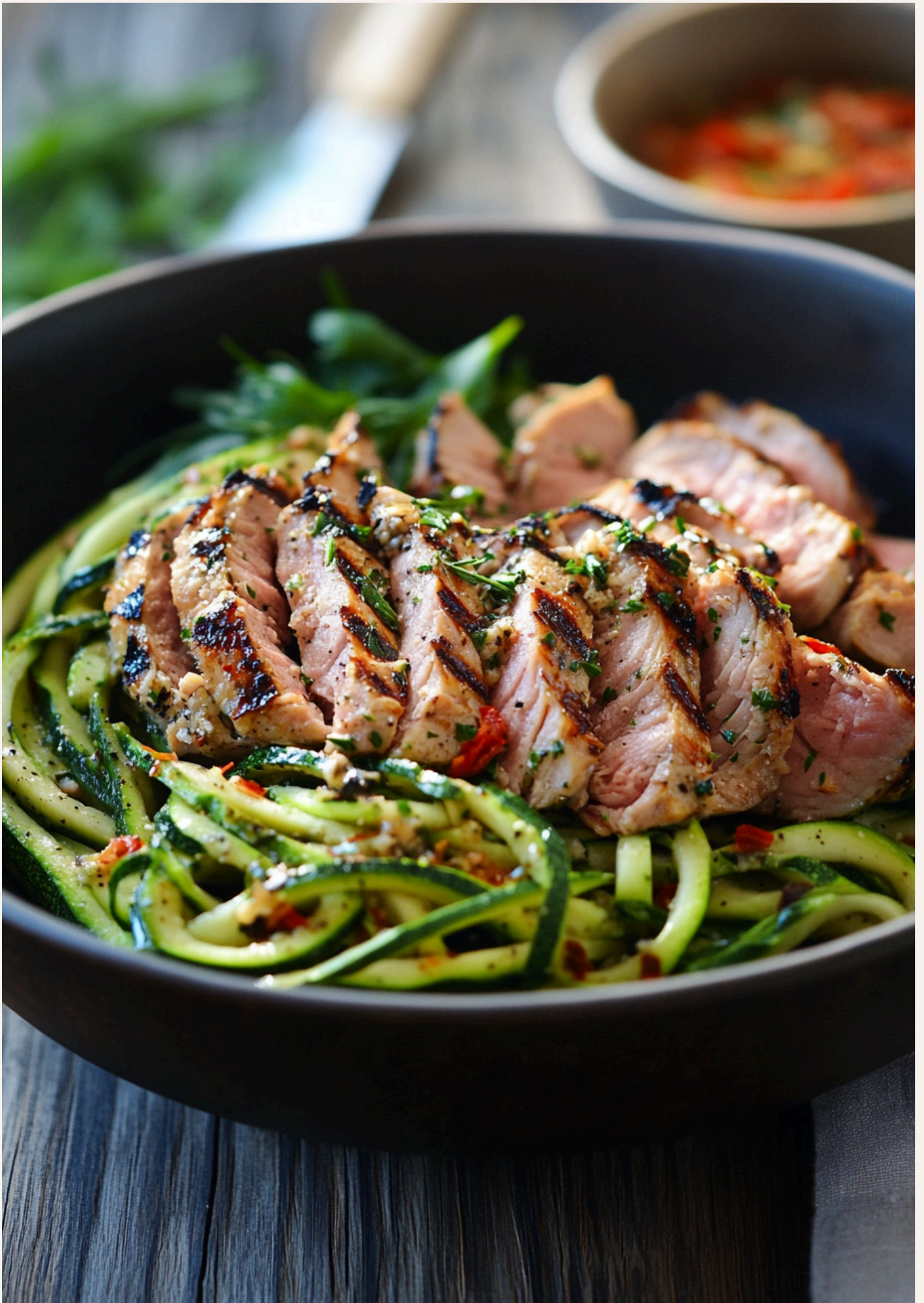
Fats



24 g

### KEY INGREDIENTS

Zucchini, turkey, parsley, olive oil





# DAY 6

## BREAKFAST: ALMOND BUTTER AND BANANA SMOOTHIE

### INGREDIENTS

- 1 banana
- 1 tbsp almond butter
- 1/2 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tsp cinnamon

### INSTRUCTIONS

1. Blend all ingredients together until smooth.

### DETOX BENEFITS

Bananas are rich in potassium to support hydration, and almond butter provides healthy fats that nourish the body.

### NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



42 g

Fats



16 g

### KEY INGREDIENTS

Banana, almond butter, almond milk





# DAY 6

## LUNCH: QUINOA AND LENTIL BOWL WITH ROASTED VEGGIES

### INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/2 cup roasted broccoli
- 1/2 cup roasted carrots
- 1 tbsp tahini
- 1 tbsp lemon juice

### INSTRUCTIONS

1. Toss quinoa and lentils together and top with roasted vegetables.
2. Drizzle with tahini and lemon juice before serving.

### DETOX BENEFITS

Lentils and quinoa provide fiber and plant-based protein, while tahini offers healthy fats and nutrients for detox support.

### NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



18 g

Carbs



55 g

Fats



12 g

### KEY INGREDIENTS

Quinoa, lentils, broccoli, tahini





# DAY 6

## DINNER: ROASTED BRUSSELS SPROUTS AND SALMON

### INGREDIENTS

- 1 wild-caught salmon fillet
- 1 cup Brussels sprouts, halved
- 1 tbsp olive oil
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts in olive oil, salt, and pepper, and roast for 20-25 minutes.
2. Grill or bake salmon until cooked through, and serve with the roasted Brussels sprouts.

### DETOX BENEFITS

Brussels sprouts are rich in glucosinolates, which promote detoxification enzymes in the liver, while salmon provides anti-inflammatory omega-3s.

### NUTRITIONAL INFORMATION

Calories



450 kcal

Protein



35 g

Carbs



12 g

Fats



30 g

### KEY INGREDIENTS

Salmon, Brussels sprouts, olive oil





# DAY 7

## BREAKFAST: COCONUT YOGURT WITH NUTS AND SEEDS

### INGREDIENTS

- 1/2 cup unsweetened coconut yogurt
- 1 tbsp chia seeds
- 1 tbsp pumpkin seeds
- 1 tbsp chopped walnuts
- 1 tsp pure maple syrup (optional)

### INSTRUCTIONS

1. Mix coconut yogurt with chia seeds, pumpkin seeds, walnuts, and maple syrup.

### DETOX BENEFITS

Chia seeds and pumpkin seeds provide fiber and essential fatty acids that support gut health and detoxification.

### NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



20 g

Fats



24 g

### KEY INGREDIENTS

Coconut yogurt, chia seeds, walnuts





# DAY 7

## LUNCH: SPINACH AND QUINOA SALAD WITH GRILLED CHICKEN

### INGREDIENTS

- 1 organic chicken breast, grilled and sliced
- 1 cup cooked quinoa
- 2 cups spinach
- 1/4 avocado, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice

### INSTRUCTIONS

1. Toss spinach, quinoa, and avocado with olive oil and lemon juice.
2. Top with grilled chicken.

### DETOX BENEFITS

Spinach is packed with chlorophyll, which helps detoxify the body, and avocado adds healthy fats for nutrient absorption.

### NUTRITIONAL INFORMATION

Calories



450 kcal

Protein



32 g

Carbs



28 g

Fats



24 g

### KEY INGREDIENTS

Chicken, spinach, quinoa, avocado





# DAY 7

## DINNER: GRILLED LAMB WITH SWEET POTATOES

### INGREDIENTS

- 1 lamb chop, grilled
- 1 small sweet potato, diced and roasted
- 1 tbsp coconut oil
- Sea salt and pepper to taste

### INSTRUCTIONS

1. Grill lamb chop until cooked to your preference.
2. Roast sweet potatoes in coconut oil until tender, and serve alongside the lamb.

### DETOX BENEFITS

Sweet potatoes provide complex carbohydrates and antioxidants to support digestion, while lamb offers protein for tissue repair.

### NUTRITIONAL INFORMATION

Calories



480 kcal

Protein



28 g

Carbs



35 g

Fats



28 g

### KEY INGREDIENTS

Lamb, sweet potato, coconut oil







THE  
H O L I S T I C  
D E T O X