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SUPER START WEEKEND DETOX EATING PLAN

If you have overindulged in rich foods, chocolate and alcohol over the festive season, you may feel like eating a lighter diet during January and February to give your digestive system a rest, restore energy and vitality and help lose a few pounds gained over the past few weeks.

Kick start the process by following this Weekend Eating Plan, then carry on for a few weeks with the Hypoallergenic Healthy Eating Plan (see my Health Library) and you should hopefully feel lighter, clear headed and more energetic.

GENERAL :

- ❑ Drink at least 1 _ litres of filtered or bottled still water daily.
- ❑ Do not exert yourself unduly during the three day weekend plan, as that may make you feel quite exhausted and light-headed - so avoid strenuous exercise such as going to the gym, jogging or running. Remember you will be eating far fewer calories than in a normal day.
- ❑ However I do recommend you have a 20 minute gentle walk and do a few stretches daily over the three days.
- ❑ Try and have organic produce whenever possible to reduce your intake of chemicals
- ❑ You can use herbs, garlic, a touch of freshly ground sea or rock salt such as Maldon Salt and freshly ground pepper to flavour foods.
- ❑ Use home made salad dressing made from Extra Virgin olive oil, lemon juice, sea salt and pepper. You could also add a crushed clove or garlic. Make up enough for the three days and keep in a screw top jar in the fridge.
- ❑ Have fruit for breakfast and as a snack only. Keep away from main meals.
- ❑ **It is important that you keep to the three meals and two snacks listed below through the three days to prevent dips in your blood sugar levels.**

First thing upon arising :

Drink a large mug of warm water with the juice of half an organic lemon and if you wish, a slice of peeled crushed ginger. This will help clear the palate, help digestion and re-hydrate you.

Breakfast :

A fruit salad made with any of the following fruit : apples, pears, berries, grapefruit and plums. Eat as much fruit as you want and in any combination that you wish to have. For example, you may wish to have two apples, or a grapefruit and some berries or a mixed fruit salad made with all the above fruit – the choice is yours.

Mid-morning snack :

One portion of fruit chosen from the above list. One portion equals a cup of berries, half a grapefruit, two plums or an apple or a pear.

Lunches :

- Days One and Two : a large bowl of home made vegetable soup (see recipe at the end of this Plan), plus 2 tablespoons of organic houmous and as many crudities as you want such as strips of peppers – any colour – and celery and carrot batons. .

- Day Three : a large bowl of home made vegetable soup plus a large salad made with as many salad vegetables as you wish, e.g. radishes, peppers, cucumber, lettuce, rocket, celery, tomatoes. Add a couple of tablespoons of organic tinned chickpeas, kidney beans or haricot beans to the salad for bulk. Serve with homemade salad dressing.

Mid-afternoon snack :

A handful of unsalted nuts – choose any nuts that you like EXCEPT for peanuts or monkey nuts. You can have a mixture of nuts e.g. hazelnuts, pecans, brazils, walnuts, almonds or just one type if you wish. For portion size, simply fill the palm of your hand.

Also have a portion of fruit from the above list – see under Breakfast.

Dinners :

- Days One and Two : a large bowl of homemade vegetable soup with either _ cup of cooked brown rice mixed in or 2 slices of organic rye bread – toasted if you wish (e.g. The Village Bakery Rossisky, Baltic or Borodinsky bread from Waitrose).

You can use organic houmous on your bread – but no butter or any other spread.

- Day Three : 4 oz (100g) of grilled fish of your choice or grilled chicken breast plus _ cup brown rice and two or three steamed vegetables such as broccoli, leaks and green beans.

After Dinner, follow your main course with a pot of natural low fat organic bio yoghurt on all three days.

Drinks :

Drink your litre and a half of water throughout the day – you can have this as a mug of hot water and a slice of lemon or simply glasses of water. It is vital you keep drinking. Avoid drinking with meals – keep the water to first thing on awakening and then in-between meals. One small glass of water with food will do not harm.

Also you can drink herbal and fruit teas, Green and White tea and Redbush (Rooibosch) tea throughout the day.

Additional information

On Day 4, break the Eating Plan by eating lightly. Do not overdo your food intake, instead consider following my **Hypoallergenic Healthy Eating Plan** (see my Health Library) for another three or four weeks to maximise the detoxing/cleansing process and help you shed a few more pounds.

NB: Before starting the **Super Start Weekend Detox Eating Plan, please note:**

- 1. You could feel quite light-headed and lethargic during these three days as you will be consuming far less calories than you have been used to. You may also get headaches or feel achy during these three days as you avoid coffee and tea and other caffeinated drinks. Your bowels may get looser than usual and you may urinate more than normal. Just keep drinking lots of water to help you get through the three days. Rest as much as you can – even just by reading a magazine or two or curl up with a good book for an hour or so daily, if you possibly can !**
- 2. It is unadvisable to carry out a Detox/Cleansing programme if currently actively trying to get pregnant or you are pregnant.**
- 3. If female it is inadvisable to start this eating plan in the days leading up to your period – wait until your period is finished.**

The Super Cleanse Pack

Pack price £ 37.00 (includes postage & packing)

You can boost the cleansing process and support the Hypoallergenic Eating Plan, with my **Super Cleanse Pack**. This contains one month's supply of the following supplements :

❖ **Nutri Chlorophyll Complex** x 60 - 2/day (1 @ Breakfast & 1 @ Dinner)

Chlorophyll has traditionally been used as part of a cleansing regime with tonic effects on the gastrointestinal tract. It is also considered a blood tonic.

❖ **BioCare Milk Thistle Extract** x 60 - 2/day (1 @ Breakfast & 1 @ Dinner)

This contains a flavonoid complex known as silymarin which helps to support liver function – great to help support those liver cells which may have taken quite a knock with excess alcohol over the Christmas festivities!

❖ **Nutrigold Colon Support Formula** x 120 - 2-4 per day with meals (Breakfast & Dinner) - as necessary to have at least one easy to pass bowel movement daily.

Supports the natural technique of colon cleansing and delivers a carefully selected range of biologically active herbs and beneficial bacteria to help maintain and cleanse the bowels and ensure a healthy digestive tract.

NB 1) This pack is not suitable if pregnant or actively trying to get pregnant. 2) Milk Thistle is not suitable for those with hepatitis or malignant conditions of the liver.

3) Chlorophyll capsules are gelatine.

To Order :

Complete and return the order form below, or to pay by credit or debit card visit our website shop at www.fleurbrownnutrition.co.uk

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I enclose a cheque made payable to **Fleur Brown Nutrition** for £.....

Please send form and cheque to:

Fleur Brown Nutrition, MGI House, 3 Monson Road, Tunbridge Wells, Kent.TN1 1LH