

Your Guide to a 4 Day Detox

Welcome



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Which juices are best for a cleanse?

Spinach – the beauty of spinach lies in how easy it is to disguise the taste. It's mild tasting yet packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet



Kale – insanely low in calories, powerful anti-oxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases



Cucumber – since it's 95% water, it's an incredible detoxifier and helps with liver and kidney function



Lemon – one of the most important items to stock in your kitchen as it's a highly effective cleansing agent and cuts through the bitterness of greens



Carrots – known for being a good source of beta-carotene, fiber, vitamin K, and potassium. Carrots have been linked to lower cholesterol levels and improved eye health





Celery - low in calories since it is mostly water. It is a low-glycemic food and a good source of dietary fiber, Vitamin A, Vitamin C, and Vitamin K.



Beets - contain nutrients that may help lower your blood pressure, fight inflammation, and support detoxification.



Apples - "an apple a day keeps the doctor away" is a famous saying for good reason. Helps to fight inflammation and heart health.



Oranges - immune system booster since it is high in Vitamin C and low in calories.



Turmeric – anti-inflammatory and anti-oxidant properties
Ginger – aids in digestion and supports the immune system





Juicing tips

Pick your produce wisely.

Opt for fruits and vegetables that have high water content (e.g. oranges and watermelon) rather than those with less water content (e.g. bananas and avocados). Some of the best fruits to juice are apples, oranges, pineapples, pears, lemons, limes, grapes, and watermelon. As for veggies, beets, celery, carrots, cucumber, kale, spinach, and tomatoes are some of our favorites. Choose organic where possible

Prep in advance.

Give your fruits and vegetables a good scrub before use to help remove any dirt or pesticide residues. Prior to juicing, peel or remove the produce skin as needed and remove the rind from all citrus fruits, as well as large pits and seeds from stone fruits. You'll also want to chop food items down to the "right" size, which is just small enough to fit easily into the feed chute.

Juice for the whole family.

Juicing is a great way to help meet your daily recommended quota for fruits and vegetables, as well as filling in some nutrient gaps. So, whether you have a picky toddler at home, an elderly parent with a decreased appetite, a fast-food loving teenager, or a partner that could simply benefit from a nutrient boost, juices can be beneficial for everyone in the family. So, share the love.

Add subtle sweetness with fruit.

Vegetables are awesome. And so are vegetable juices. But, you'll also be way more likely to drink juice and make it a daily habit if you look forward to the taste. A little sweetness from fruit goes a long way in terms of cutting the edge of bitter veggies.

Make the clean-up part of your routine.

While most blenders are easy to clean, it's best to do it right after juicing. That way, it just becomes part of your juicing routine and you'll be more likely to use it again tomorrow.

Opt for fresh fruits and veggies.

Frozen fruits and vegetables should never be used in a juicer – save them for your smoothies! That's where they belong.



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Use the pulp!

We don't mean to judge, but let's be real: waste is for the uncreative. The 'by-product' of the juicing process – aka the pulp – is a fiber goldmine. And it's super easy to incorporate pulp into all sorts of tasty recipes. To reap its benefits, empty the contents of your pulp basin into an airtight container after juicing, seal, and refrigerate or freeze for future use. It can be blended into smoothies, stewed as a base for broth, mixed into dips, or added to pancakes, cookies, or muffins — the possibilities are endless. Recipes with fruit pulp: [Here](#)

Drink!

It's generally best to drink your juice right away because the antioxidant activity does decrease over time. If you plan to drink the juice later, store it in an airtight glass container in the refrigerator and consume within one day.

Make it pretty.

This one may seem superfluous (and OK, maybe it is), but we really do eat and drink with our eyes. A muddy, brown cup of juice is way less appetizing than a vibrant, colorful one. Presentation does matter – especially if you're serving the juice to picky eaters, kiddos, or those combatting a bug.

Breakfast

Lunch

Supper

1

Green Juice

7 Hour Water and
herbal tea
Regular Lunch
for kids

Purple Juice

2

Orange juice

Purple Juice

Red Juice

3

Smoothie
Bowl

Protein
Smoothie

Pumpkin
Spice
Smoothie

4

Oat Smoothie

Choc-protein
Smoothie

Light
Salad

Wash your ingredients really well (no need to dry) and chop them, skin and all, into 2-inch chunks. Can remove skin for non organic produce

Toss ingredients into high speed blender and blend until smooth, about 3 minutes

If you don't have a juicer you can strain the liquid through a fine-mesh strainer, pressing on the solids with the back of a spoon to extract as much juice as possible. You can also use a nut milk bag

Best enjoyed immediately. You can chill until nice and cold, pour into a glass, stir and enjoy!

Juice prepping a bit of a hassle?



Click the pic
& order all your juices from
RAW Health and Juice bar



Where to buy Organic produce? Visit **Well I Am Organics**



Click on the pic to go to their page and support them every Saturday at the Wild Oats Farmers market near Sedgefield



Choose your

Green Juice

2 cups Baby Spinach Leaves
(or 4-6 leaves of kale)
6 Celery
2 large Cucumber
1/2 Lemon
2 medium Apples
1-2 inch Ginger
1/4 - 1/2 cup Parsley Leaves

<https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

2 cups packed baby spinach leaves
Handful parsley leaves and stems
1 medium green apple, rinsed with core removed
1 large seedless (hothouse or English) cucumber, rinsed
1-inch length piece fresh ginger, scrubbed clean
1 medium lemon

<https://www.inspiredtaste.net/34429/green-detox-juice-recipe/>

Kids Smoothie

1 medium ripe banana
4 large ice cubes
1/2 cup fresh blueberries
1/4 cup water, or milk substitute
1 cup fresh spinach

Kids Green Flapjacks

1 cup packed fresh spinach
1 cup buttermilk
1 large egg
1 tablespoon oil
1 cup white whole wheat flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt



**Click to order
toxin-free leafy greens
and other veggies**

Choose your

Purple Juice

2-3 med-lg Beets
6 Carrots
2 medium Apples
1/2 Lemon
1-2 inch Ginger

<https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

1 cucumber, sliced
3 stalks celery, sliced
3 leaves kale, removed from stem
1 cup spinach, baby leaves, loosely packed
1 piece fresh ginger, approx 1-2 inch chunk
2 tablespoons lime juice
2 apples, cored and sliced

<https://downshiftology.com/recipes/green-juice/>

1/2 a head of red cabbage
2 turnips
2 Apples (cored and seeds removed)
1 Cucumber (peeled)
1/2 a lime (peeled)
2/3 cups Blueberries (Organic if you can find)

<https://noshandnourish.com/content/super-purple-juice-favorite-spring-links>

Chicken breast strips
& store bought cabbage & carrot stir-fry

Kids Smoothie
on the side

1 cup orange juice
4 cup spinach
2 cup yogurt, plain
2 cup blueberries, frozen
1 medium banana
1/2 cup Cranberry juice



Choose your

Orange Juice

10 large Carrots
2 medium Apples
1/4 cup Parsley (optional)

<https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

8 large Carrots
2-3 Navel Oranges
1-2 inch Ginger
1 inch Turmeric (optional)

<https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

3 medium carrots
1/2 small ripe pineapple,
peeled, cored and cut into
pieces
1 large orange peeled and cut
into pieces

<https://www.twopeasandtheirpod.com/carrot-pineapple-orange-juice/>

Kids Orange Muffins

1 cup Milk
2 large Eggs
1/2 cup Orange Juice
2 sticks Unsalted Butter, melted
1/2 cup Sour Cream
3 1/2 cups Flour
A cup of Sugar
1 1/2 tablespoons Baking Powder
Orange Zest (from 1 orange)
1/2 teaspoon Salt

<https://kidsactivitiesblog.com/101621/5-fresh-orange-recipes-to-brighten-your-day/>



Choose your

Red Juice

2 red apples
2 cups fresh strawberries
2 lemons
4 beets
1 pint raspberries
4 stalks celery

<https://recipecenter.martinsfoods.com/recipes/104100/red-juice>

1 cup plant milk of choice or water
1 frozen banana
1 small beet, washed, peeled, and cut into sixths
1 cup fresh or frozen strawberries
1 cup fresh or frozen blueberries
Optional add-in: 1 tablespoon hemp seeds

<https://www.blissfulbasil.com/beet-berry-smoothie/>

Kids Spaghetti

250 grams Spaghetti Pasta
1 Carrot , thinly sliced
1 Green Bell Pepper (Capsicum) , thinly sliced
1 teaspoon Dried oregano
1 teaspoon Red Chilli flakes , **optional**
1/4 cup Fresh cream
Salt , to taste
1 tablespoon Extra Virgin Olive Oil
Tomato Basil Sauce For Pasta
100ml tomato puree
6 cloves Garlic , finely chopped
1 Onion , finely chopped
4 sprig Basil leaves , roughly torn
1 tablespoon Extra Virgin Olive Oil
Salt and Pepper , to taste

<https://www.archanaskitchen.com/spaghetti-pasta-recipe-in-creamy-tomato-sauce-kids-recipes-made-with-del-monte>

Boil the spaghetti pasta according to instructions

Strain the water and rinse the cooked spaghetti pasta over cold water, to stop cooking the pasta. Drizzle the pasta with olive oil and keep aside.

Heat olive oil in a saucepan over medium heat. Add the garlic and onions, carrots and green pepper and fry the vegetables until soft and cooked. Once cooked add in the tomato puree, the basil leaves, red chilli flakes, oregano, salt and pepper and bring the mixture to a brisk boil for 3 to 4 minutes.

Stir in the cooked spaghetti pasta into the tomato basil sauce.

Stir in the cream, and stir fry Spaghetti Pasta on high heat until the spaghetti gets well coated with the sauce.



Choose your

Smoothie Bowl

2 red apples
2 cups fresh strawberries
2 lemons
4 beets
1 pint raspberries
4 stalks celery

<https://recipecenter.martinsfoods.com/recipes/104100/red-juice>

1 medium frozen avocado
1 cup packed spinach
1 cup sliced frozen banana
1 tablespoon ground flax
1/4 cup frozen cauliflower florets
3 pitted Medjool dates
1.25 cups unsweetened almond milk (or more, to taste)

<https://fitfoodiefinds.com/green-smoothie/>

Kids Regular

Cereal or porridge with favourite fruit on the side

1.5 cups whole frozen strawberries
1/2 medium banana
1/2 cup plain nonfat Greek yogurt
1 cup 100% orange juice

<https://fitfoodiefinds.com/green-smoothie/>



Choose your

Protein Smoothie

1 cup frozen fruit or ice
(banana, berries, etc.)
2-4 servings protein (protein
powder, nut butter, seeds, etc.)
1/3 cup – 1 cup of liquid
(almond milk, water, orange
juice, etc)
optional: sweetener

<https://fitfoodiefinds.com/best-protein-shakes/>

1.5 cups whole frozen
strawberries
1/2 cup frozen sliced banana
1/4 cup vanilla protein powder
(any kind will work)
1/3 cup nonfat Greek yogurt
1 cup unsweetened almond milk

<https://fitfoodiefinds.com/green-smoothie/>

Kids Lunch

Peanut butter and honey on brown
bread with any protein shake on the side

3/4 cup nonfat Greek yogurt,
frozen into cubes
2 cups frozen sliced bananas
1 teaspoon vanilla extract
1/4 cup vanilla protein powder
2 cups milk, any kind

<https://fitfoodiefinds.com/green-smoothie/>



Choose your

Oats Smoothie

1 frozen banana, small
1/2 cup non-fat vanilla Greek yogurt*
2/3 cup apple sauce, unsweetened
1/4 cup rolled oats**
1 teaspoon cinnamon
1 teaspoon vanilla extract
1/2 cup almond milk, unsweetened
optional: handful of fresh spinach or kale

<https://fitfoodiefinds.com/best-protein-shakes/>

1/4 cup old-fashioned oats or quick oats
1 banana chopped into chunks and frozen
1/2 cup unsweetened almond milk
1 tablespoon creamy peanut butter
1/2 tablespoon pure maple syrup plus additional to taste
1/2 teaspoon pure vanilla extract
1/2 teaspoon ground cinnamon
1/8 teaspoon kosher salt don't skip this, as it makes the oatmeal pop!
Ice optional, add at the end if you want a thicker smoothie

<https://www.wellplated.com/oatmeal-smoothie-recipe/>

Kids Peanut Butter Oats

1-3/4 cups water
1/8 teaspoon salt
1 cup old-fashioned oats
2 tablespoons creamy peanut butter
2 tablespoons honey
2 teaspoons ground flaxseed
1/2 to 1 teaspoon ground cinnamon
Chopped apple, optional



Choose your

Choc-protein Smoothie

1 1/2 cups Bolthouse Farms
Chocolate Plant Protein Milk
1 frozen banana
1 tablespoon peanut butter
natural
1/3 cup greek yogurt or non-
dairy yogurt for vegan
1 date chopped, pit removed
1 tablespoon rolled oats
toasted
1/4 teaspoon vanilla extract
1 teaspoon cocoa powder
unsweetened

<https://www.foxandbriar.com/healthy-chocolate-protein-smoothie/>

2 cups almond milk, or milk of
choice
1 cup ice
1 ripe banana
1/2 an avocado
2 tablespoons almond butter, (or
peanut butter)
2 tablespoons raw cacao powder,
or cocoa powder
2-3 dates, (or 2-3 tablespoons
honey)
1 tablespoon ground flaxseed, (or
chia seeds)

Kids Lunch

Chicken quesadilla: Chicken, feta, spinach
and mozzarella in tortilla wrap. Toast in
flat sandwich toaster or oven and cut in
triangles.

1/2 cup chocolate smoothie for dessert



Pumpkin Spice Smoothie

2 cup1 frozen banana
½ cup plain or vanilla yogurt
1/2 cup pumpkin puree
1/2 cup unsweetened almond
milk
1 tablespoon almond or pecan
butter
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
pinch each of nutmeg, ginger &
allspice
flaxseed, (or chia seeds)
sprinkle choppes pecan nut
(optional)

Kids Lunch

1/2 cup pumpkin spice smoothie
and
Shell Pasta Salad with corn,
baby tomato, cheese squares, and
favourite pasta sauce



Choose your

Light Salad

1 pound skinless chicken breasts (poached)
½ teaspoon black pepper
½ teaspoon salt
2 green onions, thinly sliced
1 small onion, finely chopped
1 avocado, diced
2 tablespoons parsley, chopped
¼ cup fresh dill chopped
¼ cup cucumber, diced

¼ cup extra-virgin olive oil
3 tablespoons red wine vinegar
1 garlic clove, minced
½ teaspoon dried oregano, more for sprinkling
¼ teaspoon Dijon mustard
1 English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
1 green bell pepper, chopped into 1-inch pieces
2 cups halved cherry tomatoes
5 ounces feta cheese, cut into ½ inch cubes
⅓ cup thinly sliced red onion
⅓ cup pitted Kalamata olives
⅓ cup fresh mint leaves
¼ teaspoon sea salt
Freshly ground black pepper

Kids Dinner

Chicken, tomato, cucumber, lettuce and cheese in flour tortilla

