



# CHINNY DETOX PLAN





# DAY 1

## BREAKFAST

Cleanse take 20 Minute before Breakfast.

Hot water 50cl (Small water bottle)  
1/4 tsp cayenne pepper  
(Half of Half a teaspoon)  
1 tbsp of Honey

### BREAKFAST (SMOOTHIE)

- \* Pineapple (1 cup)
- \* Garlic (2 cloves)
- \* Apple (1 Apple)
- \* 1/2 a Cup of Oats
- \* 1/4 water to blend

## LUNCH

- \* 2 Apples
- \* bowl of Greek yogurt
- \* Honey to Taste

### After lunch

Drink one small bottle of water (Clean)

## DINNER

### Smoothie

- \* 1/4 cup of Spinach or Kale
- \* 1/4 cup of Pineapple
- \* 1/2 a tsp Ginger
- \* 1 tbsp honey
- \* 1/4 water to blend



## DAY 2

### **BREAKFAST**

- \* Add 1 Crushed Garlic Clove
  - 1/2 tsp Honey
- Drink 20 minute before Breakfast

#### **BREAKFAST (SMOOTHIE)**

- \* 1 cup of Spinach or Kale
- \* 1 Apple
- \* 1 banana
- \* 1/2 a cup of Oats
- \* 1/4 water to blend

### **LUNCH**

Choice of Soup (Pick One Below)

#### **Carrot soup**

(Carrot soup Recipe)

- \* Boil 4 large Carrots
  - \* Add 1 tsp Thyme
  - \* Add leeks 1/4 cup
  - \* Fresh or Black pepper to taste
  - \* 1/4 cut of onions
- boil all ingredients until soft  
Blend to Smooth paste  
Serve

#### **Fish Pepper Soup**

(2 fish pieces allowed)

#### **Spinach Soup**

(Spinach Soup Recipe)

- \* Boil 2 cups of spinach
  - \* Onions
  - \* Fresh pepper
  - \* 1 tsp Curry powder
  - \* 2 fresh Tomatoes
  - \* 1 tablespoon Crayfish
- boil with 1/4 cup of water  
Blend to paste  
Enjoy warm

(Drink 1 Small bottle water)

### **DINNER**

- \* 1 Apple Cut
- \* Enjoy in bowl of Greek or Natural yogurt
  
- \* Drink 1 bottle water



## DAY 3

### **BREAKFAST**

Pick from Options below

- 1) 1 Cup Green tea
- 2) Lipton (No Milk)
- 3) 1 Cup Hot water  
mix 1/4 tsp cinnamon

1 tbsp honey can be added to any of your choices above

#### **BREAKFAST (SMOOTHIE)**

- \* Cucumber 1/2
- \* Pineapple
- \* 1 Apple
- \* 1/4 Cup Oats
- \* 2 tbsp honey
- \* Water to blend

#### **Uriels Tip:**

I love using Coconut water with this recipe.

### **LUNCH**

- \* Bowl Greek or Natural yogurt
- \* Sweeten with 2tbsp Honey
- \* Add 1 chopped Apple

### **DINNER**

- \* 2 Boiled Eggs
- \* Steamed vegetables

#### **Uriels Tip:**

- \* Pls don't forget to drink water or snack in between meals.
- \* Drink at least 2 litres of water every day



## DAY 4

### **BREAKFAST**

\* Drink 1 bottle water 50cl

#### **Green Smoothie**

- \* Spinach or Kale
- \* 1 Cup
- \* 1 Apple
- \* Garlic 1 clove
- \* 1 Cup pineapple
- \* 1/4 Cup Greek or Natural yogurt
- \* 2 tbsp honey
- \* 1/2 Cup Oats
- \* Water to blend

### **LUNCH**

Pick 2 pieces of any Protein below

- 1) Fish
- 2) Turkey
- 3) Chicken

Serve with Steamed Vegetables.

#### **Uriels Choice:**

Cabbage, Carrot, Peas.

### **DINNER**

#### **Fruit bowl**

- \* Pick 3 fruits
- \* 1 Cup each.

Don't forget to drink 1 litre of water today.



## DAY 5

### BREAKFAST

You made it 5 Days New year's DETOX complete.

Which plan will you try next?

#### 20 min Before Breakfast

Drink options

- 1) 1 cup of warm water  
1 tsp Apple cider.  
(Pls Do not take if you have Ulcer)
- 2) Green Tea
- 3) 1 Cup Warm water  
1/2(Half tsp) cinnamon
- 4) plain water with 2 cups with sliced cucumber.

#### BREAKFAST (Smoothie)

- \* 1 cup pineapple
- \* 1 Banana
- \* 1 cup Spinach or Kale
- \* 1 Apple
- \* 2 tbsp honey

Blend with 1/4 cup of water.

### LUNCH

- \* 2 boiled eggs (Remove 1 yolk)
- \* 1 Grilled fish piece
- \* Steamed vegetables

#### Uriels choice:

Steamed Seasoned Cabbage

### DINNER

Salad Bowl

#### Uriels choice:

Lettuce  
Cucumber  
Carrot  
Sweet Bell Pepper  
Tomatoes  
Sweet Corn

(You can create your Salad bowl with what you like) season with (options below) pick 1

- 1) Low fat salad dressing
- 2) 2 tbsp olive oil, Black pepper or dry red pepper, salt Italian herbs

\* Serve with 1 litre water you can add cucumber slices to give your water flavour.