



CLEAN EATING PROGRAM

Discover the whole food, fad free approach to naturally detox your body.

START PROGRAM



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WELCOME

These next 21 days you'll spend quality time in the kitchen cooking meals, preparing quick nutritious snacks and blending green smoothies. Each week the detox builds upon the previous week, giving you more and more delicious recipes, invaluable food knowledge, and tips to continuing a 'whole foods' lifestyle once you have completed the detox program. Find out what you can expect each week in the following section of this program.

WEEK 1: REDUCE AND PREPARE

These first seven days are designed to give your body a break from caffeine, sugar and processed foods, while still loading up on satisfying, nutrient rich meals. This is a great transition towards jump starting your real detox.

Jumping from a low nutrient highly processed diet to a high nutrient low processed diet with all the "bells and whistles" is extremely difficult to do. So let's take it in stages and I know you'll still be feeling great after the first week. Follow this simple diet and really get prepared for the following few weeks. Make sure you have all the ingredients and equipment you need.

If you're already eating a healthy diet like this, then why not use the extra time now to look into other natural methods of detoxifying your body - such as your daily movement, home environment and down time.

WEEK 2-3: CLEAR OUT TOXINS

It's now time to turn up the heat and take things to the next level. In this period you'll eat huge amounts of fibre-rich vegetables and snack on fresh fruit and seeds while drinking plenty of water, green smoothies, and herbal teas to flush out the toxins. It's also at this point that we really focus on removing certain food groups from the diet, like gluten, dairy and soy. We swap some of our typical healthy snacks for nutrient packed green smoothies. This is where true reset happens, so be kind to yourself, rest and eat up!

Detox symptoms may surface during this time and could require you to slow down for a few days while your body works hard at pushing toxins out of the body. Also, your energy levels will begin to rise during these weeks and your skin will really begin to look healthier.

PROTEIN

Chicken (breast only)
Cod
Eggs
Halibut
Lamb
Prawns
Salmon
Trout
Turkey

FRUIT

Detoxifying Phytochemicals:
Blackberries
Blueberries
Cherries
Cranberries
Grapes (Red)
Lemon
Lime
Pears
Pomegranate
Raspberries
Strawberries
Digestive Support:
Apples
Grapefruit
Pineapple

VEGETABLES

Brassicas:
Bok Choi
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chard
Kale
Turnip
Watercress
Detoxifying:
Leafy Greens
Bok Choi
Chard
Collard Greens
Coriander
Fennel
Parsley
Spinach
Liver & Kidney Support:
Asparagus
Avocado
Beetroot
Carrots
Celery
Zucchini
Garlic
Green Beans
Leek
Onion

VEGETABLES

Peas
Butternut Squash
Sweet Potatoes
Water Chestnuts

PULSES

Black Beans
Cannellini Beans
Chickpeas
Kidney Beans
Lentils
Navy Beans
Pinto Beans
Split Peas

NUTS & SEEDS

Almonds
Brazil Nuts
Chia Seeds
Coconut
Flax Seeds
Hazelnuts
Linseeds
Macadamia Nuts

NUTS & SEEDS

Nut Butters
Pecans
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

HERBS & SPICES

Nutmeg
Oregano
Paprika
Parsley
Rosemary
Saffron
Sage
Salt
Star Anise
Tarragon
Thyme
Turmeric
Vanilla

DAIRY ALTERNATIVES

Almond Milk
Coconut Milk
Hazelnut Milk
Hemp Milk
Soy Yogurt (limited)

HERBS & SPICES

Allspice
Basil
Bay Leaf
Black Pepper
Cardamom
Cayenne Pepper
Chili Powder
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry Powder
Dill
Fennel Seeds
Garlic Powder
Ginger
Mint

DRINKS

Fruit Tea
Green Tea
Herbal Tea
Homemade Fruit Juice
Lemon Water
Nettle Tea
Rooibos Tea
Vegetables Juice

GRAINS

Almond Flour
Buckwheat Grains
Millet
Quinoa
Rice

OTHERS

Apple Cider Vinegar
Baking Powder
Balsamic Vinegar
Cacao Powder (limited)
Dijon Mustard
Soy Products (limited)

OILS

Avocado
Olive Oil
Olives
Walnut Oil
Coconut Oil

DIRTY DOZEN AND CLEAN FIFTEEN

It is suggested that during the detox program you buy as high quality food as your budget permits. Ideally for the entire 3 weeks, you would buy **mostly organic produce**. However, we know that organic produce is not always accessible or affordable, so below you will find a list of the 'dirty dozen', which singles out the fruit and vegetables that have the highest pesticide loads and the 'clean fifteen' with the produce that is least likely to hold pesticide residues.

THE DIRTY DOZEN (NOT ORGANIC)

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet Bell Peppers
- Cucumbers
- Cherry Tomatoes
- Snap Peas (imported)
- Potatoes
- + Hot Peppers
- +Collard Greens
- +Kales

THE CLEAN FIFTEEN

- Avocados
- Sweet Corn
- Pineapples
- Cabbage
- Sweet Peas (frozen)
- Onions
- Asparagus
- Mangos
- Papayas
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet Potatoes
- Kiwis



MEAL PLANNER



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WEEK 1 MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Breakfast Salad Bowl	Raspberry & Flaxseeds Smoothie Bowl	Pear & Ginger Muesli Bircher	Mango Lassi with Mint	Pear & Ginger Muesli Bircher	Raspberry & Flaxseeds Smoothie Bowl	Breakfast salad Bowl
LUNCH (Ideally 3-4 hours after breakfast)	Chicken, Walnut & Chicory Salad	Leftover Chicken, Walnut & Chicory Salad	Sundried Tomato Hummus with Vegetables & Crackers	Broccoli & Ginger Soup	Leftover Broccoli & Ginger Soup	Nicoise Salad with Grilled Shrimps	Leftover Nicoise Salad with Grilled Shrimps
SNACK (Ideally between lunch and dinner)	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Chicken & Banana Curry with Rice	Leftover Chicken & Banana Curry with rice	Salmon Bake Tray	Leftover Salmon Bake Tray	Thai Green Curry with Lentils	Meal Out – Enjoy!	Leftover Thai Green Curry with Lentils

WEEK 2 MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Kale & Pineapple Green Smoothie	Beet The Blues Smoothie	Matcha Chai Pudding	Green Goodness Smoothie	Turmeric Poached Eggs	Green Goodness Smoothie	Turmeric Poached Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Rainbow Quinoa Salad with Grilled Turkey	Leftover Rainbow Quinoa Salad with Grilled Turkey	Beetroot Soup	Leftover Beetroot Soup	Red Kidney & Mackerel Salad	Leftover Red Kidney & Mackerel Salad	Beet The Blues Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Vegetarian Nasi Goreng	Leftover Vegetarian Nasi Goreng	Pork in satay Sauce with Asian Noodles	Leftover Pork in satay Sauce with Asian Noodles	Gluten Free Turkey Casserole	Meal Out – Enjoy!	Leftover Gluten Free Turkey Casserole

WEEK 3 MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Very Green Smoothie	Chai Seed Pudding	Very Green Smoothie	Mean Lean Smoothie	Strawberry & Ginger Smoothie	Mean Lean Smoothie	Kale & Peach Smoothie
LUNCH (Ideally 3-4 hours after breakfast)	Real Detox Salad	Strawberry & Ginger Smoothie	Garden Pea & Leek Soup	Leftover Garden Pea & Leek Soup	Real Detox Salad	Grilled Avo with Black Beans & Salsa	Leftover Grilled Avo with Black Beans & Salsa
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Turkey & Quinoa with Sweet Tomato Sauce	Leftover Turkey & Quinoa with Sweet Tomato Sauce	Chickpea, Sweet Potato & Spinach Curry with Rice	Leftover Chickpea, Sweet Potato & Spinach Curry with Rice	Vegetable Bean Soup with Shrimps	Meal Out – Enjoy!	Leftover Vegetable Bean Soup with Shrimps