

A close-up photograph of a person's hands with red nail polish cutting an avocado on a wooden cutting board. A large knife is positioned to slice the avocado, with one half already cut and held up. A whole avocado and a potted basil plant are visible in the background.

Gourmet 2-day autumn detox menu

Introduction

This delicious detox menu from Zing Nutrition is above all else designed to cleanse the body, but I also very much wanted to do it in a way which demonstrates that healthy eating does not need to be boring or deprived.

Life is about living and food has a large part to play in our enjoyment of life. It is also true to say that the foods we choose to eat can have a huge influence on our energy levels, mood, appearance and our overall health. Ideally we want to benefit from the health giving properties of food but we also want to enjoy what we are eating. I have put together this gourmet two-day detox to show you that the two are not mutually exclusive.

So what can you hope to achieve from the Zing Nutrition gourmet 2-day autumn detox menu?

- Increased energy
- Better concentration
- More vitality
- Clearer brighter more youthful skin
- Brighter eyes
- Kick start the weight loss process

This 2 day eating plan has been designed to:

- Balance blood sugar levels
- Provide a good acid alkaline balance
- Reduce the toxic load on the liver
- Support optimum liver function
- Promote good digestive function
- Be nutritionally balanced

2-day plan

	Day 1	Day 2
On rising	Mug of hot water with lemon & fresh ginger	Mug of hot water with lemon & fresh ginger
Breakfast	Energy boosting bircher muesli made with gluten free oats and coyo coconut yoghurt with raspberries (double recipe quantities for 2 people)	Mashed avocado on linseed & almond toast , with poached eggs and lightly baked or grilled baby vine tomatoes
	Cup of rooibos green tea (naturally decaffeinated)	Cup of rooibos green tea (naturally decaffeinated)
Morning snack	Hummus and crudité (strips of cucumber, red pepper, carrots)	Mackerel pate and crudité (strips of cucumber, red pepper, carrots)
Lunch	Greek salad with marinated tofu (1/2 recipe quantities for 2 people)	Gazpacho soup (have a few gluten free oatcakes if hungry)
Afternoon snack	A wedge of cantaloupe melon with a palm of raw almonds	A peach with a few brazil nuts
Dinner	Salmon with quinoa, lime & broad beans (1/2 recipe quantities for 2 people)	Chicken caesar salad (1/2 recipe quantities for 2 people)
Dessert or evening snack	75g fresh strawberries dipped in cashew nut cream (optional)	75g blueberries dipped in coyo coconut yoghurt (optional)
Drinks	Drink 2 litres of bottled or filtered water throughout the day & herbal teas	

Before you get started...

The menu, recipes and shopping list

This is a menu for 2 people, but where it relates to breakfast and snacks I have written in the quantities per person. The main meal recipes are for two people and all of the recipes link through to my website. I have indicated where the recipe quantities need to be halved for 2 people, and these adjustments have been accounted for in the shopping list. Some recipes like the bread, hummus, gazpacho soup are not really worth halving so you will have some leftovers.

Cutting Corners

If you want to cut down on the preparation time you could instead buy a really good quality gluten free bread and an organic shop bought hummus. I use **Artisan Bread Organic** sometimes for gluten free bread and they are really good!

Caffeine

This menu does not include caffeine. If you drink a lot of coffee, tea, cola and chocolate I would strongly advise you to cut back gradually on all of these before embarking on this detox otherwise you will end up with a dreadful headache.

Getting organized

You will find this detox really easy if you spend some time getting organized and doing some preparation in advance.

Firstly, buy in everything you need for the 2 days either the day before or two days before you wish to start your detox (see **shopping list**). Always use organic ingredients where possible. Most of the ingredients are readily available particularly in the larger supermarkets so you could do an online shop and have everything delivered. I have put an * against some foods which may be more difficult to find such as Coconut flour, gluten free baking powder, Linwood's seed mix, you will get all of these from Holland and Barrett or your local Health Food Shop.

Some preparation in advance will ensure that the 2 days run smoothly for you. If you are at work you will absolutely have to prepare in advance. I would advise you to make the linseed & almond bread, the Greek salad, cashew nut cream, mackerel pate and the gazpacho soup the day before you start. You will also need to soak the oats for the bircher muesli the night before. None of these foods are difficult to make and it will not take you long.



Shopping list

Fruit

4 Lemons
fresh ginger
1 cantaloupe melon
1 lime
1 punnet strawberries
1 punnet raspberries
1 punnet blueberries
2 ripe peaches

Vegetables and herbs

1 bulb of garlic
3 cucumbers
3 red peppers
2 carrots
675g tomatoes
300g cherry tomatoes on the vine
1 small white salad onion
100g fresh broad beans
1 bunch spring onions
2 ripe avocados
1 red skinned onion
1 green pepper
1 small romaine lettuce
fresh oregano (if not dried)
fresh mint (if not dried)

Refrigerated

1 small carton or jar of apple juice
1 large tub of plain Co Yo coconut yoghurt
225g firm tofu
600ml good quality tomato juice
300ml fresh orange juice
75g kalamata black olives

Meat and fish

2 salmon fillets (preferably organic and line caught)
225g smoked mackerel fillets
2 chicken breasts

Dairy

10 eggs

Dry and tinned goods

nairn's gluten free oatcakes (optional)
gluten free jumbo oats
*Linwood's seed mix
Tick Tock caffeine free green rooibos tea
ground cinnamon
225g tin of chickpeas
paprika
100g raw almonds
100g brazil nuts
200g ground almonds
100g raw cashew nuts
100g golden linseeds
125g quinoa
*gluten free baking powder
*coconut flour
30g pine kernels
1 tin black eyed beans

Miscellaneous

1 jar of tahini
extra virgin olive oil
himalayan pink salt
apple cider vinegar (Braggs if possible)
vanilla extract
coconut oil
anchovies in oil

* You can find these ingredients in Holland and Barrett or your local Health Food Shop.

Recipes

Energy Boosting Bircher Muesli



This muesli is made by soaking energy giving oats over night (make sure you use jumbo oats) and adding a variety of foods to the mixture the next morning which will further promote good energy levels. Replacing ordinary oats with gluten free oats and making sure all the ingredients are organic would make this recipe suitable for a detox diet.

Basic ingredients (Serves 1)

3 tbsp Jumbo oats
apple juice or milk for soaking
½ a chopped apple
2 tbsp low fat greek yoghurt or soya yoghurt or Co Yo coconut yoghurt

Further energy boosting extras

A squeeze of lemon juice (extra vitamin C)
1 tsp ground seeds (zinc, magnesium, CO.Q.10, calcium)
1 tsp wheatgerm (B vitamins, zinc)
2 tsp chopped nuts (zinc, magnesium CO.Q.10, calcium)
dried figs (calcium)
pinch of ground ginger and/or cinnamon
a hand full of blueberries (vitamin C)

Method

- 1 Soak the oats in enough milk or apple juice, cover & leave in the fridge over night
- 2 Next morning chop the apple and add to the oats
- 3 Mix in the yoghurt and chopped nuts and all/or a selection of the other energy boosters

Linseed and almond bread



This makes a wonderfully light bread which is great toasted for breakfast with nut butters and banana. This particular recipe is gluten and grain free. You can play around with the dry ingredients to suit yourself. I have made this bread using different mixtures including Teff and Rice flour and it always works well.

Ingredients

1 ¼ cups ground almonds
½ cup ground golden linseeds
¼ cup coconut flour
5 eggs
1 tbsp apple cider vinegar
2 tbsp coconut oil melted
¼ tsp himalayan pink salt ½
tsp gluten free baking powder

Method

- 1 Line a 7.6" X 3.5" loaf tin with grease proof paper.
- 2 Mix all the dry ingredients together in a bowl.
- 3 Break the eggs into a separate bowl and whisk lightly.
- 4 Add the melted coconut oil and apple cider vinegar and whisk to mix.
- 5 Make a well in the dry ingredients and pour in the wet.
- 6 Gradually mix the dry ingredients into the wet ingredient until fully mixed using a spoon.
- 7 Spoon the mixture into the lined loaf tin.
- 8 Bake in an oven at 170C for 40 to 50 minutes.
- 9 Remove from the tin and cool

Hummus



Hummus is very nutritious and versatile. It is low GL and provides good sources of soluble fibre, protein, essential fats, magnesium, manganese, iron, folic acid, calcium, copper, phosphorous and zinc. This is a fairly basic recipe but you can use your imagination and add ingredients to enhance the flavour and texture.

Olives, pesto, pine nuts, mixed seeds just to mention a few are all things that can be added to hummus. This is vegetarian, vegan and could be used as part of a detox diet.

Ingredients (Serves 2)

1 425g can of chickpeas
½ cloves garlic, crushed
1 tbsp tahini
2 tbsp olive oil
2-5 tablespoons lemon juice according to taste
salt and black pepper to taste
pinch of paprika

Method

Place all ingredients in a food processor and puree till smooth. If the mixture is too stiff you can add some water.
Easy!

Mackerel pate (dairy free)



This recipe is so easy to make and so tasty. It provides a great source of omega 3 as well as being dairy free. It can be served as a dip, with a salad and is lovely with oatcakes as a snack. Suitable for a detox diet.

Ingredients (Serves 2)

225g smoked mackerel
1/2 avocado
juice and rind of half a lemon or lime
2 tbsp of chopped chives
himalayan pink salt and freshly ground pepper

Method

- 1 Place all ingredients in a food processor and puree until smooth.
- 2 Taste and season accordingly.

Greek salad with tofu



This is a take on traditional Greek Salad but it is made with Tofu rather than Feta Cheese. This makes it suitable for a vegan diet or a detox diet or for those who are allergic or intolerant to dairy.

Method

- 1 Line a shallow dish with a double layer of kitchen paper and lay the tofu on top. Place another double layer of kitchen paper on top of the tofu and put a heavy weight on top. Leave to stand for half an hour.
- 2 To make the marinade, mix all the ingredients in a bowl. Cut the tofu into cubes, place in the marinade and leave for at least 2 hours (up to 3 days for a fuller flavour).

Ingredients (Serves 4)

Salad

- 450g (1 lb) ripe, vine tomatoes cut into chunks
- 1 cucumber
- 1 small white salad onion
- 75g (3 oz) kalamata black olives
- 225g (8 oz) firm tofu
- chopped herbs to garnish

Marinade

- 60ml lemon juice
- 125ml water
- 125ml apple cider vinegar
- 1 tsp oregano

Dressing

- 90ml (6 tbsp) olive oil
- 30ml (2 tbsp) lemon juice
- 1 garlic clove, peeled and crushed
- 2-3 tbsp chopped fresh oregano
- himalayan pink salt and ground black pepper

- 3 To make the dressing, whisk all the dressing ingredients together in a bowl until combined.
- 4 Combine the tomatoes, cucumber and onions together in a large bowl, then add the olives.
- 5 Pour on the dressing and toss gently to mix.
- 6 Scatter the tofu and chopped herbs on top and serve.

Champneys gazpacho soup



This recipe came from a 1988 edition of ELLE magazine and was part of a 10 Day Cleansing Plan. It is packed with good sources of carotenoids, in particular lycopene from tomatoes, so is great for sun protection. It's low GL, it's really easy to make and fabulous for Autumn.

ingredients (Serves 2)

- 100g onions, peeled and roughly chopped
- 100g cucumber, trimmed and roughly chopped
- 100g peppers trimmed and roughly chopped
- 600ml tomato juice
- 300ml good quality freshly squeezed orange juice
- 60g whole meal or rye bread crumbs (or gluten free)
- dash of red wine vinegar
- 1 clove of garlic, crushed
- salt & pepper
- 50g mixed peppers, finely diced for garnish

Method

Place the onions, cucumber and peppers in a liquidiser and blend till smooth. Add tomato juice, orange juice, lemon juice, breadcrumbs, wine, vinegar, crushed garlic, salt and pepper. Blend chill and serve cold. Sprinkle with peppers.

Salmon with quinoa, lime & broadbeans



This dish is a lovely combination of fresh zingy flavours and nice textures. The recipe suggests grilling the salmon but it could be steamed or baked. This is best served hot but it could be served cold so any left overs are great for a packed lunch the next day. This is a gluten and dairy free dish and would be suitable for a detox diet.

Ingredients (Serves 4)

225g (8oz) fresh broad beans (or frozen if out of season)
250g (quinoa)
himalayan pink salt and freshly ground pepper
60ml (4tbsp) extra virgin olive oil
4 salmon fillets preferably line caught
juice of 2 limes
4 spring onions, very finely sliced
3 tbsp chopped fresh mint

Method

- 1 Steam the beans until tender and set aside. When cool enough slip the beans out of their outer skin.
- 2 Put the quinoa in a pan of boiling water and cook till soft (approx. 15minutes)
- 3 Season the salmon fillets and cook on a medium/high grill for 4 or 5 minutes until cooked right through.
- 4 Drain the quinoa, place in a bowl and add in the lime juice, olive oil and season well. Stir in the mint and the broad beans the spoon the mixture onto a serving dish.
- 5 Place the salmon fillets on top of the quinoa mixture and sprinkle over the spring onions .

Cashew nut cream



Cashew nut cream is a great clean and dairy free alternative to yogurt and cream. Is very rich so use sparingly on top of berries or as a dip. You can play around with the consistency making it as thick or as runny as you like depending on how you want to use it. If you are using it as a dip you may want to add more water. This recipe is vegetarian and vegan and can be used on a detox diet.

Ingredients (Serves 2)

1 cup of raw cashews
1/4-1/2 cup of filtered water depending on desired thickness
1/2 tsp natural vanilla extract

Method

- 1 Soak the cashew nuts in the water for at least 2 hours.
- 2 Drain the cashews but save the water. Place the cashews in a Nutri bullet with the vanilla extract.
- 3 Add half of the water and whizz up in the Nutri bullet. Check for consistency and add more water if you wish.

Caesar salad



This delicious and sumptuous Caesar salad is suitable for dairy free, gluten free, paleo diets or even a detox diets. You can serve this with gluten free croutons using my linseed and almond bread or you can add a tin of beans, or both if you want a really substantial main course salad.

Ingredients (Serves 4)

- 1 large or 2 small romaine lettuce
- 4 chicken breasts approx. 550-600g (free range, organic)
- 30g pine nuts
- 2 slices of linseed and almond bread cut into cubes
- 1 tin black eyed beans (optional)
- 8 anchovy fillets

Dressing

- 2 egg yolks
- 30g pine nuts
- 1/2 to 1 clove garlic
- 1/4 cup of water
- juice of 1 lemon
- 1 tsp himalayan pink salt
- freshly ground black pepper

Method

- 1 To cook the chicken put the breasts in an oven proof dish, cover in foil and cook in the oven for 30-35 minutes at 180C until cooked right through. Leave to cool and then cut into bite sized cubes or strips.
- 2 To make the croutons put the bread cubes on a baking tray in a the oven at a low heat and cook until crisp right through, 100C for half an hour or so.
- 3 To make the dressing put the egg yolks, 30g pine nuts, water, lemon juice, salt, pepper and pressed garlic into a Nutri Bullet and whizz until smooth. This will thicken slightly like mayonnaise but it will not be as thick.
- 4 Separate the leaves of the romaine lettuce and wash. Dry thoroughly, tear into smaller pieces and place on a serving dish.
- 5 Arrange the chicken on top the lettuce then sprinkle over the remaining pine nuts and the croutons.
- 6 Drizzle the dressing generously over the whole salad and arrange the anchovies in a crisscross pattern over the top of the dish.



I hope you enjoy this free detox menu. If you would like a **consultation** or a tailored plan, please get in touch.

Helen Buchan

BA, PGCE, BSc (Hons) Nutritional Therapy

Tel 07711 497 243

Email hello@feelamazing.co.uk

For more delicious and healthy recipes visit

feelamazing.co.uk