



eat fit food 10 day detox plan

	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday	Day 7 Sunday	Day 8 Monday	Day 9 Tuesday	Day 10 Wednesday
	Delivery Day		Delivery Day		Delivery Day			Delivery Day		Delivery Day
Pre-breakfast	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice	1 tbsp of apple cider vinegar in 300ml of water & cleansing juice
Breakfast	Fruit salad	Gluten free muesli with soy milk	Fruit smoothie with soy milk	Soy brown rice porridge	Fruit salad	Tomato & herb homestyle baked beans	Gluten free muesli with soy milk	Soy brown rice porridge	Fruit smoothie with soy milk	Tomato & herb homestyle baked beans
Snack	Mushroom & tofu miso soup	Pear & a handful mixed nuts	Lentil & chickpea soup	Orange & a handful mixed nuts	Tamari nuts & apple	Mushroom & tofu miso soup	Orange & a handful mixed nuts	Tomato, & basil soup	Pear & a handful mixed nuts	Tamari nuts & apple
Lunch	Lentil & roast beetroot salad	Tomato, sprouts, carrot, rocket & boiled egg salad with tahini & avocado dressing	Marinated tofu & haricot bean salad with ginger miso dressing	Roast pumpkin & caramelized onion frittata with baby spinach	Spicy thai brown rice with chinese broccoli	Tomato, sprouts, carrot, rocket & boiled egg salad with tahini & avocado dressing	Pumpkin & goats cheese frittata with caramelized onions	Lentil & roast beetroot salad	Spicy thai brown rice with chinese broccoli	Marinated tofu & haricot bean salad with ginger miso dressing
Snack	Sesame Balls & mixed nuts	Chopped up vegetables with hummus	Banana & an apple	Chopped up vegetables & beetroot dip	Tomato, & basil soup	Sesame Balls & mixed nuts	Chopped up vegetables with hummus	Banana & an apple	Chopped up vegetables & beetroot dip	Lentil & chickpea soup
Dinner	Seared tuna salad with rice noodles & tamari mirin dressing	Organic chicken salad with baby spinach, walnuts apple & sweet potato	Chilli, ginger, lemongrass blue eyed cod, with broccoli, green beans, yellow squash & brown rice	Chargrilled vegetable salad with balsamic vinegarette	Olive crusted salmon with new potatoes & spinach puree	Seared tuna salad with rice noodles & tamari mirin dressing	Chargrilled vegetable salad with balsamic vinegarette	Olive crusted salmon with new potatoes & spinach puree	Organic chicken salad with baby spinach, walnuts apple & sweet potato	Chilli, ginger, lemongrass blue eyed cod, with broccoli, green beans, yellow squash & brown rice