



# AMCHARA

## HEALTH RETREATS

### **The One Week Super Cleanse**

---

This seven-day cleanse is focused on shifting toxins out of the body and providing the body with key alkalising foods to support detoxification.

Some of the daily menu ideas can be added to your everyday lifestyle as and when you feel you need them after the 7 days as they offer maximum nutritional support.

The focus lies on fish, fruit, vegetables, root vegetables, eggs and nuts. Green smoothies and protein shakes are predominant in the week.

Green smoothies are a fantastic way to make sure you incorporate the most mineral rich and alkalising foods at high levels in one drink. As a bonus they taste incredibly delicious and are super filling!

#### Equipment needed:

- Blender
- Container for shaking protein powder in (not vital, but is convenient if on the move)

## Rules:

- Blend green smoothies until they are completely mixed and smooth (you may need to add water depending on your blender)
- Don't eat anything 40 minutes prior to green smoothie or 40 minutes afterwards
- Buy organic!

## Shopping List

- 1 head of red leaf lettuce
- 2 x 500g strawberries
- 2 peaches
- 2 bananas
- 1 head Romaine Lettuce
- 1 bunch of celery
- 1 bag of carrots
- 3 x 250g punnets of raspberries
- 1 punnet of blackberries
- 3 large bags spinach
- 1 ripe mango

## Vegetables for dinners:

red peppers, broccoli, courgette, sweet potato, artichokes, asparagus, aubergine, bamboo shoots, cabbage, raw carrots, celery, chard, collards, cucumber, fennel, green beans, kale, mushrooms, onions, parsley, peas, radicchio, radishes, sauerkraut, salad greens (all), spinach, Summer squash, tomatoes, turnips, water chestnuts and watercress.

## Herbs to spice up your evening meals:

- ginger, garlic, cinnamon, coriander, cumin, turmeric, basil, thyme, oregano, black pepper, sage, cardamom etc.
- **Nuts:** almonds, walnuts, pecans, brazil nuts
- **Seeds:** sunflower, pumpkin, sesame
- Hummus (organic one made from: chickpeas, olive oil, garlic, tahini, lemon, salt and water and no sugar!)
- Enough fish for four nights plus one lunch of smoked salmon
- 8 eggs
- 2 ripe avocados
- Lemons
- Olive Oil
- Apple cider vinegar

## DAY ONE

Breakfast (green smoothie)	Snack (before lunch)	Lunch	Snack (before dinner)	Dinner
<b>Berry Peachy:</b> 1 head of red leaf lettuce 1 pint strawberries	4 sticks celery or 4 carrots dipped in hummus	Protein shake	2 handfuls of any unsalted/unroasted nuts/seeds	Half a plate of vegetables, steamed or stir fried with fish or chicken or turkey, using olive oil.  <b>Meal idea:</b> chilli & ginger stir fried chicken

## DAY TWO

Breakfast (green smoothie)	Snack (before lunch)	Lunch	Snack (before dinner)	Dinner
<b>Spinach &amp; Berries:</b> 3 cups of spinach 2 cups of raspberries 1 cup of blackberries 1 cup water 1 scoop protein powder	2 hard boiled eggs or scrambled eggs or omelette	Protein shake	2 handfuls of any unsalted/unroasted nuts/seeds	Half a plate of vegetables, steamed or stir fried with fish.  <b>Meal idea:</b> Moroccan fish stew

## DAY THREE

Breakfast (green smoothie)	Snack (before lunch)	Lunch	Snack (before dinner)	Dinner
<b>Mango:</b> 1 ripe mango 3 cups of spinach 1 cup of water 1 scoop protein powder	Protein shake	Smoked salmon with big raw green leafy salad and olive oil & cider vinegar dressing	1 avocado halved with lemon & salt	Half a plate of vegetables, steamed or stir fried with fish.  <b>Meal idea:</b> Salmon baked in oven with vegetables roasted in olive oil plus sweet potato wedges

## DAY FOUR

Breakfast (green smoothie)	Snack (before lunch)	Lunch	Snack (before dinner)	Dinner
<b>Banana Spinach:</b> 1 banana 3 cups of spinach 1 cup raspberries 1 cup of water 1 scoop of protein powder	4 sticks celery or 4 carrots dipped in hummus	Protein shake	1 avocado halved with lemon & salt	Half a plate of vegetables, steamed or stir fried with fish.  <b>Meal idea:</b> Baked sea-bass with green beans, baby corn and broccoli with olive and lemon dressing

## DAY FIVE

<b>Breakfast (green smoothie)</b>	<b>Snack (before lunch)</b>	<b>Lunch</b>	<b>Snack (before dinner)</b>	<b>Dinner</b>
<b>Strawberry Field:</b> 1 banana 8 leaves romaine lettuce 1 cup strawberries 2 cups of water 1 scoop protein powder	2 handfuls of any unsalted/unroasted nuts/seeds	Protein shake	2 hard boiled eggs, or scrambled eggs or omelette made with olive oil	Protein shake

## DAY SIX

<b>Breakfast</b>	<b>Snack (before lunch)</b>	<b>Lunch</b>	<b>Snack (before dinner)</b>	<b>Dinner</b>
<b>Smoothie of your choice</b>	2 handfuls of any unsalted/unroasted nuts/seeds	Protein shake	2 hard boiled eggs or omelette made with olive oil or scrambled no milk or butter	Protein shake

## DAY SEVEN:

<b>Breakfast</b>	<b>Snack (before lunch)</b>	<b>Lunch</b>	<b>Snack (before dinner)</b>	<b>Dinner</b>
<b>Smoothie of your choice</b>	4 sticks celery or peppers dipped in hummus	Protein shake	2 handfuls of unroasted nuts of your choice	Protein shake

As you go back to your normal routine, remember to follow basic healthy guidelines of eating protein at every meal, including lots of vegetables, and adding fruits, nuts and seeds.

Reintroduce grains slowly, making sure they are both organic and whole-grains and remember that there was a time in our lives (Palaeolithic) where grains were NEVER consumed!

The need for them is not present for our survival; however, eating them without making them the basis of every meal in your day is completely fine.

Still not convinced you can do this on your own?

Maybe a trip to an Amchara retreat is what you need to gain the guidance and support necessary to get the best results from a detox diet.

Our experienced naturopaths are always on hand why not get in touch.

→ [Click here](#) (enquire)

Or call us on **01823 213 111** to ask us a question.

We'd love to hear from you!

*\* Adapted from The 7 Day Cleanse: Emma Mihill - Naturopath BA Hons, ND, NT Dip CNM, mBANT, MGNI*