

'S H A P E MATTERS' PROGRAMME

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3 – DAY DETOX - HEALTHY EATING PLAN

CLIENT: _____ DOB: _____ START DATE: _____

MEALTIME	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	-30g Muesli (raw,unroasted) in -½ papino topped with sliced banana or /+ -5 chopped dates/nuts -175 ml low-fat yoghurt, drizzled with granadilla pulp	-30g high fibre bran cereal/All-bran -1/2 c skim milk -1/2 c sliced strawberries/ Peaches/kiwi fruit	30g rolled oats precookd - 5ml honey -1 pinch of ginger - 1ml cinnamon - 1 ml salt -125 ml milk - 1 apple/3 slices pineapple
AM-SNACK	250 ml green tea Bran Muffin made c All-Bran flakes & bran Grated cheese:- Mozzarella/ricotta, grated/matchbox size slice as topping	250ml herbal tea/fennel 6-10 (2 Tbs) assorted, unsalted nuts 2 Date balls 5 dried apricots/prunes	250ml Rooibos / Buchu Tea + oat/rice cake 500ml “3 – Melon Ball Fruit salad-Sweet yellow spanspek/green honeydew+watermelon”
LUNCH	All Bran Mixed Berry SMOOTHIE:- -1 cup /250ml Berry Juice /cranberry+kiwi -1/2 cup All-Bran Flakes -1 banana -1 cup mixed berries\4 strawberries -175ml blueberry/strawberry Yoghurt -125ml low fat milk -2 scoops whey/soya protein powder- Blitz in blender 'till smooth	All Bran Mixed Fruit SMOOTHIE:- -1 cup /250ml yoghurt -1/2 cup All-Bran Flakes -200g Pineapple/PawPaw -1/4 cup oatmeal 20ml Honey/peanut butter -80ml Pineapple/Apple Juice. 2 Oranges. 2 Kiwis 125ml low fat milk -2 scoops whey/soya protein powder Blitz all ingredients in blender until smooth	1 slice RYE/low GI Seed Bread spread with ¼ avo pate mixed with 2tbs cottage cheese, topped with 20g lentil/bean sprouts, 2 peppadews 6 pecan nuts/almonds Avo to be substituted with 250 ml Tuna flakes when not in season. Or 2 oatcakes spread with 2 tsp Peanut Butter + 250 ml low fat/unsweetened yoghurt mixed into a grated cabbage/carrot coleslaw salad. (1 cup)
PM-SNACK	Tea/naartjie/banana 1 orange/grapefruit	Carrot + Celery Juice 1 apple/pear	1 bran rusk 250ml green tea
DINNER	LARGE MIXED SALAD:- with lettuce leaf variety,baby tomatoes,baby carrots,cucumber, celery, spring/red onion, mixed peppers, cucumber,4 button mushrooms 5ml-1 tsp Olive Oil 1 boiled egg slivered 1 small Avo – cubed ¼ cup feta blocks Low fat detox vegetable soup or chicken broth & mushroom or tomatoe & chilli or Butternut soup Wholesome; Home-made Starter - Each evening	1 medium sized grilled fillet of salmon, kingklip/hake poached with fresh thyme/basil on 125ml brown rice and topped with mushroom, tomatoe, onion,garlic, chilli - all incorporated in sauce topping, sprinkled with 8 cashew nuts -125ml grated raw carrots + pineapple	-1 medium grilled chicken breast with rosemary/coriander -Roasted vegetable platter of cubed Butternut, sweet potatoe, green beans, halved mixed peppers, onion chunks, baby tomatoes, baby marrows - either steamed broccoli / asparagus/spinach

	5 chopped walnuts -125ml mixed bean salad 1 cup lemon Tea	chunks 1 cup chamomile tea	cooked with potatoe+ onion cubes 1 cup Mint Tea
TIP FOR THE DAY Smoothies combined with the calcium and protein in yogurt/milk, fiber in bran/oatmeal and fruit makes them an ultimate power food – do them.	<i>Try eating a raw vegetarian Main Meal at least 1/ x wk</i> <u>All fruit & breads prior to 3pm</u> <u>1 Raw veg & fruit day/wk</u> Eliminate hunger pangs by grating an apple sprinkled with lemon juice to counteract oxidation +cinnamon=natural antibiotic property	<i>Eating breakfast facilitates weight loss by eliminating cravings for carbohydrates and similarly, bulking with fibre and low G.I. carbohydrates delays hunger pangs by sustaining a constant Metabolic rate and feeling of gratified satiation (fullness) throughout the day. Chillis & curries elevate metabolic rate</i>	<u>Do not view dietary relapse as emotional collapse and give in to mood swings</u> <u>Min sleep: 6 ½ - 8 hrs</u> <u>Min. WATER INTAKE:</u> 2 litres / day <u>up to 3 l during vigorous training.</u> Ginger contains gingerol – natural blood thinner deactivates damage causing free-radicals
<u>NOTES:-</u>	SALAD is substituted by vegetable/Butternut soup / Chicken Broth combined with Detox veg.: -leeks,onions, garlic, celery - in Winter.	<u>Daily vitamin supplement</u> prevents cravings induced by micro-nutrient depletion/ omission when restricting kJ intake	<u>IMMUNE BOOST:-</u> <u>Vit. C:-</u> <u>Minimum Dose:</u> 500mg/d

WAKE-UP :- Glass of hot water and fresh lemon followed by freshly squeezed orange juice /Carrot + Celery /Paw-paw juice/ (RED RUBY GRAPEFRUIT Provided not on anti-hypertensive /cholesterol lowering medication) before breakfast. 1Tbs flax seed oil if not taking an Omega 3 + 6 supplement. Daily multi-vit. Supplement.

BED-TIME: See yourself slim. Lie in bed each night, on retiring – just before going to sleep and “see” the new, well-toned, shapely, slim you. Visualize yourself with more energy and eating only healthful foods . It’s vitally important for the successful attainment of your goal weight to be able to see yourself as “the new you – you want to be.

PRECAUTIONS: Do not exclude natural fats from your diet altogether, as they contain essential fatty acids that maintain your metabolic rate and hormonal system.

½ Avocado and Olive Oils are vitally essential daily- these are naturally derived from plant oil to constitute sterols which form the precursor building blocks to hormones. These oils such as sesame, canola, avo can be blended to formulate salad dressings when combined with green/red/yellow peppers and/ chillis and chopped celery or peppadews - even garlic, at your discretion combined with lemon juice/cider/dill vinigars.

EXERCISE CONSIDERATIONS: Avoid vigorous exercises over this 3-day period. Stretching, yoga, recumbent cycling, brisk walking, Pilates and vibrational frequency (shake-machines) are recommended as an alternative option. It is normal for headaches to occur while your body eliminates toxins

