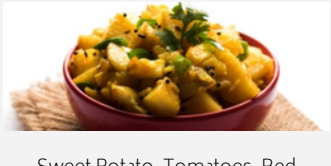


MEAL PLANNER

14-DAY DEEP CLEANSE

WEEK 1

See Brett Elliott's Ultimate Herbal DETOX & BodiClenz - Full recipes with videos at www.brettelliott.com/food

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	STOMACHCLENZ  Pineapple, Papaya (or Paw Paw), Cucumber, Coconut Milk, Coconut Water, Fresh Ginger and/or Mint	STOMACHCLENZ  Pineapple, Papaya (or Paw Paw), Cucumber, Coconut Milk, Coconut Water, Fresh Ginger and/or Mint	BOWELCLENZ  Green Apple, Kiwifruit, Unsweetened Yoghurt, Chia Seeds, Prunes, Cilantro or Peppermint	BOWELCLENZ  Green Apple, Kiwifruit, Unsweetened Yoghurt, Chia Seeds, Prunes, Cilantro or Peppermint	LIVERCLENZ  Beetroot, Grapefruit or Lemon, Broccoli, Kale, Cumin Seeds, Fresh Ginger or Basil	LIVERCLENZ  Beetroot, Grapefruit or Lemon, Broccoli, Kale, Cumin Seeds, Fresh Ginger or Basil	KIDNEYCLENZ  Cranberries, Celery, Parsley, Fresh Orange, Ginger, Honey
	LUNCH	AVOCADO SALAD  Avocados, Broccoli, Leek, Cucumber, Olive Oil, Fresh Basil, Kalamata Olives	MELON SALAD  Honeydew, Rockmelon, Watermelon, Green Grapes, Raisins, Fresh whipped Cream, Plain Yogurt, Cinnamon	THAI CARROT & APPLE SALAD  Carrots, Garlic, Red Apple, Raisins, Cilantro, Chili Flakes, Honey, Olive Oil, Lime Juice	CURRY CORN SALAD  Corn on the Cob, Salad Greens, Tomato, Avocado, Indian Curry Powder, Apple Cider Vinegar, Cold Pressed Olive Oil	MUNG BEAN COLESLAW  Cabbage, Bean Sprouts, Carrot, Tomato, Red Onion, Baby Spinach, Gherkins, Olives, Parsley, Lemon Juice, Olive Oil, Vinegar	MEDITERRANEAN SALAD  Avocado, Radishes, Cucumber, Tomato, Red onion, Sun-dried Tomatoes, Kalamata Olives, Pesto or Guacamole
DINNER		THAI CURRY PUMPKIN SOUP  Crown Pumpkin, Celery, Coconut Cream, Butter, Thai Red Curry Paste, Garlic, Onion, Cumin, Ginger, Thyme	THAI CURRY PUMPKIN SOUP  Crown Pumpkin, Celery, Coconut Cream, Butter, Thai Red Curry Paste, Garlic, Onion, Cumin, Ginger, Thyme	GREEN COCONUT CURRY  Sweet Potato, Parsnip, Capsicum, Mushrooms, Carrot, Cauliflower, Onion, Tomato, Garlic, Coconut Milk, Turmeric, Thai Green Curry Paste, Ginger	BOMBAY ALOO SWEET POTATO  Sweet Potato, Tomatoes, Red Capsicum, Onion, Garlic, Garam Masala, Cayenne, Turmeric, Coriander, Cumin, Mustard Seeds	BROCCOLI & ZUCCHINI SOUP  Zucchini, Broccoli, Garlic, Ginger, White Onion, Coconut Cream, Coconut Oil, Black Pepper, Turmeric, Cumin Seeds	ZUCCHINI RED CURRY  Zucchini, Broccoli, Sweet Potato, Onion, Garlic, Tomatoes, Tomato Paste, Mixed Herbs, Paprika, Thai Red Curry Paste

SNACKS

Apples, Mandarins, Grapes, Dates, Prunes, Figs, Raisins, Carrot or Celery Sticks, Guacamole, Pickled Onions, Gherkins, Olives.



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Note:
If you're just using BodiClenz drinks then you can repeat your breakfast smoothies for lunch, so you won't need the lunch ingredients.

SHOPPING LIST - Week One



Mobile APP



Breakfasts:

- 2 x Green Apples
- Fresh Basil
- 1 x Whole Beetroot
- 1 x Broccoli
- ½ Bunch Celery
- 25g Chia Seeds
- Fresh Cilantro or Peppermint
- 1-Litre Coconut Milk or Coconut Water
- 50g Cranberries
- Cumin Seeds
- Large Fresh Ginger Root

Lunches:

- 1 x Red Apple
- 5 x Avocados
- Fresh Basil
- Bean sprouts
- 1 x Head of Broccoli
- ¼ Cabbage
- Cider Vinegar
- Fresh Cilantro or Parsley
- 1 x Orange
- 1 x Pawpaw (or Papaya)
- 1 x Pineapple
- Stevia (optional)
- 1-Litre Plain Yoghurt

Dinners:

- 1 Large or 2 Small Cucumbers
- Indian Curry Powder
- Fish Sauce (Optional)
- 6 x Cloves of Garlic
- Gherkins
- Green Grapes
- 1 x Leek
- 1 x Lime
- Liquid Honey
- ½ Honey Dew Melon
- Kalamata Olives
- 6 x Button Mushrooms

Breakfasts:

- 1 x Grapefruit
- 1 x Bunch of Kale
- Honey (optional)
- 1 x Lemon
- 2 x Kiwifruit
- Handful of Fresh Mint
- Fresh Parsley
- 1 x Orange
- 1 x Pawpaw (or Papaya)
- 1 x Pineapple
- Stevia (optional)
- 1-Litre Plain Yoghurt

Lunches:

- Olive Oil
- 1 x Red Onion
- 1 x White Onion
- Pesto
- 2 x Radishes
- Raisins
- ½ Rockmelon
- Rocket Leaves or Mesclun
- Baby Spinach
- Sun-dried Tomatoes
- 3 x Tomatoes
- ¼ Watermelon

Dinners:

- 2 x Broccoli
- 2 x Red Capsicum
- 2 x Carrots
- ½ Cauliflower
- Cayenne Pepper
- ½ head of Celery
- 2 x Can Coconut Cream
- Coconut Oil
- Coriander Seeds
- Cumin Seeds
- Garam Masala Powder
- 2 x Garlic Bulb
- Large fresh Ginger

Breakfasts:

- Mixed Herbs,
- 250g Button Mushrooms
- Black Mustard Seeds
- 3 x White Onion
- Paprika
- 1 x Parsnip
- ½ Crown Pumpkin
- 3 x Large Sweet Potato
- Thai Red Curry Paste
- Fresh Thyme
- 5 x Tomatoes








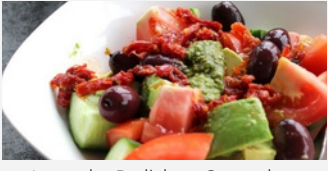






Dinners:

- 1 x Can Chopped Tomatoes
- 100g Tomato Paste
- Turmeric
- 5 x Zucchini

WEEK 2

MEAL PLANNER 14-DAY DEEP CLEANSE

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MEAL	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	KIDNEYCLENZ  Cranberries, Celery, Parsley, Fresh Orange, Ginger, Honey	BLOODCLENZ  Avocado, Fresh Lemon or Lime Crunchy Kale Leaves, or Spinach, Cinnamon, Fresh Ginger, Fresh Mint	BLOODCLENZ  Avocado, Fresh Lemon or Lime Crunchy Kale Leaves, or Spinach, Cinnamon, Fresh Ginger, Fresh Mint	HEARTCLENZ  Blueberries (or Raspberries), Dark Grape Juice, Red Apple, Cayenne Pepper (or Fresh Chili) Cinnamon	HEARTCLENZ  Blueberries (or Raspberries), Dark Grape Juice, Red Apple, Cayenne Pepper (or Fresh Chili) Cinnamon	BRAINCLENZ  Carrot, Lemon, Raw Cacao, Fresh Gotu Kola, (or Rosemary), Turmeric, Black Pepper, Ginger, Orange Juice, Cinnamon	BRAINCLENZ  Carrot, Lemon, Raw Cacao, Fresh Gotu Kola, (or Rosemary), Turmeric, Black Pepper, Ginger, Orange Juice, Cinnamon
	LUNCH	GREEN LEAFY SALAD  Rocket Leaves, Iceberg Lettuce, or Mesclun Mix, Carrots, Olives, Mushrooms, Cucumber, Avocado, Red Onion, Cherry Tomatoes	AVOCADO SALAD  Avocados, Broccoli, Leek Cucumber, Olive Oil Fresh Basil, Kalamata Olives	MEDITERRANEAN SALAD  Avocado, Radishes, Cucumber, Tomato, Red onion, Sun-dried Tomatoes, Kalamata Olives, Pesto or Guacamole	MELON SALAD  Honeydew, Rockmelon, Watermelon, Green Grapes, Raisins, Fresh whipped Cream, Plain Yogurt, Cinnamon	CURRY CORN SALAD  Corn on the Cob, Salad Greens Tomato, Avocado, Indian Curry Powder, Apple Cider Vinegar, Cold Pressed Olive Oil	THAI CARROT & APPLE SALAD  Carrots, Garlic, Red Apple, Raisins, Cilantro, Chili Flakes, Honey, Olive Oil, Lime Juice
DINNER		CAULIFLOWER RICE & BRUSSEL SPROUTS  Cauliflower, Brussel Sprouts, Onions, Garlic, Curmin Seeds, Indian Curry Powder, Coconut and Olive Oil	MUSHROOM STROGANOFF  Mixed Mushrooms, Garlic, Onion, Cayenne, Mixed Herbs, Worcestershire Sauce, Coconut Cream, Parsley, Spring Onion	EGGPLANT & ZUCCHINI BAKE  Eggplant, Zucchini, Onion, Garlic, Chilli Powder, Tomatoes, Yoghurt, Basil, Thyme	TOMATO & LEEK SOUP  Tomatoes, Leek, Onions, Garlic, Turmeric, Cayenne, Caraway Seeds, Miso paste	TOMATO & LEEK SOUP  Tomatoes, Leek, Onions, Garlic, Turmeric, Cayenne, Caraway Seeds, Miso paste	SWEET POTATO, SPINACH & SALSA  Carrots, Sweet Potato, Spinach, Capsicum, Onion, Garlic, Tomatoes, Mixed Herbs, Turmeric, Cayenne, Soy Sauce, Honey

SNACKS

Apples, Mandarins, Grapes, Dates, Prunes, Figs, Raisins, Carrot or Celery Sticks, Guacamole, Pickled Onions, Gherkins, Olives.



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SHOPPING LIST - Week One



Mobile APP



Note:
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Breakfasts:

- 1 x Avocado
- Bag of Frozen Blueberries or Raspberries
- 1 x Carrot
- Cayenne Pepper or Fresh Chili
- 1 x Bunch of Kale or Spinach
- Raw Cacao Powder
- Cinnamon

Lunches:

- 5 x Avocados
- Fresh Basil
- Bean Sprouts
- 1 x Head of Broccoli
- Cider Vinegar
- 2 x Carrots
- Chili Flakes
- 1 x Cob of Corn
- Fresh Cream
- 1 Large or 2 Small Cucumbers

Dinners:

- Balsamic Vinegar
- Fresh Basil
- 12 x Brussel Sprouts
- 3 x Red Capsicum
- Caraway Seeds
- 5 x Carrots
- 1 x Cauliflower
- 1 x Can Coconut Cream
- 3 x Eggplant
- 4 x Garlic Bulb

- Fresh Ginger
- 2 x Lemon or Lime
- Fresh Mint
- Dark Grape Juice
- 2 x Red Apples
- Fresh Gotu Kola or Rosemary
- Orange Juice
- Turmeric

- 6 x Cloves of Garlic
- Gherkins
- Green Grapes
- 1 x Leek
- 1 x Lime
- ½ Honey Dew Melon
- Kalamata Olives
- 6 x Button Mushrooms
- Olive Oil
- 1 x Red Onion
- 1 x White Onion

- 2 x Radishes
- Raisins
- ½ Rockmelon
- Rocket Leaves or Mesclun
- Baby Spinach
- Sundried Tomatoes
- 3 x Tomatoes
- ¼ Watermelon

- 1 x Leek
- Miso paste
- 400g Mixed Mushrooms
- 7 x White Onions
- Fresh Parsley
- 3 x Parsnip
- Soy Sauce
- Pea Shoots
- 1 x Bunch Spinach
- Spring Onion

- 4 x Sweet Potato
- 8 x Tomatoes
- 2 x Can of Chopped Tomatoes
- 200g Tomato Paste
- Fresh Thyme
- Worcestershire Sauce
- 1 Litre Plain Yoghurt
- 3 x Zucchini