

Brett Elliott's Ultimate Herbal DETOX & BodiClenz

MEAL PLANNER

14-DAY DEEP CLEANSE



BRETT ELLIOTT
Ultimate Herbal Health

MEAL PLANNER

14-DAY DEEP CLEANSE

WEEK 1

See Brett Elliott's Ultimate Herbal DETOX & BodiClenz - For Full Recipe Webpages With Videos Click On The Recipe Images

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
	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	GREEN LEAFY SALAD  Rocket Leaves, Iceberg Lettuce, or Mesclun Mix, Carrots, Olives, Mushrooms, Cucumber, Avocado, Red Onion, Cherry Tomatoes
	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	CHINESE SWEET & SOUR  Broccoli, Capsicum, Mushrooms, Carrots, Spinach, Pineapple, Onions, Garlic, Tomato, Ginger, Lemon, Paprika, Turmeric, Honey, Cayenne, Soy Sauce
DINNER							

SNACKS

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

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Breakfasts:

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.

- 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

- 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:

- 1 x Red Apple
- 5 x Avocados
- Fresh Basil
- Bean sprouts
- 1 x Head of Broccoli
- ¼ Cabbage
- Cider Vinegar
- Fresh Cilantro or Parsley
- 5 x Carrots
- Chili Flakes
- Cinnamon
- 1 x Cob of Corn
- Fresh Cream

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

- 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

- 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

- 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
- Thai Green Curry Paste
- Fresh Thyme
- 5 x Tomatoes

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

**Mobile APP**

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
	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	BEETROOT SALAD Beetroot, Celery, Spring Onion, White Onion, or Pickled Onions, Tomatoes, Kalamata Olives, Coriander or Basil Leaves
	CAULIFLOWER RICE & BRUSSEL SPROUTS Cauliflower, Brussel Sprouts, Onions, Garlic, Cumin 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	ROAST VEGGIE SALAD Kumura, Parsnips, Carrots, Capsicum, Mushrooms, Red Onion, Tomatoes, Garlic, Pea Shoots or Bean Sprouts
	DINNER						

SNACKS

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

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SHOPPING LIST - Week Two

Breakfasts:

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.

- 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

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

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

- 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

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

- 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 Yohgurt
- 3 x Zucchini

Mobile APP

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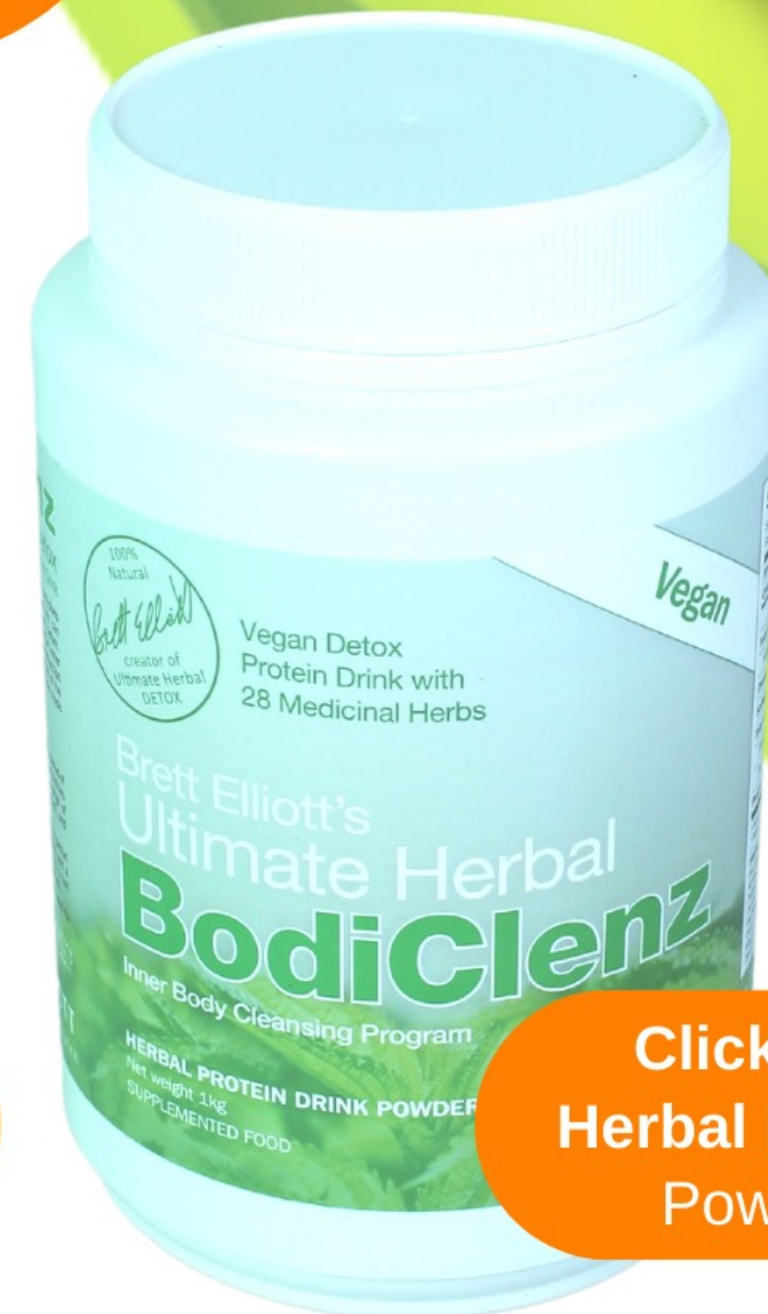
- 24 herbs as BodiClenz smoothie or take as Herbal DETOX capsules
- Reduce toxin build-up
- Reduce joint discomfort
- Reduce bloating and gas
- Create more energy and mental clarity
- Improve your digestion and gut health
- Control parasites, bacteria and yeast
- Cleanses the Liver (the hardest working organ in our bodies)
- Vegetarian diet with delicious recipes so you never get hungry.
- Build immunity - reduce cholesterol, blood sugar, blood pressure, and weight.
- Number 1 Detox program in New Zealand & best done twice per year.
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