



# CLEANSE / DETOX

WEEK 1



# HELLO!

This meal plan is designed as a general guideline to help support a cleaner, healthier lifestyle. We are not medical professionals or dietitians, and this plan should not be considered medical advice. Please consult a healthcare provider before making significant dietary changes.



Our bodies are our gardens, to which our wills are our gardeners.

***William Shakespeare***





# WEEK 1 - SHOPPING LIST

FRESH PRODUCE	
FCF Microgreens Mix x 500g	<input type="checkbox"/>
Spinach x 1 bunch	<input type="checkbox"/>
Cucumbers x 3	<input type="checkbox"/>
Carrots x 4 Large	<input type="checkbox"/>
Tomatoes x 4	<input type="checkbox"/>
Avo x 3	<input type="checkbox"/>
Apples x 4	<input type="checkbox"/>
Bananas x 6	<input type="checkbox"/>
Lemons x 4	<input type="checkbox"/>
Garlic x 1 bulb	<input type="checkbox"/>
Ginger small piece	<input type="checkbox"/>
Bell Peppers x 2 red and yellow	<input type="checkbox"/>
	<input type="checkbox"/>
PROTEINS AND DAIRY	
Chicken breasts x 4 pieces	<input type="checkbox"/>
Fresh fish hake or snoek x 2	<input type="checkbox"/>
Lean beef mince x 500g	<input type="checkbox"/>
Eggs x 1 dozen	<input type="checkbox"/>
Plain Greek yogurt x 1 tub	<input type="checkbox"/>
Low-fat Cheese x 1 small block	<input type="checkbox"/>
Cottage Cheese x 1	<input type="checkbox"/>
Milk or dairy alternative	<input type="checkbox"/>
HYDRATION	
Aqua V Fresh Spring Water x 14L	<input type="checkbox"/>

PANTRY AND DRY GOODS	
Oats x 500g	<input type="checkbox"/>
Brown Rice x 1kg	<input type="checkbox"/>
Lentils x 500g	<input type="checkbox"/>
Chickpeas x 1 can or dry equivalent	<input type="checkbox"/>
Whole Wheat Bread x 1 Loaf	<input type="checkbox"/>
Wole Wheat Tortillas x pack of 6	<input type="checkbox"/>
Olive Oil x 1 small bottle	<input type="checkbox"/>
Apple Cider Vineger x 1	<input type="checkbox"/>
Honey x 1	<input type="checkbox"/>
Herbal Teas - Chamomile, Green tea, Roibos	<input type="checkbox"/>
Peanut Butter x 1 Small Jar	<input type="checkbox"/>
Almonds x 1 small packet	<input type="checkbox"/>
Spices - Tumeric, Cinnamon, Pepper	<input type="checkbox"/>

## Why Aqua V Spring Mineral Water

Stay Hydrated with Aqua V!  
 Pure, refreshing, and packed with essential minerals, Aqua V Spring Mineral Water keeps you energized and feeling your best. It hydrates faster, supports overall wellness, and tastes incredibly crisp.

## Order

**Aqua V & Microgreens:  
 083 270 2678 (Geoff)**



# WEEKLY MEAL PREP

## DAILY MEAL PREP GUIDE

### PREPARE PROTIENS

Grill or bake 4 chicken breasts and store in airtight containers.  
Cook 2 portions of grilled fish for easy meals.  
Cook 500g of lean beef mince with a little seasoning.  
Boil 6 eggs for snacks throughout the week.

### COOK GRAINS & LEGUMES

Grill or bake 4 chicken breasts and store in airtight containers.  
Cook 2 portions of grilled fish for easy meals.  
Cook 500g of lean beef mince with a little seasoning.  
Boil 6 eggs for snacks throughout the week.

### PREP VEGETABLES & SNACKS

Chop cucumbers, carrots, bell peppers, and store them in containers.  
Wash and dry Fresh Cut Farms Microgreens for easy use.  
Slice lemons for morning water and teas.  
Portion nuts and dried fruit into small containers for quick snacks.





# WEEKLY MEAL PREP

## DAILY MEAL PREP GUIDE

Day 1:

Morning: Prepare scrambled eggs, toast, and avocado. Slice carrots for snacks.

Lunch: Toss grilled chicken, microgreens, cucumber, and tomatoes for salad.

Dinner: Reheat grilled fish, warm brown rice, and sauté spinach.

Day 2:

Morning: Cook oats, slice banana. Prep apple slices for snacks.

Lunch: Reheat lentil soup, serve with microgreens and whole wheat bread.

Dinner: Stir-fry pre-cooked chicken with vegetables, serve over brown rice.

Day 3:

Morning: Blend smoothie with yogurt, banana, and microgreens.

Lunch: Make a quick tuna wrap with microgreens in whole wheat tortilla.

Dinner: Reheat beef patty, roast sweet potatoes, and serve with microgreens.

Day 4:

Morning: Scramble eggs with spinach and microgreens, toast bread.

Lunch: Stir-fry pre-cooked chicken and vegetables with brown rice.

Dinner: Grill fresh fish, mash avocado, and steam vegetables.

Day 5:

Morning: Toast whole wheat bread, spread cottage cheese, and top with microgreens.

Lunch: Reheat lentil and vegetable curry, serve with brown rice.

Dinner: Reheat grilled chicken, serve with sweet potatoes and fresh microgreens salad.

Day 6:

Morning: Scramble eggs with cheese, spinach, and microgreens.

Lunch: Toss tuna, avocado, and microgreens for salad.

Dinner: Reheat grilled beef, roast fresh vegetables, and serve with brown rice.

Day 7:

Morning: Cook oats with cinnamon, honey, and microgreens.

Lunch: Toss pre-cooked quinoa, grilled chicken, and microgreens.

Dinner: Grill fresh fish, mash avocado, and sauté greens.





# DAY 1 - WEEK 1

MONDAY	
<b>Breakfast</b>	Scrambled eggs with microgreens, whole wheat toast, and sliced avocado. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Greek yogurt with honey and banana DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Grilled chicken salad with microgreens, cucumbers, tomatoes, and olive oil dressing DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Sliced carrots & hummus DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled fish with brown rice and steamed spinach with microgreens drink: Herbal tea
<b>Comments</b>	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour





# DAY 2 - WEEK 1

TUESDAY	
<b>Breakfast</b>	Oats with cinnamon, honey, and banana DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Apple slices with peanut butter DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Lentil soup with microgreens and whole wheat bread DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Handful of almonds and a boiled egg DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Stir-fried chicken with mixed vegetables and brown rice DRINK: Herbal tea
<b>Comments</b>	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour





# DAY 3 - WEEK 1

WEDNESDAY	
<b>Breakfast</b>	Smoothie with Greek yogurt, microgreens, banana, and honey DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Cottage cheese with cucumber slices DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Tuna and microgreens wrap with whole wheat tortilla DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Sliced bell peppers with hummus DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled beef patty with roasted sweet potatoes and microgreens DRINK: Herbal tea
<b>Comments</b>	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour





# DAY 4 - WEEK 1

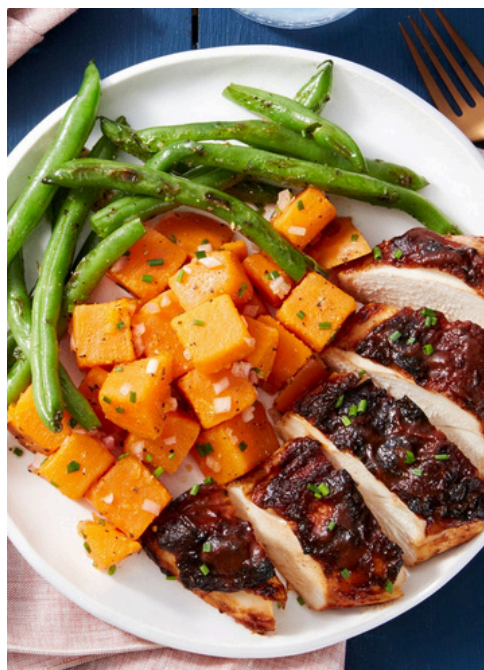
THURSDAY	
<b>Breakfast</b>	Scrambled eggs with spinach and microgreens, served with whole wheat toast DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Greek yogurt with chopped nuts and honey DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Chicken and vegetable stir-fry with brown rice DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Hard-boiled eggs with a sprinkle of black pepper DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled fish with mashed avocado and a side of steamed vegetables DRINK: Herbal tea
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# DAY 5 - WEEK 1

FRIDAY	
<b>Breakfast</b>	Whole wheat toast with cottage cheese and microgreens DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Sliced carrots and hummus DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Lentil and vegetable curry with brown rice DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Apple with a handful of nuts DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled chicken with sweet potatoes and a fresh microgreens salad DRINK: Herbal tea
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# DAY 6 - WEEK 1

SATURDAY	
<b>Breakfast</b>	Scrambled eggs with cheese, spinach, and microgreens DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Banana with peanut butter DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Tuna and avocado salad with microgreens DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Greek yogurt with a drizzle of honey DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled beef with roasted vegetables and brown rice DRINK: Herbal tea
<b>Comments</b>	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour





# DAY 7 - WEEK 1

SUNDAY	
<b>Breakfast</b>	Oats with microgreens, cinnamon, and honey DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Cucumber slices with cottage cheese DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Chicken and quinoa salad with microgreens DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Handful of almonds and a boiled egg DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled fish with mashed avocado and a side of sautéed greens DRINK: Herbal tea
<b>Comments</b>	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour

