



# CLEANSE / DETOX

WEEK 2



# 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 2 - SHOPPING LIST

FRESH PRODUCE	
FCF Microgreens Mix x 500g	<input type="checkbox"/>
Papaya x 2	<input type="checkbox"/>
Pineapple x 1	<input type="checkbox"/>
Spinach 2 bunches	<input type="checkbox"/>
Cucumbers x 4	<input type="checkbox"/>
Carrots x 6	<input type="checkbox"/>
Tomatoes x 6	<input type="checkbox"/>
Avocados x 4	<input type="checkbox"/>
Apples x 6	<input type="checkbox"/>
Bananas x 7	<input type="checkbox"/>
Lemons x 4	<input type="checkbox"/>
Garlic 1 x bulb	<input type="checkbox"/>
Ginger 1 x piece	<input type="checkbox"/>
Peppers 1 x pack	<input type="checkbox"/>
Kale x 1 Bunch	<input type="checkbox"/>
Broccoli x 1 head	
PROTEINS AND DAIRY	
Chicken breasts x 6 portions	<input type="checkbox"/>
Fresh fish hake or snoek x 4 portions	<input type="checkbox"/>
Lean beef mince x 4 portions	<input type="checkbox"/>
Eggs x 12	<input type="checkbox"/>
Plain Greek yogurt x 1 tub	<input type="checkbox"/>
Low-fat Cheese x 1 small block	<input type="checkbox"/>
Milk or dairy alternative	<input type="checkbox"/>
Feta cheese x 1 small tub	<input type="checkbox"/>
Tofu x 2 portions	
Salmon x 2 portions	

PANTRY AND DRY GOODS	
Chai Seeds x 1 pack	<input type="checkbox"/>
Brown Rice x 1 pack	<input type="checkbox"/>
Lentils x 1 pack	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>
Olive Oil x 1 small bottle	<input type="checkbox"/>
Apple Cider Vineger x 1	<input type="checkbox"/>
Honey x 1 jar	<input type="checkbox"/>
Herbal Teas - Chamomile, Green tea, Roibos	<input type="checkbox"/>
Spices - Tumeric, Cinnamon, Pepper	<input type="checkbox"/>
Fermented foods (sauerkraut or kimchi) x 1 small jar	<input type="checkbox"/>
Almonds x 1 small pack	<input type="checkbox"/>
Peanut butter x 1 jar	<input type="checkbox"/>
Hummus x 1	<input type="checkbox"/>
HYDRATION	
Aqua V Fresh Spring Water x 14L	<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

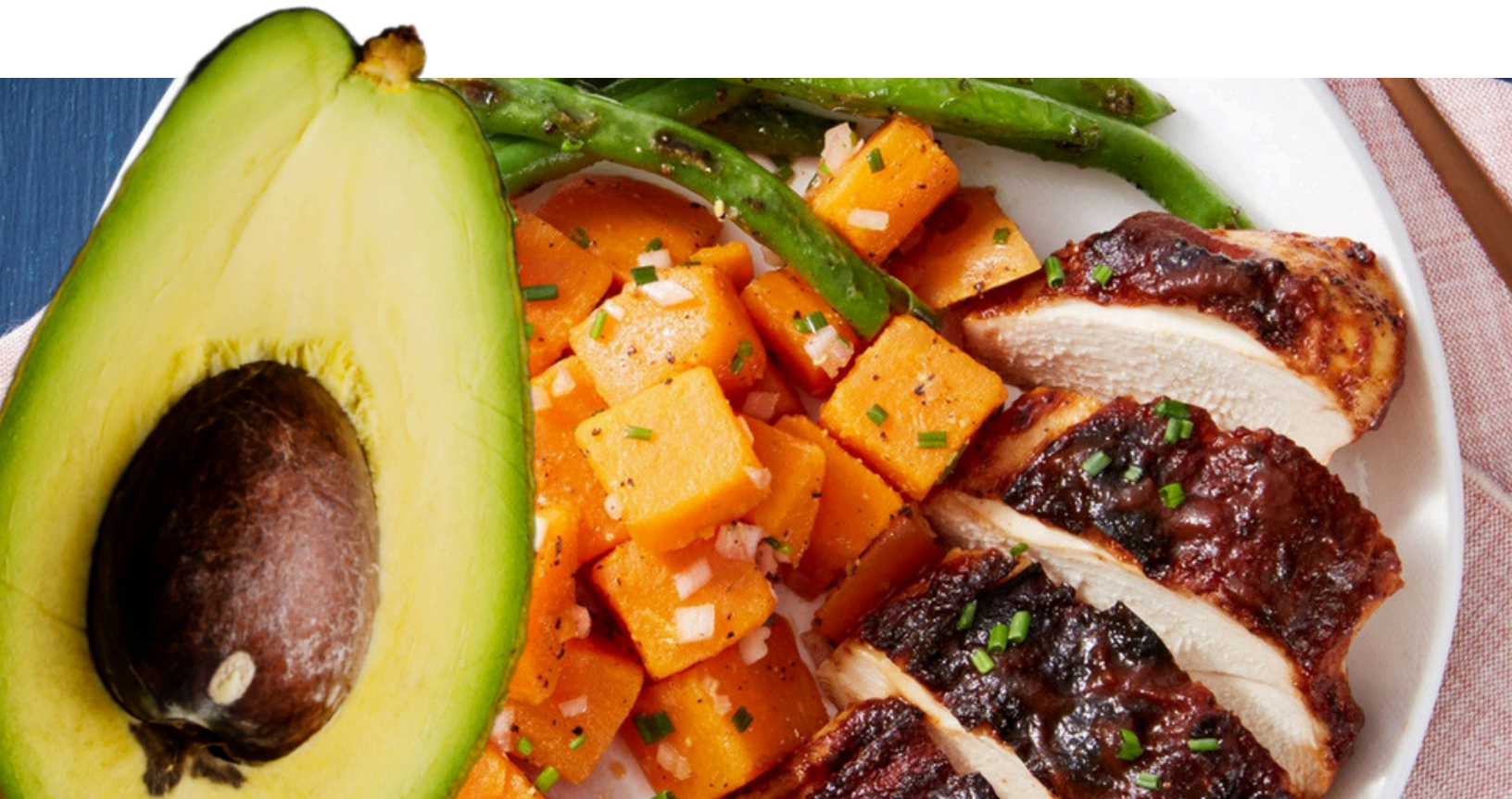
## DAILY MEAL PREP GUIDE

### WEEKLY PREP

- Cook brown rice for the week and store in portions.
- Boil lentils and keep refrigerated.
- Prepare chia pudding for 2-3 days at a time.
- Pre-chop vegetables for salads and snacks.
- Grill chicken breasts and store for quick meals.
- Hard-boil eggs for snacks.
- Prepare hummus or buy a ready-made option.
- Wash and portion microgreens for easy use

### DAILY PREP

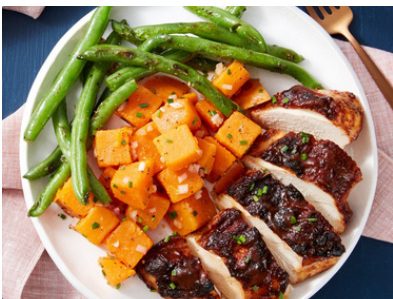
- Morning: Prepare breakfast, pack snacks, and set out lunch ingredients.
- Afternoon: Assemble lunch if needed and prep dinner ingredients.
- Evening: Store leftovers, soak chia seeds overnight, and prep any needed grains.





# DAY 8 - WEEK 2

MONDAY	
<b>Breakfast</b>	Chia seed pudding with almond milk, banana, cinnamon, and honey. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Handful of almonds and an apple. DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Grilled chicken with microgreens, sauerkraut, and a light vinaigrette. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Greek yogurt with honey and cinnamon. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Baked fish with lemon, steamed spinach, 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 9 - WEEK 2

TUESDAY	
<b>Breakfast</b>	Scrambled eggs with microgreens and avocado toast. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	A handful of almonds. 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>	Sliced cucumbers with hummus. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Stir-fry tofu with garlic, ginger, and spinach. 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 10 - WEEK 2

WEDNESDAY	
<b>Breakfast</b>	Greek yogurt with chia seeds, banana, and honey. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	A boiled egg and microgreens. DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Brown rice bowl with grilled chicken, avocado, and microgreens. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Pineapple slices with cinnamon. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled beef mince patties with sautéed spinach and carrots. 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 11 - WEEK 2

THURSDAY	
<b>Breakfast</b>	Oats with honey, banana, and chia seeds. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Greek yogurt with almonds. DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Quinoa and black bean salad with lemon dressing and microgreens. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	A handful of almonds. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Grilled salmon with mashed sweet potatoes and steamed broccoli. DRINK: Herbal tea
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# DAY 12 - WEEK 2

FRIDAY	
<b>Breakfast</b>	Scrambled eggs with microgreens, roasted peppers, and feta. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	A smoothie with Greek yogurt, berries, and honey. DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Kale and microgreens salad with citrus dressing. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Sliced apples with peanut butter. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Spiced lentil soup with fresh ginger and garlic. DRINK: Herbal tea
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# DAY 13 - WEEK 2

SATURDAY	
<b>Breakfast</b>	Chia pudding with papaya, almond milk, and honey. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	A boiled egg with microgreens. DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Brown rice bowl with sautéed spinach, grilled chicken, and avocado. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Handful of almonds. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Stir-fried beef with broccoli and garlic ginger sauce. DRINK: Herbal tea
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# DAY 14 - WEEK 2

SUNDAY	
<b>Breakfast</b>	Greek yogurt with chia seeds, banana, and honey. DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Handful of Almonds DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Lentil and vegetable soup with microgreens. DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Sliced cucumbers with hummus. DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Baked fish with lemon, steamed spinach, 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

