



# CLEANSE / DETOX

WEEK 3



# 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 3 - SHOPPING LIST

MICROGREENS AND LEAFY GREENS	
FCF Microgreens Mix x 500g	<input type="checkbox"/>
Spinach x 2 bunches	<input type="checkbox"/>
Kale x 1 Bunch	<input type="checkbox"/>
Bok choy x 1 head	<input type="checkbox"/>
VEGETABLES AND FRESH PRODUCE	
Sweet potatoes – 3 large	<input type="checkbox"/>
Brussels sprouts – 300g	<input type="checkbox"/>
Cherry tomatoes – 2 cups	<input type="checkbox"/>
Cucumber – 1 large	<input type="checkbox"/>
Zucchini – 3 large	<input type="checkbox"/>
Mushrooms – 250g	<input type="checkbox"/>
Eggplant – 1 medium	<input type="checkbox"/>
Bell peppers (red, yellow, green) – 3 large	<input type="checkbox"/>
Carrots – 3 medium	<input type="checkbox"/>
Asparagus – 200g	<input type="checkbox"/>
Onions – 2 medium	<input type="checkbox"/>
Garlic – 1 bulb	<input type="checkbox"/>
Ginger – 1 thumb-sized piece	<input type="checkbox"/>
FRUITS	
Fresh berries (strawberries, blueberries, raspberries) – 2 cups mixed	<input type="checkbox"/>
Bananas – 4 large	<input type="checkbox"/>
Avocados – 4 medium	<input type="checkbox"/>
Lemon – 2 large	
Lemon – 2 large	
Lime – 2 large	
Pomegranate seeds – ½ cup	

GRAINS, LEGUMES & SEEDS	
Quinoa – 2 cups	<input type="checkbox"/>
Brown rice – 2 cups	<input type="checkbox"/>
Oats – 2 cups	<input type="checkbox"/>
Buckwheat flour – 1½ cups	<input type="checkbox"/>
Oats – 2 cups	<input type="checkbox"/>
Chickpeas – 2 cans or 2 cups dried	<input type="checkbox"/>
Black beans – 1 can or 1 cup dried	<input type="checkbox"/>
Flaxseeds – ¼ cup	<input type="checkbox"/>
Chia seeds – ¼ cup	<input type="checkbox"/>
Whole wheat wraps – 4	<input type="checkbox"/>
Taco shells – 6	<input type="checkbox"/>
PROTEINS AND DAIRY ALTERNATIVES	
Eggs – 6 large	<input type="checkbox"/>
Chicken breast – 500g	<input type="checkbox"/>
Salmon fillets – 2 (300g total)	<input type="checkbox"/>
Tofu – 250g	<input type="checkbox"/>
Almond milk – 1L	<input type="checkbox"/>
Coconut yogurt – 500ml	<input type="checkbox"/>
Plant-based protein powder – 1 serving (as per packaging)	<input type="checkbox"/>
Feta cheese – 100g	<input type="checkbox"/>
NUTS AND NUT BUTTERS	
Almond butter – ½ cup	<input type="checkbox"/>
Almond butter – ½ cup	<input type="checkbox"/>



# WEEK 3 - SHOPPING LIST

PANTRY STAPLES AND CONDIMENTS	
Vegetable broth – 1L	<input type="checkbox"/>
Hummus – 1 cup	<input type="checkbox"/>
Tahini – ¼ cup	<input type="checkbox"/>
Maple syrup – ¼ cup	<input type="checkbox"/>
Raw honey – ¼ cup	<input type="checkbox"/>
Granola – 1½ cups	<input type="checkbox"/>
Sundried tomatoes – ½ cup	<input type="checkbox"/>
Tomato paste – ¼ cup	<input type="checkbox"/>
Tamari sauce (or soy sauce) – ¼ cup	<input type="checkbox"/>
Olive oil – ½ cup	<input type="checkbox"/>
PANTRY STAPLES AND CONDIMENTS	

## 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

### **Cook Grains & Legumes:**

- Cook 2 cups quinoa, 2 cups brown rice, and 2 cups lentils. Store in airtight containers.
- Cook chickpeas (if using dried).

### **Roast Vegetables:**

- Sweet potatoes (cube & roast)
- Brussels sprouts (halve & roast)
- Bell peppers, zucchini, eggplant (slice & roast)

### **Chop Vegetables for Quick Use:**

- Dice onions, garlic, carrots, bell peppers
- Slice cucumber, cherry tomatoes, mushrooms

### **Make Dressings & Sauces:**

- Lemon dressing:  $\frac{1}{4}$  cup lemon juice + 2 tbsp olive oil + salt & pepper
- Tahini dressing:  $\frac{1}{4}$  cup tahini + 2 tbsp water + 1 tbsp lemon juice +  $\frac{1}{2}$  tsp garlic powder
- Hummus: Blend chickpeas, tahini, garlic, lemon, and olive oil

### **Prep Breakfast Items:**

- Chia pudding: Mix chia seeds with almond milk and store in jars for parfaits.
- Overnight oats: Prepare oats with almond milk & refrigerate.
- Buckwheat pancake batter: Mix and store in the fridge for easy morning prep.

### **Marinate Proteins (for extra flavor!):**

- Salmon: Marinate in lemon, garlic, and olive oil.
- Chicken: Coat in tikka spice, lemon juice, and yogurt.
- Tofu: Marinate in tamari, ginger, and garlic.

### **Midweek Quick Prep (Wednesday or Thursday)**

- Roast an extra batch of veggies if needed.
- Make a fresh batch of hummus or dressing if running low.
- Refresh microgreens by rinsing and patting dry.



# DAY 1 - WEEK 3

MONDAY	
<b>Breakfast</b>	Breakfast: Chia Berry Parfait (chia seeds, coconut yogurt, fresh berries, granola) 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>	Microgreen Quinoa Salad (broccoli & peashoot microgreens, quinoa, cherry tomatoes, cucumber, feta, lemon dressing)DRINK Aqua V Fresh Mineral Spring Water
<b>Snack</b>	Sliced carrots & hummus DRINK: Aqua V Fresh Mineral Spring Water
<b>Dinner</b>	Roasted Sweet Potato & Black Bean Tacos (whole wheat wraps, black beans, roasted sweet potato, avocado, rocket 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 3

TUESDAY	
<b>Breakfast</b>	Banana Buckwheat Pancakes (buckwheat flour, banana, almond milk, maple syrup) 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>	Asian Tofu Stir-Fry (bok choy, mushrooms, zucchini, tofu, ginger, garlic, tamari sauce) 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>	Baked Salmon with Roasted Brussels Sprouts & Quinoa 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 3

WEDNESDAY	
<b>Breakfast</b>	Oats with Almond Butter & Pomegranate Seeds 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>	Sunflower Microgreen Wraps (whole wheat wraps, hummus, sunflower microgreens, bell peppers, cucumber) 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>	Lentil & Vegetable Soup (lentils, carrots, onions, garlic, vegetable broth, 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 4 - WEEK 3

THURSDAY	
<b>Breakfast</b>	Avocado Toast with Mustard Microgreens & Poached Egg 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>	Warm Sweet Potato & Kale Salad with Walnuts & Feta 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>	Quinoa & Roasted Veggie Bowl (quinoa, bell peppers, zucchini, eggplant, sunflower 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 5 - WEEK 3

FRIDAY	
<b>Breakfast</b>	Green Smoothie (spinach, banana, almond milk, chia seeds, plant-based protein powder) DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Sliced carrots and hummus DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Chickpea & Rocket Salad (chickpeas, rocket microgreens, cherry tomatoes, tahini dressing) 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>	Tikka-Spiced Grilled Chicken with Brown Rice & Asparagus 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 6 - WEEK 3

SATURDAY	
<b>Breakfast</b>	Coconut Yogurt Bowl with Granola & Berries DRINK: Herbal tea or warm lemon water
<b>Snack</b>	Banana with peanut butter DRINK: Aqua V Fresh Mineral Spring Water
<b>Lunch</b>	Sundried Tomato & Quinoa Stuffed Peppers 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>	Eggplant & Mushroom Stir-Fry with 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 3

SUNDAY	
<b>Breakfast</b>	Flaxseed Porridge with Walnuts & 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>	Roasted Chickpea & Microgreen Salad 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>	Thai-Style Lentil Curry with 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