



CLEANSE / DETOX

WEEK 4



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 4 - SHOPPING LIST

MICROGREENS AND LEAFY GREENS	
FCF Microgreens Mix x 500g	<input type="checkbox"/>
GRAINS, LEGUMES & SEEDS	
Oats – 2 cups	<input type="checkbox"/>
Quinoa – 2 cups	<input type="checkbox"/>
Brown rice – 2 cups	<input type="checkbox"/>
Whole wheat bread – 1 loaf	<input type="checkbox"/>
Whole wheat pita/wraps – 4	<input type="checkbox"/>
Chia seeds – ½ cup	<input type="checkbox"/>
Lentils – 2 cups	<input type="checkbox"/>
Chickpeas – 2 cups or 2 cans	<input type="checkbox"/>
Black beans – 1 can	<input type="checkbox"/>
Flaxseeds – ¼ cup	<input type="checkbox"/>
Buckwheat flour – 1 cup	<input type="checkbox"/>
FRESH PRODUCE	
Spinach – 2 bunches (400g)	<input type="checkbox"/>
Kale – 1 bunch (200g)	<input type="checkbox"/>
Broccoli – 1 head	<input type="checkbox"/>
Carrots – 5 large	<input type="checkbox"/>
Sweet potatoes – 4 large	<input type="checkbox"/>
Tomatoes – 4 large	<input type="checkbox"/>
Cherry tomatoes – 2 cups	<input type="checkbox"/>
Cucumber – 2 large	<input type="checkbox"/>
Bell peppers (red, yellow, green) – 3	<input type="checkbox"/>
Onions – 2	<input type="checkbox"/>
Garlic – 1 bulb	<input type="checkbox"/>

Avocados – 6	<input type="checkbox"/>
Bananas – 6	<input type="checkbox"/>
Apples – 3	<input type="checkbox"/>
Berries (strawberries, blueberries, raspberries) – 3 cups mixed	<input type="checkbox"/>
Lemons – 3	<input type="checkbox"/>
Limes – 2	<input type="checkbox"/>
Oranges – 2	<input type="checkbox"/>
PROTEINS AND DAIRY ALTERNATIVES	
Eggs – 8 large	<input type="checkbox"/>
Tofu – 250g	<input type="checkbox"/>
Coconut yogurt – 500ml	<input type="checkbox"/>
Almond milk – 1L	<input type="checkbox"/>
Plant-based protein powder – 1 serving	<input type="checkbox"/>
NUTS & NUT BUTTERS	
Almond butter – ½ cup	<input type="checkbox"/>
Peanut butter – ½ cup	<input type="checkbox"/>
Mixed nuts – 1.5 cups	<input type="checkbox"/>
Walnuts – ½ cup	<input type="checkbox"/>
Almonds – 1 cup	<input type="checkbox"/>
Dates – 1 cup	<input type="checkbox"/>
PANTRY STAPLES & CONDIMENTS	
Vegetable broth – 1L	<input type="checkbox"/>
Hummus – 1 cup	<input type="checkbox"/>
Tahini – ¼ cup	<input type="checkbox"/>



WEEK 4 - SHOPPING LIST

Maple syrup – ¼ cup	<input type="checkbox"/>
Raw honey – ¼ 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"/>

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

Prep Your Breakfasts:

- Make overnight oats in jars for Monday & Thursday
- Pre-chop bananas & freeze for smoothies
- Blend chia pudding for Thursday, let it set overnight

Cook the Basics:

- Cook 2 cups quinoa & store in airtight container
- Cook 2 cups brown rice & store in airtight container
- Roast sweet potatoes for Monday & Friday meals

Prepare Your Proteins:

- Hard-boil eggs for snacks
- Bake tofu for Wednesday stir-fry

Chop Veggies in Advance:

- Dice cucumbers, tomatoes & bell peppers for salads
- Slice carrots & store in water for snacking

Batch Cook Dinners:

- Make lentil soup & freeze portions for easy meals
- Cook chickpea stew for Friday



DAY 1 - WEEK 4

MONDAY	
Breakfast	Overnight Oats with Banana & Cinnamon DRINK: Herbal tea or warm lemon water
Snack	Apple slices with Peanut Butter DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Lentil & Roasted Veggie Salad with a Lemon Dressing DRINK Aqua V Fresh Mineral Spring Water
Snack	Handful of Mixed Nuts DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Sweet Potato & Black Bean Chili drink: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 2 - WEEK 4

TUESDAY	
Breakfast	Scrambled Eggs with Whole Wheat Toast & Microgreens DRINK: Herbal tea or warm lemon water
Snack	Carrot sticks with Hummus DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Hummus & Roasted Veggie Wrap DRINK Aqua V Fresh Mineral Spring Water
Snack	Banana with Almond Butter DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Lentil & Spinach Soup DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 3 - WEEK 4

WEDNESDAY	
Breakfast	Avocado & Tomato on Whole Wheat Toast DRINK: Herbal tea or warm lemon water
Snack	Fresh Berries with Coconut Yogurt DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Quinoa & Chickpea Salad with a Lemon-Tahini Dressing DRINK Aqua V Fresh Mineral Spring Water
Snack	Almonds & Dates DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Stir-fried Tofu with Vegetables & Brown Rice DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 4 - WEEK 4

THURSDAY	
Breakfast	Chia Seed Pudding with Berries DRINK: Herbal tea or warm lemon water
Snack	Avocado on Crackers with Lemon & Salt DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Falafel Wrap with Cucumber & Tahini Dressing DRINK Aqua V Fresh Mineral Spring Water
Snack	Orange slices with Walnuts DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Vegetable & Lentil Curry with Rice DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 5 - WEEK 4

FRIDAY	
Breakfast	Green Smoothie (Banana, Spinach, Almond Milk, Chia Seeds) DRINK: Herbal tea or warm lemon water
Snack	Banana with Peanut Butter DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Roasted Sweet Potato & Black Bean Salad DRINK Aqua V Fresh Mineral Spring Water
Snack	Cucumber & Carrot Sticks DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Chickpea & Tomato Stew with Whole Wheat Bread DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 6 - WEEK 4

SATURDAY	
Breakfast	Scrambled Eggs with Sautéed Mushrooms & Microgreens DRINK: Herbal tea or warm lemon water
Snack	Mixed Nuts & Dried Fruit DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Veggie & Hummus Stuffed Whole Wheat Pita DRINK Aqua V Fresh Mineral Spring Water
Snack	Fresh Strawberries with Coconut Yogurt DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Butternut & Coconut Soup DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour



DAY 7 - WEEK 4

SUNDAY	
Breakfast	Buckwheat Pancakes with Honey & Nuts DRINK: Herbal tea or warm lemon water
Snack	Avocado Toast with Lemon & Black Pepper DRINK: Aqua V Fresh Mineral Spring Water
Lunch	Mediterranean Chickpea Salad Mineral Spring Water
Snack	Roasted Almonds & Dates DRINK: Aqua V Fresh Mineral Spring Water
Dinner	Roasted Vegetable & Quinoa Bowl DRINK: Herbal tea
Comments	Please try drink 2l of Aqua V Mineral Spring Water today. You can add Lemon or Mint to assist with Flavour