

The 5 Day Detox Blitz

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Disclaimer

Note that the contents here are not presented from a medical practitioner, and that any and all diet and health care planning should be performed under the guidance of your own medical and health practitioners. The content within only presents a view based upon research for educational purposes and does not replace medical advice from a practicing physician. Further, the information in this report is provided "as is" and without warranties of any kind either expressed or implied. Under no circumstances, including, but not limited to, negligence, shall the seller/distributor of this information be liable for any special or consequential damages that result from the use of, or the inability to use, the information presented here.

Your 5 Day Detox Blitz

Introduction

The 5 Day Detox Blitz is a great, quick way to clear your system of impurities, leaving your body free to work at its peak to help you lose weight and feel great.

However, I do not want you to think that the 5 day diet detailed here is the only detox blitz you can undertake. Because the body likes variety as well as goodness, a detailed tutorial on how to create your own detox diet has been included in this ebook, and you should gain great benefit from it.

Specifically relating to the 5 Day Detox Blitz, there are a few things to go through before you start. The main meals of each day have been detailed for you on the following pages, however, you are not bound to only eating these meals. For this reason, a list of allowed snack foods can be found on the next page. These snacks should be enjoyed in moderation, and only when you feel hungry.

5 Day Detox Snacks

- Fresh fruit or fresh fruit salad
- Natural yoghurt mixed with honey
- Plain popcorn
- Handful of unsalted nuts or seeds

Finally, you should aim to drink at least 2 litres or 8 glasses of water a day. Your body is 80% water, so needs to stay hydrated to function at its peak. Water also helps clear impurities from the digestive system, which is one of the main aims of this diet. Although water is the best form of hydration, alternatives include;

- Herbal tea
- Cordial
- Milk
- Sports Drinks

With these tips in mind, lets start the 5 Day Detox Blitz

Day 1

Breakfast

Fresh fruit and yoghurt

Fresh fruit and a pot of natural yoghurt sweetened with honey.

Lunch

Tzatziki with crudités

Homemade tzatziki made from natural yoghurt, garlic, cucumber and lemon juice served with vegetable crudités and oatcakes.

Dinner

Chinese vegetable stir fry

Stir fry a selection of vegetables such as bok choy, spring onions, mushrooms, bamboo shoots and beansprouts in a little olive oil with garlic and ginger. Serve with brown rice.

Day 2

Breakfast

Muesli and yoghurt

Homemade muesli made from oats, seeds, nuts and dried fruit served with natural yoghurt.

Lunch

Tuna and sweetcorn jacket potato and salad

Jacket potato topped with tuna (canned in water) mixed with sweetcorn and natural yoghurt and served with salad.

Dinner

Potato and bean casserole

Gently fry a selection of typical casserole vegetables such as onion, carrots and parsnip in a little olive oil with garlic. When browned, add diced potato and fry for a few minutes. Add fresh vegetable stock, black pepper and your favourite beans. Bring to the boil and simmer until the casserole thickens.

Day 3

Breakfast

Banana porridge

Porridge made with water and topped with natural yoghurt, banana, raisins and sweetened with honey.

Lunch

Mediterranean salad with rice cakes

Rice cakes served with rocket, avocado, tomatoes, fresh basil and black pepper. Plus a handful of unsalted nuts.

Dinner

Tuna and prawns with noodles

Gently fry a selection of vegetables such as onions, mushrooms, peppers, courgette and leek in a little olive oil. When lightly browned, add a handful of prawns. Cook for a few minutes, then add canned tomatoes, tomato puree, black pepper and tuna canned in water. Bring to the boil and simmer until the sauce thickens. Serve with rice noodles.

Day 4

Breakfast

Fruit salad with yoghurt and oats

Fresh fruit salad with natural yoghurt and a sprinkling of oats.

Lunch

Jacket potato with grilled cod

Grilled cod fillet served with jacket potatoes and lightly steamed vegetables.

Dinner

Sweet and sour stir fry with rice

Gently fry a selection of chopped vegetables such as onions, peppers, baby sweetcorn and mushrooms. Add canned pineapple (in fruit juice), canned tomatoes, tomato purée, white wine vinegar and honey. Bring to the boil and simmer until the sauce has thickened. Serve with brown rice.

Day 5

Breakfast

Fresh fruit smoothie

Fruit smoothie made from fresh fruit, natural yoghurt and honey to sweeten if needed.

Lunch

Avocado and prawn salad

Fresh avocado served with prawns, salad, balsamic vinegar and lemon juice.

Dinner

Baked salmon with jacket potato

Bake a salmon fillet and serve with a jacket potato and steamed vegetables.

How to design your own Detox Blitz

Being able to design your own detox programs is an important long term weight loss and wellness skill. By the end of this small tutorial, you will have the knowledge required to design and implement a detox diet any time you feel out of sorts.

What to eat

Firstly, let's look at foods that should be included in your plan.

- **Fruit** – your plan can include any fruit including fresh, frozen, dried or canned in natural fruit juice. This includes apples, bananas, pears, oranges, grapefruit, satsumas, sultanas, raisins, pineapple, mango, kiwi fruit, strawberries, raspberries, blackcurrants, nectarines, peaches, melons, star fruit etc
- **Fruit juice** – either make homemade fruit juices or smoothies from fresh fruit, or drink ready-made juices. Make sure ready-made juices are labelled as being 'pure' or 'unsweetened'.

- **Vegetables** – eat any vegetables including fresh, frozen or canned in water (without salt added). This includes carrots, onions, turnip, swede, sprouts, cabbage, peppers, mushrooms, sweetcorn, leeks, courgettes, broccoli, cauliflower, salad, tomatoes, cucumber, spring onions etc
- **Beans and lentils** – eat any beans, including those that have been dried or canned in water. This includes red kidney, haricot, cannellini, butter, black eye, pinto, red lentils, green lentils and brown lentils
- **Tofu and Quorn**
- **Oats** – sprinkle oats over fresh fruit or use to make porridge, sweetened with honey and fresh fruit
- **Potatoes** – all types
- **Brown rice and rice noodles**
- **Rye crackers, rice cakes and oatcakes**
- **Fresh fish** – eat any fresh fish including cod, plaice, mackerel, salmon, lobster, crab, trout, haddock, tuna, prawns, Dover sole, red mullet, halibut, lemon sole, monkfish, swordfish etc. Canned fish in water is suitable too eg salmon or tuna

- **Unsalted nuts** – eat any including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts etc
- **Unsalted seeds** – eat any including sunflower and pumpkin
- **Plain popcorn** – without sugar or salt
- **Live natural yoghurt**
- **Extra virgin olive oil and balsamic vinegar**
- **Garlic, ginger and fresh herbs**
- **Ground black pepper**
- **Honey**
- **Water** – at least 2 litres a day. Tap or mineral water is fine.
- **Herbal or fruit teas**

Of course, you do not need to include ALL of these foods in your detox diet. The trick is to find a good balance between variety and goodness. For example, you may design a meal as simple as steamed potatoes in jackets with vegetables on the side and ground black pepper added to taste. This, accompanied by a herbal

tea would make a great detox meal and tastes great as well as being super simple to prepare.

What not to eat

When planning your detox plan, there are certain foods that you must attempt to steer clear of. These foods will only make your detox go backwards and may even make you put on weight.

These foods include:

- Red meat, chicken, turkey and any meat products like sausages, burgers, and pate
- Milk, cheese, eggs, cream
- Butter and margarine
- Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or breadcrumbed foods, etc
- Crisps and savoury snacks including salted nuts
- Chocolate, sweets, jam and sugar

- Processed foods, ready meals, ready-made sauces and takeaways
- Alcohol
- Coffee
- Sauces, pickles, shop bought salad dressing, mayonnaise
- Salt
- Fizzy drinks and squashes, including diet versions

By including as many allowed foods as you like and steering clear of the foods above, you can't really go wrong when designing your own Detox Blitz.

How long should it be?

The length of your detox diet is completely up to you. However, 5 days is about the minimum to get good benefits from it and anything longer than 2 weeks may be starting to get too long.

Although the foods you are not allowed to include are detrimental to your detox diet, they are essential for proper operation of your body, so should be implemented back into your diet upon completion of any Detox Blitz.

The most important of these foods are the ones high in protein. If you do not reintegrate protein rich foods such as red meat and dairy into your diet, you may put on weight. This is because protein stimulates muscle growth, which in turn increases the body's fat burning ability.

5 Day Detox Blitz Overview

Day	Breakfast	Lunch	Dinner
1	Fresh fruit and yoghurt	Tzatziki with crudités	Chinese vegetable stir fry
2	Muesli and yoghurt	Tuna and sweetcorn jacket potato and salad	Potato and bean casserole
3	Banana porridge	Mediterranean salad with rice cakes	Tuna and prawns with noodles
4	Fruit salad with yoghurt and oats	Jacket potato with grilled cod	Sweet and sour stir fry with rice
5	Fresh fruit smoothie	Avocado and prawn salad	Baked salmon with jacket potato