



7 Day Simple Cleanse

with Dietitian & Nutritionist, Julie Markoska

This is a very simple, easy to follow cleanse that will leave you feeling great by the end of the week.

Detox basics

There is a lot of hype around detox and cleansing so before we go any further I just want to explain what detox actually is and why cleansing may be beneficial.

Anything that you eat, drink, breathe or are otherwise exposed to and which is not useful to your body can be thought of as a 'toxin'. At a most basic level, your body holds onto what it requires and eliminates everything else through a process commonly called 'detoxification'. Your body detoxifies naturally, mainly through your liver and through your kidneys (which filter your blood), your digestive tract, your lungs and your skin. It is thought that some toxins are stored by your body in your fat cells.

In recent times our diets have become more and more reliant on highly processed foods. Most of the packaged foods at the supermarket barely resemble foods found in nature. Many packaged foods contain additives such as preservatives, artificial colours, flavours and sweeteners and food processing agents, which can be thought of as toxins that your body must eliminate. Many highly processed foods are also low in micronutrients when compared to natural and minimally processed foods.

Unfortunately, there is a lack of scientific evidence as to how exactly our bodies are dealing with these radical changes to our food supply. What is obvious though is that there has been an increase in lifestyle diseases among populations that consume this type of diet.

So why cleanse?

This 7 Day Cleanse is about cutting out potential toxic foods and eating clean, natural and minimally processed foods for 7 days to give your body a rest from all the junk food and boost your nutrient intake. It will simply give your body a break and allow it to detoxify naturally. It's also a great way to kick start any healthy eating, wellness or weight loss plan.

This detox diet is suitable for anyone that is generally healthy. As always, you should check in with your doctor before starting any dietary program or major lifestyle change if you have a medical condition, are pregnant or breastfeeding, are under 18 years old or very elderly.

Beware of fad detox diets

Beware of fad detox diets such as the lemon detox, liver cleansing diet and anything else that is extreme or requires awful tasting drinks and starvation plans!!! Not only is there zero evidence that those extreme fad detoxes work, they can be really dangerous leading to reduced metabolism, reduced muscle mass, dehydration, fatigue, bad breathe, constipation, dizziness and nausea. Stay away!!

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Cleanse Essentials

1. You may substitute meals to work with your own lifestyle but try to roughly follow the meal planner which ensures you will have enough of all the food groups that you need. For example, you may substitute different types of vegetables for those in the recipes, substitute fish where there is chicken etc.
2. You should not be feeling hungry or too full. If you're a small eater normally, you can reduce the portion of meat/chicken/fish in this plan and cut out some of the snacks and desert. For males or big eaters, you can increase the portion of meat/chicken/fish up to 200 grams per meal.
3. Cook to retain nutrients – steam, bake or stir-fry lightly. Do not deep fry or boil (except for eggs).
4. Add flavourings that are natural, for example fresh or dried herbs, spices and lemon juice.
5. Eat organic and free range where possible.
6. Allowed drinks:
 - Water
 - Green tea
 - Herbal teas
 - Freshly squeezed fruit and vegetable juices (home made is best so you know exactly what's going in it)
7. Eat mindfully. This means:
 - Listening to your stomach and eating only when you are hungry
 - Eating with full attention to you food. Eat at a table with the TV switched off. Focus on your meal, the smell of your food, the taste and texture of each bite.
 - Really take the time to be in the present, enjoy every bit of your food and stop eating when you feel full.
8. You need to completely cut out:
 - Coffee
 - Alcohol
 - Commercial juices
 - Soft drinks
 - Stimulants such as energy drinks
 - Chocolate bars, lollies and cakes
 - Fast food and takeaway foods
 - Highly processed and refined foods eg white bread, pastries, muffins
 - Cigarettes

You can do it – it's only 7 days!! This is quite an easy cleanse and really all it represents is a healthy, nutritious way of eating.

Shopping List

You will need the following foods for your 7 day cleanse. If you are cooking for others too, make sure you buy extra (double for 2 etc). Make sure you check your pantry and fridge to avoid doubling up and wasting food.

- 5 lemons
- Fresh fruit of your choice –15 pieces
- Banana (at least 1)
- Berries 4 punnets
- 2 avocados
- 4 bags mixed salad leaves eg rocket, Italian mix, baby spinach
- 5 Tomatoes
- 3 Cucumbers
- Carrots
- 5 handfuls Green beans
- 5 handfuls Snow peas
- 3 Mushrooms
- 4 Capsicums
- 2 bunches Bok choy
- 1 Sweet potato
- Broccoli
- Cauliflower
- 1 bunch Radishes
- 3 bunches Asparagus
- 2 Zucchini
- 1 Mature onion
- 1 bunch Spring onion
- Fresh garlic
- Raw almonds 200 grams or more
- Raw walnuts 200 grams or more
- 2 tins of legumes of your choice (kidney beans, chick peas, lima beans, four bean mix etc)
- Baby beetroot – 1 can
- Eggs – ½ dozen
- 300 grams chicken breast
- 250g lean beef stir fry strips
- 250 g lean pork
- 300 g salmon steak
- 300g fish fillet of your choice (eg salmon, mackerel, snapper, brim, barramundi)
- 100 g Tuna or tofu
- Skim or soy milk 1L or more
- Natural low fat yoghurt 1 L tub
- low fat ricotta or feta cheese 100 grams
- Natural muesli
- Mountain Bread
- Cornflour
- Green tea
- Ground cinnamon
- Nutmeg
- Hot chilli flakes
- Thyme
- Soy sauce
- Sweet chilli sauce (choose an authentic one)
- Black pepper
- Honey
- Balsamic vinegar
- Extra virgin olive oil (Australian made is best)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before breakfast	Lemon water	Lemon water	Lemon water	Lemon water	Lemon water	Lemon water	Lemon water
Breakfast	Natural Muesli & yoghurt	Natural Muesli & yoghurt	Natural Muesli & yoghurt	Natural Muesli & yoghurt	Natural Muesli & yoghurt	Poached eggs with avocado & tomato salsa	Fruit smoothie
Morning Snack	Green tea Fruit	Green tea Fruit	Green tea Fruit (or 1 cup fruit salad leftovers)	Green tea Fruit	Green tea Fruit	Green tea Fruit (or 1 cup fruit salad leftovers)	Green tea Fruit
Lunch	Mountain Bread Wrap	Chicken and vegetable stir fry leftovers	Warm beef salad leftovers	Fished with baked/steamed vegetables leftovers	Pork salad leftovers	Salmon with vegetables leftovers	Mega Salad
Afternoon Snack	Green tea 10 Almonds	Green tea Boiled egg	Green tea 10 walnut halves	Green tea Boiled egg	Green tea 10 Almonds	Green tea 10 walnut halves	Green tea Boiled egg
Dinner	Chicken and vegetable stir fry	Warm beef salad	Fished with baked/steamed vegetables	Pork salad	Salmon steak with vegetables	Portuguese chicken salad	Fished with baked/steamed vegetables
Desert (optional)	Berries & yoghurt	1 cup fruit salad	Apple, cinnamon & yoghurt	Berries & yoghurt	1 cup fruit salad	Apple, cinnamon & yoghurt	1 cup fruit salad

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Recipes and Details

Meal	Recipe
Lemon water	½ lemon squeeze in a mug of hot water
Fruit	1 piece of fresh fruit of your choice
Yoghurt	100 grams (1/2 cup) plain, natural yoghurt, low fat
Almonds & Walnuts	Natural, not salted or roasted
Apple, Cinnamon & Yoghurt	Slice 1 apple, and place in small bowl with 2 tablespoons of yoghurt. Sprinkle liberally with cinnamon.
Berries & Yoghurt	100 grams (1/2 cup) yoghurt with ½ cup fresh berries of your choice
1 Cup Fruit Salad	1 cup of chopped fruit of your choice. For example, apple, mandarin, grapes, strawberries, banana
Fruit Smoothie	Blend the following ingredients until smooth: 1 cup ice ½ banana ½ cup berries ¼ cup rolled oats ½ cup yoghurt sprinkle of cinnamon and nutmeg (to taste) sweeten with a teaspoon of honey if desired
Natural Muesli	½ cup of natural untoasted muesli ½ cup of skim or soy milk 1 tablespoon of yoghurt You can add flavour by sprinkling with cinnamon, nutmeg or drizzling 1 teaspoon of honey. Make your own muesli at home from rolled oats, chopped almonds, linseeds (or LSA mix) and your choice of dried fruits. If you choose to purchase your muesli from the store, please check the ingredients list – there should not be any added sugar or oils.
Mega Wrap	Step 1: Mountain Bread Step 2: Core Ingredients - tomato, cucumber, avocado, mushroom Step 3: Choose your leaves - Baby Spinach, rocket, mixed leaves Step 4: Choose your protein – white low fat cheese e.g. feta or ricotta, smoked salmon, tuna, organic chicken breast Step 5: Condiments – Tahini, fresh extra virgin olive oil, black pepper Step 6: Wrap, roll and eat

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Mega Salad

Step 1: Core Ingredients – tomato, cucumber, avocado, olives , 1 hard-boiled egg

Step 2: Choose your leaves - baby Spinach, rocket, mixed leaves

Step 3: Choose your protein – seared tuna or tofu (slice, marinate & sear in fry pan)

Step 4: Add a legume (Easiest to buy canned, rinse, and add to salad, keep remainder in container in fridge) – Chickpeas, Kidney Beans or Lima beans

TIP: Add also Pipitas &/or sunflower seeds as they combine with legumes to make whole protein.

Step 5: Add a vegetable for taste - Baked sweet potato (cut in to small cubes), baked Zucchini, baked Mushroom, blanched asparagus (Boil water, drop asparagus, heat until water reboils, cut, add)

Step 6: Condiments – Fresh Extra virgin olive oil, balsamic vinegar, freshly ground black pepper

Warm Beef Salad

250g (raw weight) lean beef stir fry strips, lightly fried with 1 tablespoon sesame oil and with ¼ cup of water (or steamed), seasoned with crushed garlic and black pepper

4 cups of mixed lettuce leaves

1 unpeeled Lebanese cucumber, chopped

2 tomato, chopped

1 capsicum, chopped

5 pieces of canned baby beetroot

Salad dressing: 1 teaspoon extra virgin olive oil and 1 tablespoon balsamic vinegar, cracked pepper

Serves 2. Store the left over salad & beef in separate containers and have it for lunch the next day.

Chicken And Vegetable Stir Fry

300g (raw weight) sliced skinless chicken breast, lightly fried with 1 tablespoon sesame oil and ¼ cup water if needed

2 cup fresh broccoli florets

20 snow peas

1 red capsicum

2 cup chopped bok choy

1 small spring onion

3 cloves crushed garlic

Stir fry sauce: mix 1 Tb soy sauce and 1 tsp corn flour, then add 1 tablespoon sweet chilli sauce and 1/4 cup water

Serves 2. Store the left overs and have it for lunch the next day.

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Pork Salad

250 g (raw weight) lean pork, steamed or dry fried with ¼ cup of water or steamed, seasoned with crushed garlic and black pepper
4 cups of mixed lettuce leaves
1 unpeeled Lebanese cucumber, chopped
2 tomato, chopped
1 capsicum, chopped
1 carrot, shredded
5 fresh radishes, sliced
Salad dressing: 1 teaspoon extra virgin olive oil, 1 tablespoon balsamic vinegar, cracked pepper

Serves 2. Store the left over salad & pork in separate containers and have it for lunch the next day.

Salmon Steak With Vegetables And Garlic Mixed Beans

300 g (raw weight) salmon steak, grilled or baked in foil and seasoned with salt and pepper
Steam 1.5 cup broccoli florets, 10 green beans, 4 asparagus spears and 1 cup cauliflower, season with a squeeze of lemon juice and pepper or herbs or spices of your choice
Side dish (optional): Cook 1 can of beans (eg berlotti, kidney, butter beans etc) with brine and 2 cloves crushed garlic until brine reduces to a thick sauce.

Serves 2. Store the left over vegetables and salmon steak in separate containers and have it for lunch the next day.

Portuguese Chicken Salad

250g (raw weight) chicken breast stir fry strips, dry fried with ¼ cup of water or steamed, seasoned with Portuguese chicken seasoning (or fresh lemon juice and hot chilli flakes)
4 cups of mixed lettuce leaves
2 unpeeled Lebanese cucumber, chopped
2 tomato, chopped
½ avocado
1 capsicum, chopped
Salad dressing: 1 teaspoon extra virgin olive oil and 1 tablespoon balsamic vinegar

Serves 2. Store the left over salad & chicken in separate containers and have it for lunch the next day.

Fish With Baked Vegetables

300g fish fillet of your choice (eg salmon, mackerel, snapper, brim, barramundi) steamed or baked in foil, seasoned with lemon & pepper
Vegetables baked (lightly drizzled with olive oil) and seasoned with thyme: 1 capsicum, 1 zucchini, 1 carrot, 1 onion, 6 asparagus spears

Serves 2. Store the left over vegetables and fish in separate containers and have it for lunch the next day.
