

The 3-Day Cleanse Menu

This cleanse is based on a 1200 to 1400 calorie a day Basal Metabolic Rate and is designed to promote weight loss.

To work out your Basal Metabolic Rate, or the amount of calories it takes for your body to live if you stayed in bed all day, go online and google *basal metabolic rate calculator*. Fill in your details and continue through the process on the site and you will learn what energy intake you need to base your minimum daily calorie needs.

The average BMR for adults ranges between 1200 and 1800 calories and decreases with age. The BMR is affected by many things including age, gender, body fat, body temperature, environmental temperature, exercise, calorie consumption, body height and body weight.

Day 1

Breakfast

Green Smoothie (2-3 cups)

1 cup organic apple juice

1 cup spinach (packed)

3 x stalks celery

1 x medium apple

½ cup water

216 calories

Morning Tea

1 small carrot

21 hazelnuts

199 calories

Lunch

Avocado Salad

2 cups shredded lettuce

1 medium avocado

3 sticks celery chopped

½ fennel bulb

½ cup alfalfa

1 tbsp chopped chives

+ 1 tbsp olive oil

½ lemon (juice)

391 calories

Afternoon Tea

1 glass apple juice

120 calories

Dinner

Miso Soup

1 tbsp miso

10 leaves spinach

4 mushrooms thinly sliced

2 cups water

2 tbsp chopped coriander

82 calories

Cabbage Salad (Red Cabbage Coleslaw)

1 small zucchini grated

1 medium carrot grated

2 cups red cabbage grated

1 tbsp chopped coriander

1 tbsp olive oil

1 tsp red wine vinegar

(Herbamere (salt substitute) and black pepper to taste)

131 calories

Dressed Avocado Halves

½ medium avocado

1 tbsp chopped chives

1 tsp olive oil

1 cherry tomato diced

183 calories

Dessert

1 cup strawberries halved

½ tbsp. honey

76 calories

Daily Water Intake: 8 – 10 glasses

Day 2

Breakfast

Green Smoothie (2-3 cups)

1 cup organic apple juice

1 cup spinach (packed)

3 x stalks celery

1 x medium apple

½ cup water

216 calories

Morning Tea

1 small banana

1 tbsp honey

154 calories

Lunch

Lettuce Wraps

2 small carrots (grated)

1 small cucumber finely sliced

4 mushrooms sliced

½ avocado

2 large iceberg lettuce leaves

½ tsp balsamic vinegar

1 tbsp chives

12 olives

273 calories

Afternoon Tea

1 glass apple juice

10 almonds

1 tsp honey

209 calories

Dinner

Vegetable Pasta

2 x small zucchini sliced into pasta chips

Sauce

4 cherry tomatoes

1 medium tomato chopped
10 olives
¼ glove garlic
1 tsp olive oil
2 cups spinach
1 tbsp chives
2 tbsp chopped red capsicum

137 calories

Fennel Salad
½ fennel bulb
1 tsp olive oil

52 calories

Rocket and Pear Salad
3 cups rocket
1 small green pear
1 tsp olive oil
½ tsp balsamic vinegar

132 calories

Dessert

1 cup raspberries
1 cup strawberries halved
½ tbsp. honey

140 calories

Daily Water intake. 8 – 10 glasses

Day 3

Breakfast

Green Smoothie (2-3 cups)

1 cup organic apple juice

1 cup spinach (packed)

3 x stalks celery

1 x medium apple

1/2 cup water

216 calories

Morning Tea

½ fennel bulb

10 almonds

81 calories

Lunch

Salad

2 cups lettuce

1/2 small carrot (sliced)

5 black olives

1/4 small cucumber

1/2 small tomato

1 tsp olive oil

½ tsp balsamic vinegar

1/2 avocado

208 calories

Afternoon Tea

1 small banana

1 tsp honey

110 calories

Dinner

Miso Soup

1 tbsp miso

10 leaves spinach

4 mushrooms thinly sliced

2 cups water
½ small zucchini thinly sliced
2 tbsp chopped coriander

102 calories

Tomato Salad

1 medium tomato
1 medium avocado
1 slice red onion
1 small cucumber (no skin)
8 basil leaves shredded
1 tsp olive oil
½ tsp balsamic vinegar

369 calories

Dessert

1 cup strawberries halved
½ tbsp. honey

76 calories

Daily Water Intake: 8 – 10 glasses

Use this cleanse as a way to start your detoxification program or as a way to give your body a break in a busy lifestyle. It is a perfect way to prepare your body for your wedding in the weeks before the big day.