



Plant
Power
Cleanse

7-Day Plant Based Cleanse

by Marissa Parry & Alexandra Prabaharan

Guidebook

Eat for you, eat for the planet



NourishMe

Let's Get Ready!

Be in the right mindset:

Know why you are doing this cleanse. When you have a strong why you will have better reason to stick with it. Anytime you feel like giving up, just go back to your why. It's almost like a mini goal for the week. Go ahead and write it on a piece of paper and stick it in a prominent place such as your mirror, or have it as your phone wallpaper.

Tell your family and friends:

The more people that know you are on a cleanse, the more support you will get. Let people know what you are doing and why, so that you don't have to make up excuses when you can't join them for lunch or you have to refuse a slice of cake for a colleague's birthday that week. Also, the more people that know, the more accountable you are.

You may want to get your partner or a friend on board too, then you can support and motivate each other through the week, and experience all the positive benefits together.

No caffeine:

Start to cut down on your caffeinated beverages (black tea, green tea, coffee) one week prior to the cleanse, as you don't want to go cold turkey on day 1. Hopefully by the time you get to day 1, you would have cut down or cut out the caffeine and the cleanse week will be a little easier. We suggest you get yourself ready with some lovely herbal teas as a substitute. Rooibos is a favourite of ours.

No last supper:

Please do not go out the day before your cleanse and eat and drink all you want thinking it's okay since you will be on a cleanse for 7 days. You will shoot yourself in the foot and day 1 will be a disaster as you crave for all the foods you had the day before.

Just like the caffeine, begin to be more mindful of your meals a week leading up to the cleanse, and consume less processed food, meat, sugar and alcohol.

Plan your week:

In order to be successful with this cleanse you need to plan your calendar. You will need to work your appointments around your meal times or if you can, bring your meal with you.

Another reason why we created this cleanse for 7 days is so that you can learn how to be disciplined over the weekend when schedules can be more erratic. Weekend plans often revolve around food, that this will give you a chance to keep up a social calendar whilst staying on your cleanse.

Cut back on exercise:

If you are engaged in high intensity exercise, heavy weight lifting or endurance, we suggest to cut back and take this week to recover and regenerate. Types of exercises we suggest are swimming, jogging, yoga and pilates. The aim is to not stress the body, but support it so that it can heal.

Shopping list:

You will need to prepare your own breakfast. Refer to the Smoothie Guideline for suggested ingredients. You are free to use other ingredients. You may also need to buy a few other food items if you feel you need to top up, for example extra vegetables or potatoes to your main meals, or fruit for snacks.

Celery juice:

This is an option but we highly recommend you start the day with celery juice. We don't want to take any credit for how amazing celery juice is for you. You can read all about it here:

<https://www.medicalmedium.com/blog/celery-juice>

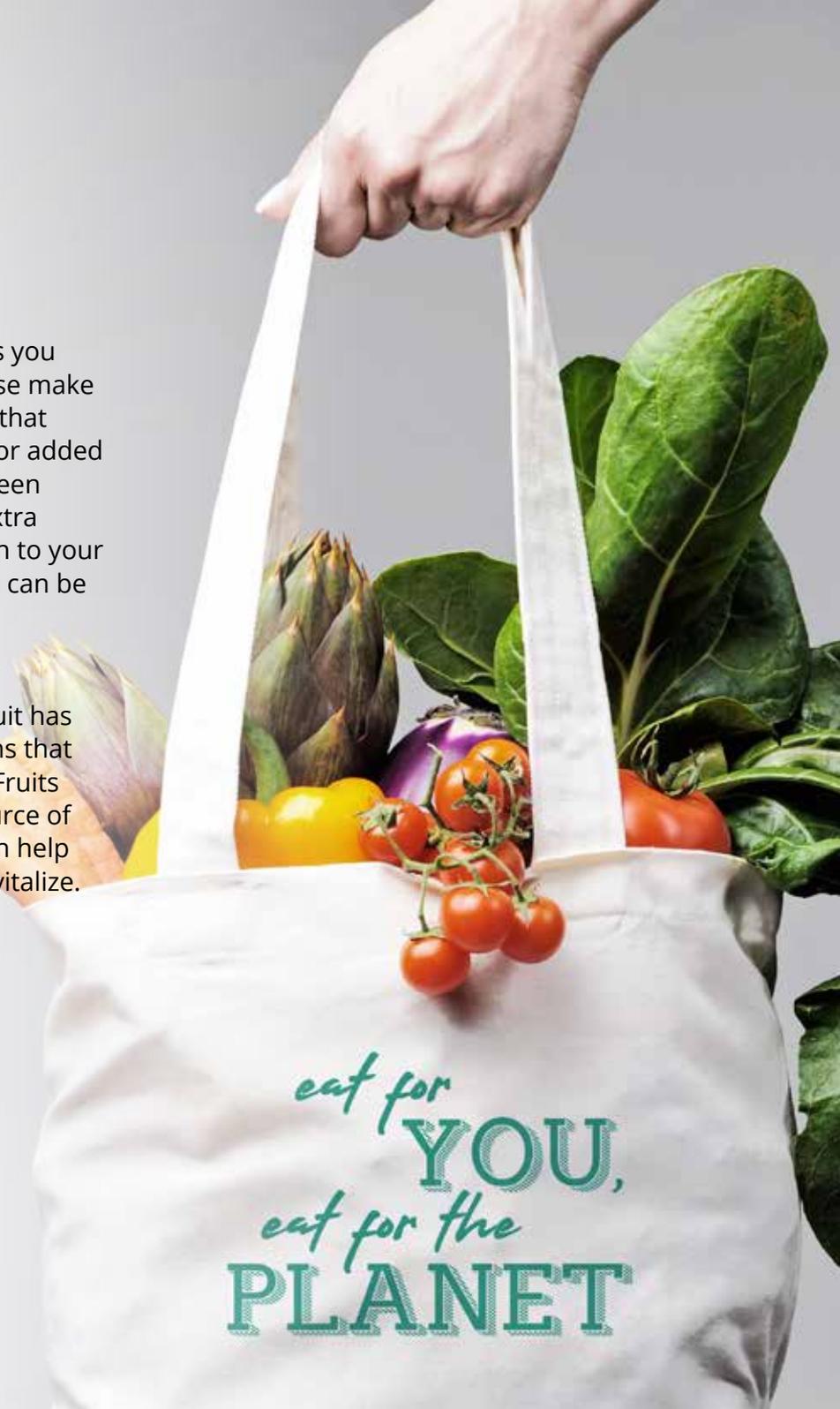
Alternatively you can start the morning with warm water and lemon juice.

Supplements:

If you are taking any supplements you can continue with them. But please make sure you are taking supplements that have been properly prescribed. For added nutrients, we suggest adding a green powder to your smoothies. For extra protein you can add hemp protein to your smoothies, or hemp hearts which can be sprinkled on just about anything.

Don't fear the fruit:

With so much focus on weight, fruit has somewhat of a bad rep with claims that the sugar will cause weight gain. Fruits eaten whole are an abundant source of vitamins, minerals and fibre which help the body heal, strengthen and revitalize.



What Your Day Looks Like

A Guide To Your Day

First drink: Glass of **celery juice** and/or warm **lemon water**

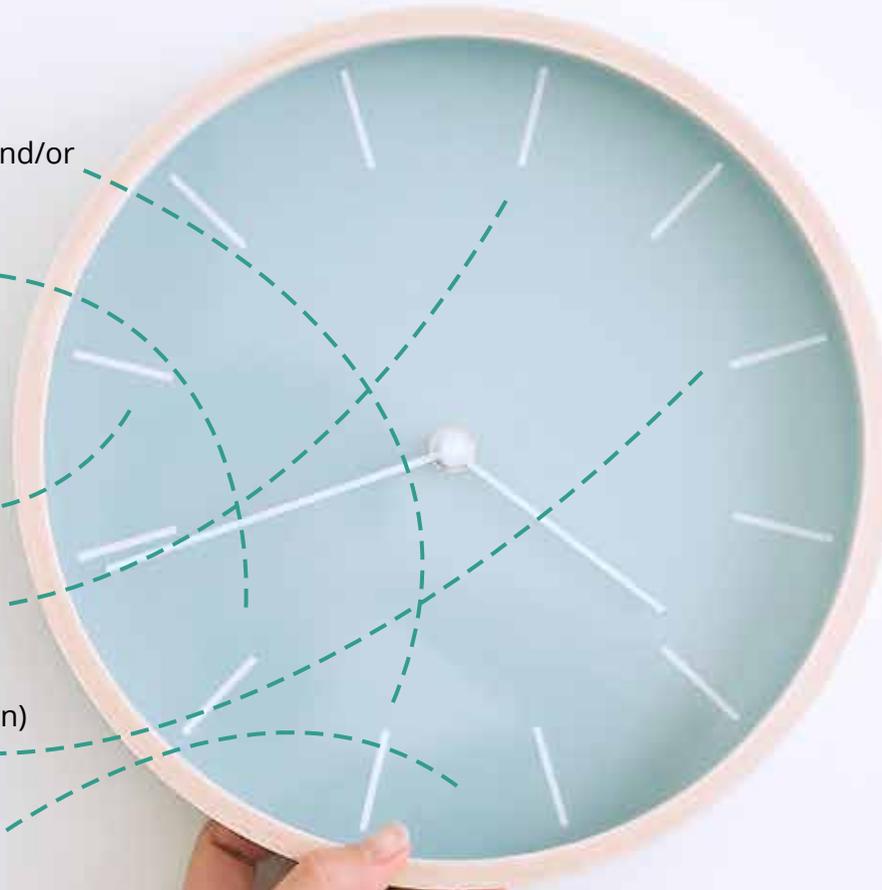
Breakfast: **smoothie & turmeric tea**

Mid-morning / afternoon: **smoothie**

Lunch: **main meal**

Mid-afternoon: **snack** (half portion) & **turmeric tea**

Evening: **main meal & snack** (remaining portion)



- Please note this is a guideline to how your day can look. The key is to listen to your body.
- It is optional to have another smoothie later in the day, depending on your energy requirements.
- The turmeric tea is optional. We highly recommend at least one serving a day.

Importance of Lemon Water & Celery Juice

Our liver helps to keep our body 'clean'. It is a lot of work for that one organ and we need to help it.

While we sleep, the liver does not rest. It is working hard to remove toxins that we absorb through the air we breathe; water, food and medicine we ingest; and beauty products we apply. When you wake up your blood has a build up of all those toxins and other wastes that your liver has filtered. In order to flush the waste out, you need to hydrate the body. This can be done with a big glass of lemon water or celery juice. If you skip hydrating your body, the waste will be reabsorbed by the liver, wasting your liver's hard work, and over time putting more burden on the liver.

After the cleanse, we highly encourage you to keep the practice of starting every morning by hydrating your body with lemon water or celery juice. You can also add cucumber juice as another option.

Aids **digestion**

Helps to **flush out toxins**

Boosts the **immune system**

Good for **the skin**

Good source of **vitamin C**

Kickstart your **digestive system**



Portions

Warning: Portions during the cleanse are smaller than what you are used to.

One of the aims of the cleanse is to give your digestive system a break. We often over eat and it takes a toll on our digestive system. Although we don't want you to be in a state of hunger all the time, it is necessary to cut back on the amount you usually eat. When your digestive system can have a break, it allows other systems in the body to function better, and this is when healing can happen.

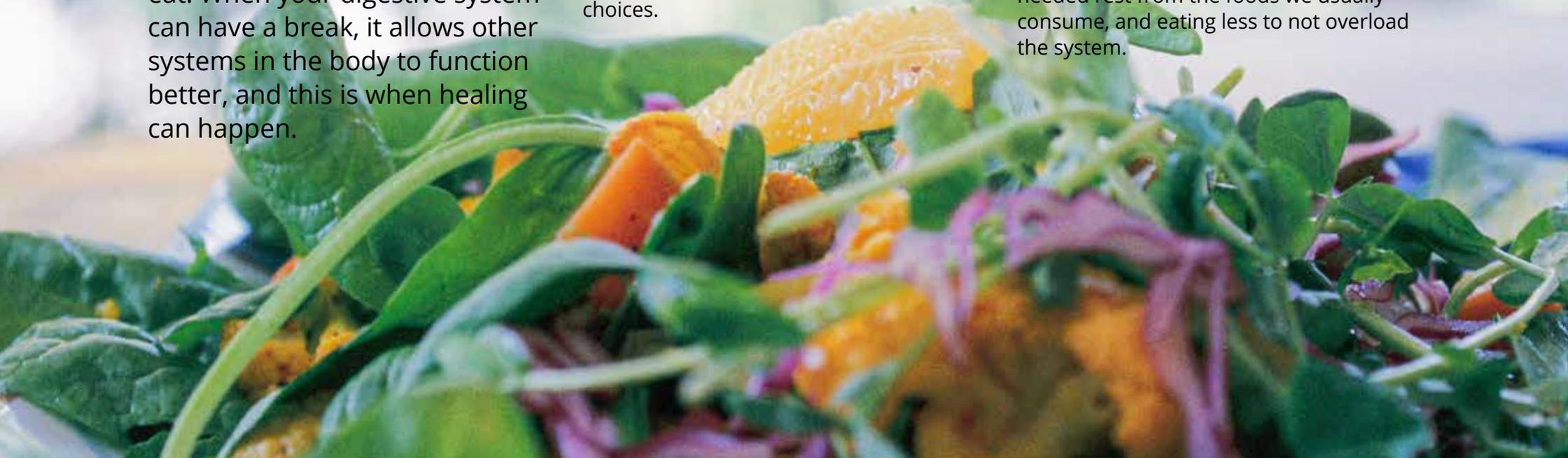
You may feel hungry and have low energy in the first few days. Remember this is a new way of eating and your body needs to adapt. We suggest for you not to skip the smoothie in the morning, as this helps with your overall calorie intake, providing your body with fuel and essential nutrients.

As we all have different energy requirements, due to our size or activity levels, you are allowed to top up by adding extra vegetables and/or potatoes to your main meals. You can also snack on fruit. Remember this is a cleanse, tune in with your body and make mindful choices.

Calories

We often get asked what the calorie count for each meal is. We don't count calories as this is not a weight loss programme. For most, the calories are less than what you would normally consume, and hence weight loss can occur during the week.

The focus of the cleanse is eating nutritious food free from gluten, grains, legumes, soy, corn and processed sugar. The aim is to give your body a much needed rest from the foods we usually consume, and eating less to not overload the system.



Smoothie Guidelines

Create your smoothie with a choice of 2-3 fruits, 1-2 vegetables and at least 1 herb. Smoothies to be made with water, fresh coconut water or home-made nut milk.

Feel free to play around with the amount of ingredients needed for you. We suggest making two servings, one for breakfast and another for mid-morning or later in the day.

If you do not like smoothies or feel like something different, you can make a salad with the fruits, vegetables and herbs.

This is a guideline of ingredients, feel free to use other fruits, vegetables, herbs and powders to your preference.

Fruits

Apple, avocado, banana, berries, cherries, dragonfruit, kiwi, mango, passionfruit, papaya, pineapple, starfruit

Vegetables

Bayam, beetroot, collard greens, cucumber, kale, swiss chard, spinach

Herbs

Basil, cilantro, ginger, indian borage, mint, parsley

Optional

Barley grass, chia seeds, chlorella, hemp protein, maca, spirulina



Golden Elixir Turmeric Tea & Almond Butter

The benefits you derive from this powerful root are endless and if consumed in the right way it can be a potent ingredient to ward off illness or to help heal the body.

Turmeric contains compounds with medicinal properties known as curcuminoids, the most vital being curcumin. This antioxidant has strong anti-inflammatory effects and combating inflammation is the first step to ensure you have a healthy functioning body.

Hot Turmeric Tea

Add 1 teaspoon of elixir and 1 teaspoon of natural honey to hot water.

Iced Turmeric Tea

For ice tea, mix the elixir and honey in a bit of hot water. Top up with cold water and add ice.

Drink 1-2 cups of tea a day.

Almonds are highly nutritious. They contain lots of healthy fats, fibre, protein, magnesium and vitamin E. Consuming almonds have shown to lower blood sugar levels, reduce blood pressure and lower cholesterol levels. They can also help to reduce hunger.

To consume the nut butter, enjoy it on its own or you can pair it with fruits and veggies. We love it with apples, bananas, dates, strawberries, celery and carrots.

No more than 2 teaspoons a day!

Important: It is best to consume the nut butter after lunch. In the morning the liver is busy flushing out toxins it has filtered through the night. If you consume the nut butter, the liver needs to produce bile to break down the fat. This switch in function will interrupt the liver and detoxing stops.





Post Cleanse Tips

For your first meal post cleanse don't rush into eating what you couldn't eat all week. You may feel good momentarily, but after the meal you may not feel so good. For your first day back, eat as clean as you can and introduce one or two ingredients back in. For example, have one meal with a carbohydrate (rice, pasta or bread), or with meat. Keep the portion small, and don't go overboard with sauces or oil.

Take at least 50% of what you learnt in the past week and adapt it to your lifestyle.

Continue with starting your morning with lemon water or celery juice. You can also consider cucumber juice as an option. Drink plenty of water throughout the day. Staying hydrated helps the body to eliminate toxins and helps with energy levels.

If you managed to cut out caffeine for the week, you may have successfully reduced your dependency on caffeine. Try not to fall back into the habit of having a daily dose of caffeine and instead enjoy a cuppa here and there.

The source of carbohydrates for the cleanse has been potatoes and vegetables. Here are some tips to reintroduce refined carbs, such as rice, pasta, bread and noodles back in to the diet:

>If you are active, limit refined carbs to one meal in a day or even one meal alternate days.

>If you are less active or your weight is of concern, look at having refined carbs one meal in a day, 2-3 times a week.

To replace refined carbs, consider amaranth, oats, quinoa, potatoes, yam, pumpkin, carrots and parsnips. You can

make cauliflower / broccoli rice as a rice replacement, and zoodles as a noodle replacement.

One important component of this cleanse was to not only eat for you, but eat for the planet and that meant eating less meat. We hope that you will now consider a more plant-based diet so that your body and the planet can benefit. If you want to eat meat, consider eating meat 2-3 times a week. Make sure you source good quality meats.

Here are *some* plant-based protein sources: lentils, beans, chickpeas, tofu, nuts, mushrooms, broccoli, artichokes, hemp seeds, chia seeds, spinach, avocado, potatoes, asparagus, quinoa and pumpkin seeds. You can also consider plant-based protein powders which you can easily add to your smoothies.

The key to preparing and choosing your meals is knowing the nutritional value of each meal and what it can do for your body.



FAQs

Is this cleanse suitable for people with food intolerances or allergies?

We are unable to customise the menu to individual requirements, if you have an intolerance or allergy to certain foods, the cleanse may not be suitable for you.

Is this cleanse suitable for people who are strictly gluten-free?

Although the cleanse is gluten-free, our kitchen is not gluten-free. There is always the risk of cross-contamination.

What time is delivery?

Scheduled time is between 11.30am – 1.00pm. Our kitchen is in Sri Hartamas, which can give you an idea of the time you will receive your food. We are unable to deliver at specific times as the routes can change on a daily basis. If you are unable to receive your food during this window, please let us know where the food can safely be kept. For e.g. at your neighbour's or the guardhouse. We apologise for any delays, we try our best to get food to everyone within the designated time frame.

What time do I eat?

We do not set the exact times for you to eat as we all run on different schedules. We have given you a guideline on how your day can look. The key is to listen to your body.

What are the portions for the smoothies?

This is for you to determine. We all have different energy needs. Don't worry, you'll know what feels right for you.

How do I eat the nut butter?

The nut butter is there if in between the meals you are still feeling hungry, especially in the first few days as the body is adjusting. You can take up to two teaspoons a day. Enjoy it on its own or use it as a dip with veggies such as celery and carrots or fruits such as apples and strawberries. It's really delicious, so be careful!

How do I drink the golden elixir?

The Golden Elixir is made of turmeric, coconut oil and black pepper. Mix 1

teaspoon in hot water. You can add 1 teaspoon of good honey. With the hot weather, you can also drink this cold. Drink anytime of the day, up to two cups a day.

Must I consume celery juice? Can I mix it with other ingredients?

It is not compulsory, but we highly recommend that you do. We also recommend that you consume pure celery juice.

What do I eat if I am still hungry?

- You have the nut butter as an option.
- Make sure you have a morning smoothie and mid-morning smoothie, or later in the day.
- Add extra vegetables or potatoes to your main meals.
- Fruit (please do not fear the sugar in fruit, these are natural sugars and are not harmful to us).



What is the calorie count of the meals?

In regards to calories, we don't count calories for the cleanse as it's not a calorie controlled plan, but more about getting the right foods into you.

Can I Exercise?

It is best to avoid strenuous exercise for this week. The aim is to minimise stress on the body and give it space for healing. We suggest lower intensity exercise and more mindful exercise such as walking, yoga and swimming.

What kind of support can I expect on the cleanse?

You will be invited to join the Plant Power Cleanse Facebook group, it is a private group and open to only those that are on the cleanse or have done the cleanse. Here we will share tips and you can help to share your experience and motivate each other. You will also find other useful information.

We encourage questions to be asked in the group, as they usually benefit others on the cleanse. However, we know some questions can be personal and are more than happy to support you privately. You will also receive emails and text messages from us.

We remind everyone to be respectful in the group and any concerns we can be contacted privately.

Why can we not eat legumes?

Legumes are not bad for you, but they can be difficult to digest, hence why we have eliminated them.

Why no corn and soy?

Both of these are high on the GMO list, so we have preferred to keep them out.

Can I consume alcohol?

Alcohol, like caffeine, is to be avoided.

Can I consume cold-pressed juices?

If the cold-pressed juices are predominantly vegetables, then you can add these in on occasion. However, we don't see the need to consume additional juices on the cleanse and best to stick to water.

Can I consume non-dairy milk?

You can consume home-made nut milk. Best to avoid store bought as they contain preservatives and other ingredients we are avoiding for the week.

Am I getting enough protein?

Protein is found in the ingredients in our cleanse in plant form. However, if you feel you need more protein, we suggest adding plant protein (hemp) and / or spirulina to your smoothies. You can also add hemp hearts to your meals.

How do I store the food?

You will receive lunch, dinner and a snack daily. Please refrigerate your dinner meal. If you don't eat lunch within the hour of receiving it, we suggest refrigerating it as well.

The Golden Elixir is to be refrigerated and should be almost finished within the week. It can keep up to 2-3 weeks. Most snacks will be best kept in the fridge.



