

Sarah's Week

Yes Chef! Cleanse

Day	✓	Time	Meal	Instructions	Exercise & Wellness
Monday	<input type="checkbox"/>	Breakfast	Pistachio, passionfruit and strawberry pot	Just eat.	<p>Exercise Start the day with 45 mins of cardio: cycle, run, cross trainer, swim or power walk. If you are not a regular exerciser, start simply with a 40 min brisk walk.</p> <p>Make sure you have a good stretch after and lots of water.</p> <p>Wellness Try listening to a motivating podcast for extra inspiration.</p> <p>Write down all the things you want to achieve in your two weeks.</p> <p>Plan something for the weekend that you haven't done in ages such as visiting a gallery, watching a movie, going to the beach, the farmer's markets or taking a country drive.</p> <p>Plan a physical activity for Saturday morning, something you have not done before such as a dance class, yoga, tai chi, bush walk, hike, tennis, golf, ocean swim, boxing class - the choice is yours!</p> <p>Health Tip – Beetroot is great for exercise performance, blood flow and lowering blood pressure.</p>
	<input type="checkbox"/>	Morning Tea	Kale chips & pepitas	Just eat.	
	<input type="checkbox"/>	Lunch	Snapper and caper ceviche, tomato & chive witlof cups	Mix the lemon pot into the snapper pot, then give it a stir and leave it for 5 mins. Mix the snapper with the tomato and cucumber mix, spoon into the witlof leaves and enjoy.	
	<input type="checkbox"/>	Afternoon Snack	Fig & melon	Just eat.	
	<input type="checkbox"/>	Dinner	Poached chicken & beetroot salad	Microwave the chicken for 2 mins. Let it sit for a couple of minutes before you remove the lid. Mix with the salad and dressing and enjoy.	
Tuesday	<input type="checkbox"/>	Breakfast	Activated cashew nut maple & autumn berry smoothie	Add 1 cup of ice and blend.	<p>Exercise Start the day with 45 mins of cardiovascular exercise.</p> <p>After the cardio, add in a small workout that can easily be done in the privacy of your own lounge room or the floor of a gym.</p> <p>Wellness Take a bath with Epsom salts at night. Add 2 cups of salts to a warm bath and relax your muscles after two days of cardio.</p> <p>Health Tip – Almonds are an excellent source of plant-based protein, good fats, Vitamin E and are great for lowering cholesterol.</p>
	<input type="checkbox"/>	Morning Tea	Vegetable sticks & seed pesto	Dip vegetables in the pesto and enjoy.	
	<input type="checkbox"/>	Lunch	Shredded turkey with zucchini, squash, tomato, caramelised red onion, activated almond & romesco	Eat at room temperature or remove the rocket from the container, place into your bowl and microwave the turkey and vegetable for 1 min 15 secs. Plate up the salad, spoon over the romesco and then sprinkle over the nuts.	
	<input type="checkbox"/>	Afternoon Snack	Harissa roast almonds	Just eat.	
	<input type="checkbox"/>	Dinner	Prawn linguini, zucchini & carrot noodles, chilli, garlic & basil	Cook the prawns in a small to medium non stick frying pan for 3 mins or until cooked. Add the zucchini and carrot and cook until nicely wilted. Add a little salt, squeeze of lemon and enjoy topped with the basil.	
Wednesday	<input type="checkbox"/>	Breakfast	Broccoli sprout, dino kale, green apple, honey dew melon smoothie, Greek yoghurt	Add 1 cup ice and blend.	<p>Exercise Low intensity exercise day. Start the day with a walk to clear your mind, taking in deep breaths of fresh air to boost circulation and feel energised for the day.</p> <p>Wellness Think about the quality of your sleep and energy levels and if you have noticed any improvements already.</p> <p>Try a bit of spring cleaning such as sorting out your cosmetics or clearing out your wardrobe.</p> <p>Health Tip – Chicken is a lean protein that is excellent for keeping you full, plus a good source of B vitamins that are excellent for breaking down carbohydrates and supporting our neurological system.</p>
	<input type="checkbox"/>	Morning Tea	Seeded crackers	Just eat.	
	<input type="checkbox"/>	Lunch	Poached chicken, brussels sprout, celery & witlof salad	Pour over the dressing and nuts and enjoy.	
	<input type="checkbox"/>	Afternoon Snack	Green apple	Just eat.	
	<input type="checkbox"/>	Dinner	Roast chicken, mixed slaw with native lime & avocado oil dressing, activated almond crumb	Preheat the oven to 180°C. Bake the chicken for 13 mins. As soon as you put the chicken in the oven, mix the dressing with the salad and give it a good stir so that the acidity of the dressing collapses the vegetables a little. Plate up the salad with the chicken placed on top and finish with the walnut crumb.	

Thursday	<input type="checkbox"/>	Breakfast	Zucchini & sundried tomato omelette, roast tomato	Preheat oven to 170°C. Bake frittata and tomato in its current container with the lid on for 18 mins, or microwave in container with the lid off for 2 mins on high. To plate up, dress your salad.	<p>Exercise Plan 45 mins of cardiovascular exercise, making sure that you improve on what you did on Monday and Tuesday. Every training session needs to improve on the last one.</p> <p>Wellness You are on day 4 of your cleanse. You may experience a headache today, this is a normal part of the process because your body is going into ketosis, where the body burns fat for fuel. Adipose tissue (fat) is an inflammatory state so when we start to reduce body fat we start to feel better, have clearer mind and enhanced mood. The headache may or may not occur for you, but if it does, it will pass.</p> <p>Health Tip – Like all fermented foods, kimchi is an excellent source of probiotics, supports heart health, reduces inflammation, strengthens immunity and is low in calories.</p>
	<input type="checkbox"/>	Morning Tea	Kiwi & blueberries	Just eat.	
	<input type="checkbox"/>	Lunch	Poached chicken salad with cos, cucumber, capsicum, radish, black garlic dressing	Pour dressing over and enjoy.	
	<input type="checkbox"/>	Afternoon Snack	Pistachio freeze-dried raspberry & 99% dark chocolate	Just eat.	
	<input type="checkbox"/>	Dinner	Grilled flathead, kimchi, roast pumpkin & broccoli	Preheat your oven to 200°C. Transfer flathead and pumpkin to a small pizza tray and bake on the top shelf for 10 mins, after 5 mins add broccoli floret to the same pizza tray. Pour kimchi broth into bowl plate and microwave for 1 min 30 secs on full power. Check the fish is cooked, plate up and enjoy.	
Friday	<input type="checkbox"/>	Breakfast	Chia, coconut & raspberry pot	Just eat.	<p>Exercise 45 mins of cardiovascular exercise. Consider something different from what you have done earlier in the week, such as a bike ride, using three different machines if you're at the gym or driving to an oval or park for a new exercise location.</p> <p>Add in an extra small workout. Consider heavier weights or doing more sit-ups or push ups than you did on Tuesday.</p> <p>Wellness Enjoy an Epsom salts bath again. Watch a movie or read a book and have an early night.</p> <p>Health Tip – Berries are loaded with antioxidants, wonderful for brain health and lower the risk of disease.</p>
	<input type="checkbox"/>	Morning Tea	Vegetable sticks & nut butter	Dip vegetables in the nut butter and enjoy.	
	<input type="checkbox"/>	Lunch	Chicken dumpling bone broth, shitake mushroom & bok choy	Pour the broth into a bowl and microwave covered for 2 mins, then gently drop in the veggies/noodles, microwave for a further minute. Check it's hot enough – enjoy with the sambal if you like a little heat.	
	<input type="checkbox"/>	Afternoon Snack	Blueberries & blackberries	Just eat.	
	<input type="checkbox"/>	Dinner	Grilled Humpty Doo barramundi, salsa verde, cruciferous greens	Preheat the oven to 200°C. Transfer the barramundi to a small pizza tray and bake for 10 mins. Whilst the barramundi is cooking, cook the green vegetables in boiling water for about a minute and a half, then strain.	
Saturday	<input type="checkbox"/>	Breakfast	Sarah's antioxidant smoothie yoghurt, protein powder	Add 1 cup of ice and blend.	<p>Exercise Do the exercise that you planned on Monday. If you want to repeat something throughout the week that is fine as well.</p> <p>Wellness Enjoy your activity that you planned on Monday.</p> <p>Health Tip – Capsicum is a wonderful source of Vitamin C, great for the uptake of collagen but also wonderful for our immune system.</p>
	<input type="checkbox"/>	Morning Tea	Fermented vegetables	Just eat.	
	<input type="checkbox"/>	Lunch	Spiced chicken bowl with corn, roast cauliflower & capsicum	Pour over dressing and go.	
	<input type="checkbox"/>	Afternoon Snack	8 min egg with celery salt & sesame seeds	Sprinkle the celery salt and sesame on top of the egg.	
	<input type="checkbox"/>	Dinner	Roast chicken breast, grilled capsicum, zucchini, tomato, chimichurri dressing, shaved hispi cabbage & lemon salad	Preheat oven to 180°C. Bake the chicken and vegetables in its current container with the lid on for 20 mins. To plate up, squeeze the lemon into the chimichurri and drizzle over the chicken and vegetables.	
Sunday	<input type="checkbox"/>	Breakfast	Asparagus & ricotta frittata	Preheat oven to 170°C. Bake frittata in its current container with the lid on for 18 mins, or microwave in its container with the lid off for 2 mins on high.	<p>Exercise Rest day. Get out in nature and enjoy a long coastal or bush walk.</p> <p>Wellness Reflect on the week that passed, look at all you have achieved and congratulate yourself on completing week one. Well done!</p> <p>Health Tip – 100% dark chocolate enhances blood flow which is great for healthy circulation.</p>
	<input type="checkbox"/>	Morning Tea	Strawberry & 100% dark chocolate	Just eat.	
	<input type="checkbox"/>	Lunch	Thai chicken salad	Dress your salad and enjoy.	
	<input type="checkbox"/>	Afternoon Snack	Seeded crackers	Just eat.	
	<input type="checkbox"/>	Dinner	Paneer, spinach Swiss brown mushroom curry, with cauliflower rice pilaf	Preheat oven to 180°C. Bake the paneer in its current container with the lid on for 20 mins. Remove the herbs and lime wedge from the container with the rice. Either serve the rice cold or transfer to a small, covered bowl and microwave for 90 secs on high. To plate up, garnish with herbs and squeeze the lime over the top.	