

7 DAY VEGAN DETOX MEAL PLAN

DAY 1

- Complete Juice cleanse

DAY 2

- **Breakfast:** Go Green Smoothie
- **Snack**
100% Cacao Chock Pumpkin Bread
- **Lunch**
Sprouted Quinoa Tabbouleh
- **Dinner**
Genius Gazpacho

DAY 5

- **Breakfast**
Aloha Yoga Smoothie
- **Snack**
100% Cacao Chock Pumpkin Bread
- **Lunch**
Vege Medley Quiche
- **Dinner**
Asian Stir - Fry with spicy cashews
and Zucchini Noodles

DAY 3

- **Breakfast**
Liver Lover Juice
- **Snack**
Detox Tea Moringa and
Lemongrass
- **Lunch**
Vietnamese Arrow Root Paper
Rolls with Dipping Sauce
- **Dinner**
Mega Vege Pizzas

DAY 6

- **Breakfast**
Turmeric Tonic
- **Snack**
Squash Nachos with wholly
Avocado Guacamole
- **Lunch**
Vege Sushi
- **Dinner**
Vegetable Moussaka

DAY 4

- **Breakfast**
Green Cleanser Juice
- **Snack**
Squash Nachos with wholly
Avocado Guacamole
- **Lunch**
Spicy Blueberry, Carrot, Rocket
and Fennel Salad with spicy Vegan
Mayo Dressing
- **Dinner**
Curried Vegetable Patties with
Slaw and Minty Coconut Yoghurt

DAY 7

- **Breakfast**
Papaya Detox
- **Snack**
Detox Tea Moringa and
Lemongrass
- **Lunch**
Spicy Tahini Sweet Potato Pasta
- **Dinner**
Quinoa and Vege Stir Fry

PRICE: ALL OF THE ABOVE FOR RS 21,950/-

7-DAY WEIGHT LOSS & DETOX MEAL PLAN



kemara®
Natural & Organic

FREE OF GLUTEN, GRAINS, DAIRY AND SUGAR

Food is Medicine

Ready to get on track with your health goals. Right? Right. We're going to ease you back into your healthy diet and lifestyle with a gentle seven day cleanse.

You can effectively detox while eating wholesome, nourishing plant based foods. During this cleanse, we're gently resetting the digestive system and supporting the elimination of toxins by removing inflammatory and processed foods that create toxic buildup in the body and emphasizing clean, easy-to-digest, whole Vegan foods.

DAILY ROUTINE:

- Wake up early enough to give yourself time and space for a relaxed morning
- Drink 8 to 12 ounces of hot water with the juice of half a lemon to gently cleanse the digestive tract and kick-start the metabolism
- Have the Green Thickie smoothie for breakfast, ideally between 7 and 9am
- Eat lunch, ideally between 12 and 2pm
- Eat dinner, ideally between 6 and 7pm
- After dinner, engage in stress-relieving practices, such as taking a warm bath, meditating, reading a book, drinking a cup of chamomile tea, etc. Try to avoid stimulating activities like working on your computer or watching TV.
- Start winding down for bed around 9pm
- Lights off by 10pm. Sleep is when your body rests, repairs and detoxifies so be sure to get plenty of rest throughout the cleanse.

OPTIONAL STRESS-RELIEF PRACTICES

These practices will help to calm your nervous system, quieten your mind, de-stagnate your lymphatic system and increase the benefit of your detox.

Detox and Deeply Relaxing Therapies at Kemara to enhance the detox process. (A special 10% offer for all on board the detox meal plan)

Deep Relaxation Aromatherapy massage

~~NP: RS 5,950~~ SP: RS 5,355

Detox 3 day package inclusive of meals

SP: RS 55,815

Epsom Salt Soak and Foot Reflexology

~~NP: RS 4,500~~ SP: RS 4,050

Detox 7 day package inclusive of meals

SP: RS 104,470