



7 DAY'S



MEAL PLAN

# Why Cleanse?

No matter what the disease – the road to health begins with cleansing and detoxification. It would not be an understatement to say that your digestive system is the cornerstone of your overall health.

The food that we eat does not just randomly affect us, it becomes us. It is the primary thing that affects our health. Every culture and religion the world over has within it, the understanding that .....

**YOU ARE WHAT YOU EAT.**



## WAY TO HEALTHYWISE

### WHAT ARE TOXINS?

Toxins are anything that interferes with normal physiology and impacts bodily functions in a negative way.

### Toxification

#### How do we toxify our bodies?

People living in city environments are subjected to and exposed to many forms of toxins. These toxins can and do accumulate in the body, threatening the health of the entire system in the form of disease.

Our process of toxification is not only limited to physical toxins, our mind and emotions play a big part in our toxic burden as well.

### **What we think & feel**

### **What we see**

“If the doors of perception were cleansed every thing would appear to man as it is, infinite.” William Blake

### **What we hear**

### **What we physically absorb**

Our bodies are an extension of our environments. The following toxins and poisons affect and toxify us at a cellular level and begin to disrupt the proper functioning of our cells.

- Highly processed, denatured foods • Food chemicals
- Pesticides, fungicides, herbicides
- Pollution
  
- Household chemicals
- Body ‘care’ products
- Dental fillings and other dental intervention • Pharmaceuticals

to name but a few.

Since 1950, at least 70,000 new chemical compounds have been invented and dispersed into our environment. Only a fraction of these have been tested for human toxicity.

Herbert L. Needleman, M.D., Philip J. Landrigan, M.D., Raising Children Toxic Free

**Of the chemicals found in personal care products: 884 are toxic, 146 cause tumours, 218 cause reproductive complications, 778 cause acute toxicity, 314 cause biological mutations, 376 cause skin and eye irritations.**

United States House of Representatives Report, 1989

Recent studies indicate that of all the toxic chemical residues in the American diet, almost all, 95% to 99%, comes from meat, fish, dairy products and eggs.

John Robbins, Diet for a New America

# How Toxins Enter the Body



ingestion



skin contact



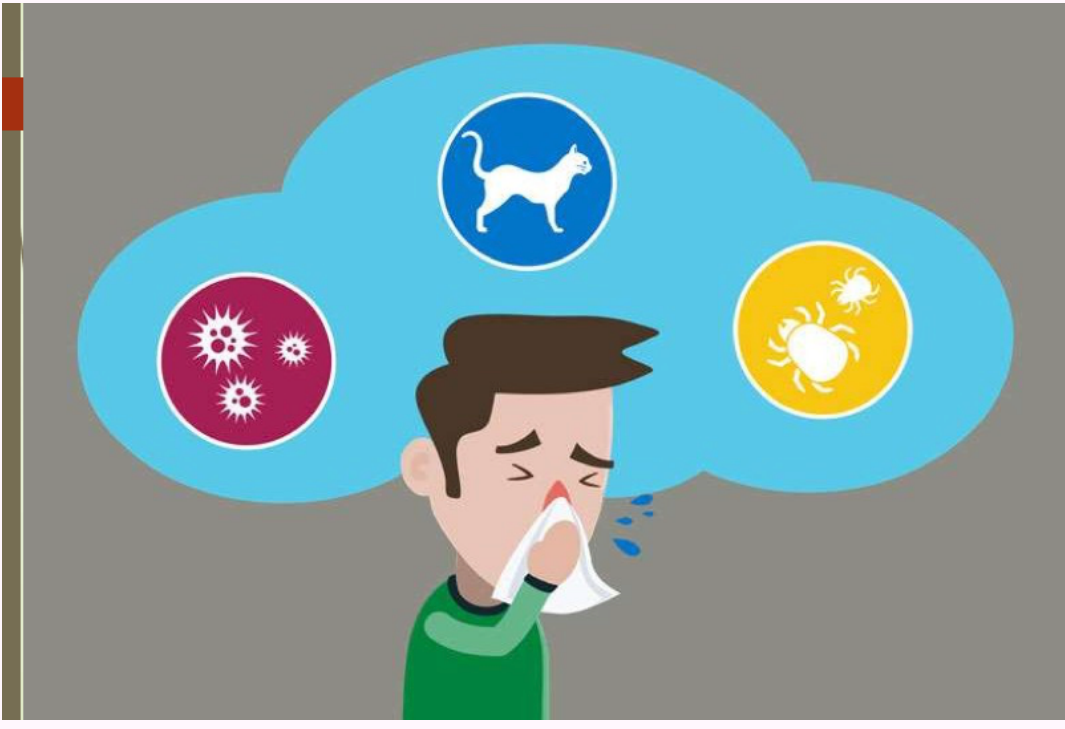
inhalation



## How Toxins Affect the Body



gastrointestinal



**Stuffy nose**



**Skin allergy**





**A CONTINUED RISE IN THE TOXIC ACCUMULATION  
OR**

**➤ DETOXIFY YOUR BODY AND HAVE A MUCH BETTER CHANCE  
OF LIVING HEALTHIER.**



**TIME TO DETOX**

**How ????**

# DETOXIFICATION THROUGH

## NUTRITIONS & HABITS

### Golden Rules of Detoxification



- Adopt a plant-based diet, completely avoiding animal products.
- Minimize oil consumption, using cold-pressed oil sparingly when necessary.
- Prepare meals at home instead of relying on outside sources.
- Eliminate processed ingredients, completely avoiding white sugar and refined flour (maida).
- Forgo stimulants and alcohol, avoiding tea, coffee, sodas, and alcohol.
- Limit salt intake, reducing or eliminating added salt in salads.
- Time your meals appropriately, aiming to have your last meal of the day before sunset or by 8 pm at the latest.



### Attention PleaSe

- Enjoy multiple servings of fruits between 9 AM and 12 PM without any quantity restrictions.
- For dry fruits like raisins, dates, apricots, and figs, soak them before consumption.
- Nuts such as almonds, cashews, walnuts, pistachios, and coconut should be limited to a handful each day. Soak them before eating.
- Consume these foods based on your hunger cues.

**Eat Healthy  
Stay Healthy**



**16-22 November**

## **7 Days Detoxification Meal Plan**

**Day 1:**

- **6:00 AM**-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION ⚠️ ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- **6:30AM**-Rise & Shine Drink 🥤 Ash guard Juice
- **8:00AM**-Breakfast: 1 Bowl Fresh Fruit
- **11:00AM** Midday snax 😊: 2 Brazilian Nuts
- **1:00-1:30 PM** Lunch: Liquid Veg Khichdi (Simmer over low heat to obtain the vegetable broth)
- **4:00PM** Evening Snack: 🥬 Roasted makhana and green Tea
- **8:00PM** Dinner: Steamed or sauté Veggie Salad
- **10:00PM** 🛌 before Bed: Triphala Churn 1 tbsp in a glass warm water



## Day 2:

- **6:00 AM**-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- **6:30AM**-Rise & Shine Drink 🍹 Ash guard Juice
- **8:00AM**-Breakfast: Smoothie made with -1Apple+1Cucumber + 1 spoon protein powder+ Water/ Oat milk -blended to your preferred thickness
- **11:00AM** Midday snax 😊: 2 Brazilian Nuts
- **1:00-1:30 PM** Lunch: A vibrant quinoa medley, showcasing the garden's bounty
- **4:00PM** Evening Snack: 🥒 Roasted makhana and green Tea
- **8:00PM** Dinner: Leek potato carrot soup
- **10:00PM** 🛌 before Bed: Triphala Churn 1 tbsp in a glass warm water

## Day 3:

- **6:00 AM**-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- **6:30AM**-Rise & Shine Drink 🍹 Ash guard Juice
- **8:00AM**-Breakfast: 1 Bowl Fresh Fruit
- **11:00AM** Midday snax 😊: 2 Brazilian Nuts
- **1:00-1:30 PM** Lunch: 2 Detox Roti with Ghiya/tinda/tori any tari wali sabzi (Detox roti recipie is given at the end)
- **4:00PM** Evening Snack: 🥒 boiled aloo chat and green Tea
- **8:00PM** Dinner: Leek potato carrot soup
- **10:00PM** 🛌 before Bed: Triphala Churn 1 tbsp in a glass warm water

## Day 4:

- **6:00 AM**-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- **6:30AM**-Rise & Shine Drink 🍹 Dhaniya Water
- **8:00AM**-Breakfast: 1 Bowl veggie poha
- **11:00AM** Midday snax 😊: Trail Mix-sunflower seeds roasted flex seed peanut kishmish
- **1:00-1:30 PM** Lunch: fruits salad

- 4:00PM Evening Snack: 🥬 boiled aloo chat and green Tea
- 8:00PM Dinner: Steamed or sauté Veggie Salad- **No fruit at night**
- 10:00PM 🛏 before Bed: Triphala Churn 1 tbsp in a glass warm water

#### Day 5:

- 6:00 AM-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- 6:30AM-Rise & Shine Drink 🥤 Dhaniya Water
- 8:00AM-Breakfast: Veggie moong dal cheela
- 11:00AM Midday snax 😊: Fruite salad
- 1:00-1:30 PM Lunch: Raw Vegetable Salad Detox roti/Sama Rice + Subzi+ + Dal
- 4:00PM Evening Snack: 🥬 Roasted makhana and green Tea
- 8:00PM Dinner: Steamed or sauté Veggie Salad- **No fruit at night**
- 10:00PM 🛏 before Bed: Triphala Churn 1 tbsp in a glass warm water

#### Day 6

- 6:00 AM-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- 6:30AM-Rise & Shine Drink 🥤 Dhaniya Water
- 8:00AM-Breakfast: Veggie moong dal cheela
- 11:00AM Midday snax 😊: Fruite salad
- 1:00-1:30 PM Lunch: Raw Vegetable Salad Detox roti/Sama Rice + Subzi+ + Dal
- 4:00PM Evening Snack: 🥬 Roasted makhana and green Tea
- 8:00PM Dinner: Steamed or sauté Veggie Salad- **No fruit at night**
- 10:00PM 🛏 before Bed: Triphala Churn 1 tbsp in a glass warm water

#### Day 7:

- 6:00 AM-Wake up call 😊 take your medicine (Only for who are on Thyroid Medication )

**CAUTION 🚫 ALWAYS KEEP A GAP OF 30-45 MNTS BETWEEN THYROID MEDICATION AND THE FIRST FOOD INTAKE**

- 6:30AM-Rise & Shine Drink 🥤 Dhaniya Water
- 8:00AM-Breakfast: Veggie moong dal cheela
- 11:00AM Midday snax 😊: Fruite salad
- 1:00-1:30 PM Lunch: Raw Vegetable Salad Detox roti/plain Rice + Subzi+ + Dal
- 4:00PM Evening Snack: 🥥 coconut water with malai

- **8:00PM Dinner: Steamed or sauté Veggie Salad- No fruit at night**
- **10:00PM 🛏 before Bed: Triphala Churn 1 tbsp in a glass warm water**

#### **Method of making Detox Roti:-**

To prepare the dough, take seasonal vegetables or their juice and add it to musty grain flour (with bran).+ Then, make a chapati with this dough. For example, take seasonal carrots and grate them with their peels. Then, mix them with the wheat flour to make the