7 DAY
QUICK FIX
ABS
GYM
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7 Day Detox Plan

There are certain foods you will NOT be consuming on the 7 Day Detox Plan, these are as follows:

- NO ALCOHOL
- NO WHEAT PRODUCTS
- NO DAIRY
- NO SUGARS
- NO PROCESSED FOODS
- NO CAFFEINE

You will feel less sluggish and have more energy in next to no time!

If your body has been used to all of the toxins listed above be prepared for the 'detox hangover', don't worry its perfectly normal and will pass

To help you through the detox hangover make sure you drink plenty of water and herbal teas, get lots of fresh air and stay away from temptation.

Drink as much liquorice tea as you like before 2pm and Tulsi teas from 4pm, remember NO CAFFIENE and that goes for decaf products as well!

Please remember its VITAL you drink enough water, 1 litre for every 50lb of your body weight, minimum!

Try to buy as much organic produce as you can or choose free range local produce

Pile your greens high and keep their cooking to a minimum, watercress, spinach, rocket and broccoli are your secret weapon when it comes to fat loss.

Day 1

- **Breakfast** – SHAPE Smoothie
- **Lunch** – Protein Packed Salad 1 - Chicken
- **Dinner** – A small beef fillet or lamb steak served with Fennel, Watercress and Walnut Salad

Day 2

- **Breakfast** – Pineapple and Coconut Smoothie
- **Lunch** – Protein Packed Salad 2 – Salmon
- **Dinner** – Thai Turkey Lettuce Wraps

Day 3

- **Breakfast** – Coconut & Berry Smoothie
- **Lunch** – Protein Packed Salad 3 - Turkey
- **Dinner** – Chicken Kiev served with Cauliflower mash

Day 4

- **Breakfast** – Tropical Smoothie
- **Lunch** – Protein Packed Salad 2 - Salmon
- **Dinner** – Rosemary, Tomato & Olive Chicken

Day 5

- **Breakfast** – SHAPE Smoothie
- **Lunch** – Protein Packed Salad 1 – Chicken
- **Dinner** – Thai Turkey Lettuce Wraps

Day 6

- **Breakfast** – 3 Egg Surprise
- **Lunch** – Protein Packed Salad 3 Turkey
- **Dinner** – A small beef fillet or lamb steak served with Fennel, Watercress and Walnut Salad

Day 7

- **Breakfast** – SHAPE Smoothie
- **Lunch** – Protein Packed Salad 1,2 or 3
- **Dinner** – Roast Chicken Breast served with steamed greens and Cauliflower mash

Breakfasts

SHAPE Green Smoothie

Ingredients

- ½ celery stick
- ½ avocado
- 1 tsp cashew nut butter
- 1 tsp coconut oil
- handful of spinach & watercress
- 3 strawberries
- splash of coconut milk
- ice cubes

Method

- Place all ingredients into blender and blend
- Drink immediately

Tangy Morning Smoothie

Ingredients

- 1 small Banana
- handful of spinach
- 6 whole strawberries
- 1 kiwi fruit
- 200ml milk – rice, coconut or almond
- 1 tsp almond butter
- 1 tsp coconut oil
- juice of 1 lime

Method

- Blend all ingredients until smooth and enjoy

Coconut and Berry Smoothie

Ingredients

- 200ml coconut milk
- 50g blueberries
- 50g blackberries
- 1 tsp almond butter
- 1 small banana
- ½ tsp cacoa powder
- sprig of mint
- ice cubes

Method

- Place all ingredients into blender and blend
- Drink immediately
- Blend all ingredients until smooth and enjoy

Pineapple and Coconut Smoothie

Ingredients

- 1 small Banana
- 50g fresh pineapple
- handful fresh spinach
- 200ml coconut milk
- 1 tsp almond butter
- ½ tsp cinnamon powder

Method

- Blend all ingredients until smooth and enjoy

Tropical Smoothie

Ingredients

- 200ml coconut milk
- ½ mango
- 50g fresh pinapple
- 1 tsp coconut oil
- ½ tsp cacoa powder
- sprig of mint
- juice of ½ lime
- ice cubes

Method

- Place all ingredients into blender and blend
- Drink immediately

3 Egg Surprise

Ingredients

- 3 eggs, beaten
- ½ red chilli, chopped
- 1 clove garlic, sliced
- ½ red pepper, sliced
- large handful of fresh spinach
- 1 tsp coconut oil

Method

- Heat oil in frying pan and stir fry spices for 1 minute
- Add egg mixture and scramble, when just set add in spinach and cook for 1 minute until wilted
- Serve with a watercress or green salad

Lunches

Protein Packed Salad Base

Ingredients

- 1 egg, boiled
- 1 tsp coconut oil
- handful of watercress, spinach and rocket mixed leaves
- 4 cherry tomatoes, halved
- 1 avocado, sliced
- ½ pepper, sliced
- ½ red onion, sliced
- juice of ½ lime
- 1 tsp coconut oil
- 1 tsp mixed dried spices, chilli, paprika, mixed spice etc
- 1 clove garlic, crushed

You can cook the protein the night before and leave in the fridge for your lunch the next day, just don't add the lime juice until the last minute

Protein Packed Salad 1 – 1 Chicken Breast
Protein Packed Salad 2 – 1 Salmon Fillet
Protein Packed Salad 3 – 1 Turkey Breast Fillet

Method

- Infuse protein choice with mixed spices and garlic, leave to marinate for at least 30 minutes
- Heat oil in pan and fry off chicken, salmon or turkey to brown on both sides before transferring to a hot oven for around 20 minutes
- Prepare salad on plate and slice protein choice onto middle of leaves before squeezing lime juice over, season and enjoy

Dinners

A small pan fried beef fillet or lamb steak served with **Fennel, Watercress and Walnut Salad**

Fennel, Watercress and Walnut Salad

Ingredients

- juice of 1 lime
- 1 tbsp coconut oil, melted
- 1 large head fennel, halved and thinly sliced
- small bag of watercress
- 50g walnuts

Method

- In a large bowl, whisk the lime juice and oil together with a fork and season to taste. Add the fennel and toss to coat. Leave to marinate for 10 mins if you have time.
- Just before serving, tip the watercress and nuts into the bowl and toss well to combine.

Thai Turkey Lettuce Wraps

Ingredients

- 1 tbsp coconut oil
- 1 red onion chopped
- 2 garlic cloves chopped
- 1 lb turkey mince
- 3 tbsp sanchi soy sauce
- 3 juiced limes
- 1 bunch spring onions (thinly sliced)
- 2 red chillis seeded, de-veined, and thinly sliced
- handful chopped coriander
- handful chopped mint
- little gem lettuce leaves

Method

- Heat oil over medium heat in a large non-stick pan. Lightly sauté red onion until it begins to soften, about 5 minutes.
- Add turkey and stirfry, add chilli & garlic ,Continue to cook until no longer pink, about 15 minutes. Drain any juice or fat and turn off the heat, cooling meat for 5 minutes.
- Add soy sauce, coriander, mint and lime juice to turkey and stir.
- Taste for seasoning then put in a serving bowl.
- To serve, put mince in a lettuce leaf, then top with some spring onions

Cauliflower Mash

Ingredients

- 1 Cauliflower
- 3 Cloves of Garlic
- 1 Tablespoon of Coconut Oil
- Salt and Pepper to taste

Method

- Cook the cauliflower in boiling water then add to blender with all other ingredients
- Blend until smooth

Chicken Kiev

Ingredients

- 1 Chicken Breast
- 2 Cloves of Garlic, sliced
- 1 Red Chilli, sliced
- 1 Tablespoon of Coconut Oil
- Salt and Pepper to taste

Method

- Heat oven to 180 Gas 6
- Flatten out the chicken breast with a rolling pin or mallet
- Lay chilli and garlic on one side of the breast then smear with the coconut oil, season
- Roll the breast up and bake for 30 minutes
- Serve with cauliflower mash and spinach

Rosemary, Tomato and Olive Chicken

Ingredients
(makes 2 servings)

- 2 tsp Coconut Oil
- 2 Chicken Breasts, sliced
- 1 Large onion, chopped
- 2 cloves garlic, crushed
- Pinch of chilli flakes
- Rosemary chopped – small bunch
- 1 tin chopped tomatoes
- 8 black olives pitted
- 100ml wheat free chicken stock

Method

- Heat 2 tsp oil and brown sliced chicken for 2 -3 minutes
- Add all other ingredients except olives and cook out for 20 minutes, add olives and serve with a HUGE Watercress & Avocado salad