

DANIEL DETOX 10 DAY FAST PROPOSED MENU (For 2 Adults & 2 Children)

	Breakfast: 3 x Fruit Salad	Breakfast: 2-3 Grain Porridge	2nd Meal: Salad	2nd Meal: Veggies	Evening Treat
Day 1	1 Large Apple 1 Banana 1 Orange 1 Heaped Tblsp 4-Seed-mix	1 Cup Barley 1 Cup Rolled Oats Handful Dates or Raisins	1 Cup Spinach Leafs 1 Cup Lettuce 1-2 Tomatoes 1/3 Cucumber 1/2 Onion 1 Carrot 1/2 Lemon (juice)	1 PP Sweetcorn 2 Butternuts 1 Cauliflower 1/2 Lemon (juice)	None
Day 2	1/2 Pineapple 1 Banana 1 Orange 1 Heaped Tblsp 4-Seed-mix	1/2 Cup Brown Rice 1 Cup Barley Handful Desiccated Coconut	1/3 Red Cabbage 1/3 Green Cabbage 1 Carrot	1 PP Potato 1 Broccoli 2 PP Carrots 1/2 PP Onion	1 Cup PP Rooibos tea Slice Ginger/ Mint leaf/ Fresh Lemon
Day 3	1 Pear 1 Apple 1 Orange 1 Banana	None	1 Cup Spinach Leafs 1/3 Cucumber 1/2 Onion 1-2 Tomatoes 1 Stick Celery 1 Avocado 1/2 Lemon (juice) 1 Tsp Sesame Seeds	2 PP Beetroot 1 Cauliflower 1/2 PP Butternuts 1/2 PP Sweetcorn	1 Cup PP Rooibos tea 1 Orange Peel
Day 4	2 Med Pawpaws Handful Grapes 1/2 Pineapple 1 Banana 1 Kiwi Fruit Some Strawberries/ Blueberries 3-5 Cashew Nuts 1 Heaped Tblsp 4-Seed-mix	None	1 Cup Frozen Peas 1 Cup Spinach Leafs 1 Cup Lettuce 1 Stick Celery 1/3 Cucumber 4 Broccoli Flowers 1 Leek	6 Cups Spinach Leafs 1 Onion 1 Garlic 1 Potato 1 PP Sweet Potato 2 PP Carrots 1/2 Lemon (juice)	1 Cup PP Rooibos tea Slice Ginger/ Mint leaf/ Fresh Lemon
Day 5	1 Orange 1 Kiwi Fruit or Pear 1/2 Pineapple Handful Grapes 1 Heaped Tblsp 4-Seed-mix	2 Cups Polenta Yellow Maize Handful Dates or Raisins	1/2 Cup Sunflower Seeds 1 Cup Lettuce 1/2 Red Cabbage 1/2 Red Sweet Pepper 1/3 Cucumber 1-2 Tomatoes 1/2 Red / White Onion or Leek	1 Large Onion 1 PP Potato 2 PP Carrots 1 Broccoli 1 Tsp Sesame or Pumpkin Seeds 1/2 Lemon (juice)	1 Cup PP Rooibos tea Slice Ginger/ Mint leaf/ Fresh Lemon
Day 6	1 Apple or Orange 1 Pineapple and grapes 1 Kiwi or Strawberry or Banana Handful Raisins Some Dates Some Mint 6 Tblsp PP Granola or Meusli	None	1/2 Large Green Cabbage 4 Carrots 2 Tblsp Sesami Seeds	1 Onion 1 Garlic 3 Cups Green Beans 1 PP Potato 1/2 Medium Pumpkin (or Butternut) 1 Tsp Cinnamon Handful Desiccated Coconut 1 PP Sweetcorn 1/2 Lemon (juice)	None
Day 7	1 Banana 1 PP Orange 1 Pineapple 4 PP Dates 1 Cup Raw Peanuts 1/2 Cup Raisins	None	2 Cups Lettuce 2 Tomatoes 1/2 Onion 1/3 Cucumber 1/2 Red Sweet Pepper 1 Avocado	1 PP Sweet Potato 2 PP Carrots 250g Peas	1 Cup PP Rooibos tea Slice Ginger Stick or 1/2 Tsp Cinnamon

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	Breakfast: 3 x Fruit Salad	Breakfast: 2-3 Grain Porridge	2nd Meal: Salad	2nd Meal: Veggies	Evening Treat
			Some Pumpkin Seeds Some Sunflower Seeds 1/2 Lemon (juice)		
Day 8	1 PP Fruit of choice	1/2 Cup Desiccated Coconut 2 Cups Rolled Oats 4 Apples 1 Cup Raisins 1 Banana 2 Apples 1/3 Pineapple 1 Tsp Desiccated Coconut	1/2 PP Butternut 1 Onion 1 Garlic 1 Stick Celery 3 Cups Spinach Leafs 1/2 PP Sweetcorn 1/2 Cup Green Beans Some Roasted Seeds of Choice	None	1 Cup PP Rooibos tea Some Cinnamon or Coconut
Day 9	4 Favorite Fruits 1 heaped tblsp 4-Seed-mix 2 Tblsp Muesli	1.5 Cups Millet 1 Cup Raisins 5ml Vanilla Extract	Some Salad Leafs of Choice Some Raw Salad Veggies of Choice Some Roasted Seeds of Choice 1/2 Lemon (juice)	Veggie Stew of Choice 1/2 Pumpkin 1 Tsp Cinnamon Handful Desiccated Coconut Some Orange Peel or Ginger	1 Cup PP Rooibos tea Some Cinnamon or Coconut
Day 10	5 Favorite Fruits 1 Cup Rolled Oats	None	2 PP Potatoes Some Onion Powder Some Garlic Powder Some Turmeric 1 Butternut 1 Tsp Cinnamon Handful Desiccated Coconut 2 Sweetcorn 250g Frozen Peas	None	1 Cup PP Rooibos tea Slice Lemon 1 Tsp Raw Honey