



eatfitfood.com.au

When I hear the word detox, I think juice fast, shake diet, limited food and I guess, starvation. Well not on the detox I just experienced!

Three words... Eat Fit Food. It says it all. Over 10 days, my breakfasts, lunches and dinners were nutritionally balanced, prepared and delivered to my door by someone else. It was like all my Christmas's had come at once...just without the chocolate and over indulgent food! All I needed to do was heat my deliveries up and dig in!

So why detox? In today's world, we're all at risk of toxic stress on our bodies. This can

be due to the contaminants in our food and water, lack of exercise, poor diet and work stress. All this can make us feel tired and lethargic, putting strain on our digestive system and organs such as our liver.

According to some Naturopaths, Spring is the best time of year to start a detox. They say that the body takes on a cycle of energies that come around that time of year making it a lot easier to detox. We naturally start craving the nutrients we get from foods like fruit and cold salads, and as the new

spring vegetables become available it means there's no excuse for a poor diet!

For those who tend to over indulge on red wine and casseroles throughout Winter (you know who you are), and just can't seem to get back on the healthy track, then the Eat Fit Food 10 day detox program is for you. The program includes a mixture of yummy gluten free gourmet meals, right through to healthy snacks, and I promise you won't be left feeling hungry or disappointed!

Here is the mouthwatering menu I got to try!

"Spring is the best time of year to start a detox."



Day 1
 EFF Cleanse Juice REVIVE with apple, kiwifruit & spinach juice
Breakfast
 Scrambled eggs with roast romas & baby spinach
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Warm roast root vegetable salad with pinenut and lemon ginger dressing
Snack 2 Fruit
Dinner
 Warm tuna with chickpeas, almonds, roast capsicum & lemon caper dressing

Day 2
 EFF Cleanse Juice REVITALIZE with orange carrot, apple & lemon juice
Breakfast
 Gluten free muesli with rice milk & poached berries
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Brown rice salad with shallots, pepitas, sunflower seeds, raisins, peanuts & tamari dressing
Snack 2 Hummus & vege sticks
Dinner
 Thai chicken laksa with flat noodles, bean shoots, asian greens & carrots

Day 3
 EFF Cleanse Juice REJUVENATE with apple, carrot, celery, beetroot & ginger
Breakfast
 Free range scrambled eggs with a potato rosti, baby spinach & tomato jam
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Tomato, beetroot, carrot, avocado & hummus salad with ginger miso dressing
Snack 2 Fruit Salad
Dinner
 Chilli ginger & lemongrass barramundi with broccoli, brown rice, green beans, squash & lemon

Day 4
 EFF Cleanse Juice REVIVE with apple, kiwifruit & spinach juice
Breakfast
 Gluten free toast with tomato & hummus
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Roast pumpkin & caramelized onion frittata with a side salad
Snack 2 Fruit
Dinner
 Honey, lemon & ginger chicken stirfry with cashews

Day 5
 EFF Cleanse Juice REVITALIZE with orange carrot, apple & lemon juice
Breakfast
 Detox muesli with rice milk
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Spicy thai brown rice with broccoli omelette & fresh lime
Snack 2 Eggplant dip & vege sticks
Dinner
 Olive crusted salmon with sweet potato mash, silverbeet & lemon

Vegetarian options are available. All meals are gluten, dairy and red meat free.

Verdict: Fantastic program! I lost 2kg even though my intention wasn't really weight loss, bonus! To tell you the truth, I was surprised by the quantity of food that I received and the program definitely taught me it's ALL about the quality and balance of the meal.

Best part is: I have plenty more energy and my digestive system is thanking me for it!

What I missed: My daily coffee, though by day 5 my cravings had subsided.

CHRISTIE

MOUTH WATERING!

THE BEST!

yum!

Day 6
 EFF Cleanse Juice REJUVENATE with apple, carrot, celery, beetroot & ginger
Breakfast
 Free range omelette with baby spinach, tomato & herbs
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Pumpkin, tofu & snowpea stirfry with black sesame seeds
Snack 2 Fruit
Dinner
 Prawn san choy bow

Day 7
 EFF Cleanse Juice REVIVE with apple, kiwifruit & spinach juice
Breakfast
 Tomato & herb homestyle baked beans with gluten free toast
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Marinated chickpea salad with sweet potato, capsicum & citrus dressing
Snack 2 Rice crackers with semi-dried tomato & EFF hummus
Dinner
 Lime & coconut poached chicken with brown rice & asian greens

Day 8
 EFF Cleanse Juice REVITALIZE with orange carrot, apple & lemon juice
Breakfast
 Brown rice porridge with poached pear & walnuts
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Sweet potato cakes on tomato, red onion & avocado salad with honey mustard dressing
Snack 2 Fruit
Dinner
 Lemon & chilli chicken / veges with rice noodles, snowpeas, bean shoots, red capsicum & asian greens

Day 9
 EFF Cleanse Juice REJUVENATE with apple, carrot, celery, beetroot & ginger
Breakfast
 Gluten free muesli with rice milk & poached pears
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Warm salad of roast root vegetables with pinenuts & lemon ginger dressing
Snack 2 Beetroot dip & vege sticks
Dinner
 Marinated field mushrooms on sweet potato mash with green peas & mushroom sauce

Day 10
 EFF Cleanse Juice REVIVE with apple, kiwifruit & spinach juice
Breakfast
 Free range scrambled eggs with a potato rosti, baby spinach & tomato jam
Snack 1 Eat Fit Food Cleanse Bar
Lunch
 Brown rice salad with shallots, pepitas, sunflower seeds, raisins, peanuts & tamari dressing
Snack 2 EFF hummus & vegetable sticks
Dinner
 Fish & chips with low fat tartare & broccoli



YES PLEASE!!