

THE REAL DETOX PROGRAM

Discover the whole food, fad free approach to naturally detox your body.



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LOZ ANTONENKO

ABOUT ME

"As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones"

Do you lack energy? Are the challenges of life getting you down? Have you smashed your own weight-loss journey, only to find that you've put it all back on, and then some? Do you feel like you're stuck in a rut? Are your values, goals and actions misaligned with the direction of your current life trajectory?

If you're ready to make the best decision yet to level up your life, it is no coincidence that you're reading this right now! My name is Loz and I have once been where you currently are. Overweight, under-energised and generally feeling lost within the chaos of my life, I struggled to create abundance despite being surrounded by it. As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones.





INTRODUCTION



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WELCOME

These next 30 days you'll spend quality time in the kitchen cooking meals, preparing quick nutritious snacks and blending green smoothies. Each week the detox builds upon the previous week, giving you more and more delicious recipes, invaluable food knowledge, and tips to continuing a 'whole foods' lifestyle once you have completed the detox program. Find out what you can expect each week in the following section of this program.

WEEK 1: REDUCE AND PREPARE

These first seven days are designed to give your body a break from caffeine, sugar and processed foods, while still loading up on satisfying, nutrient rich meals. This is a great transition towards jump starting your real detox.

Jumping from a low nutrient highly processed diet to a high nutrient low processed diet with all the "bells and whistles" is extremely difficult to do. So let's take it in stages and I know you'll still be feeling great after the first week. Follow this simple diet and really get prepared for the following few weeks. Make sure you have all the ingredients and equipment you need.

If you're already eating a healthy diet like this, then why not use the extra time now to look into other natural methods of detoxifying your body - such as your daily movement, home environment and down time.

WEEK 2-3: CLEAR OUT TOXINS

It's now time to turn up the heat and take things to the next level. In this period you'll eat huge amounts of fibre-rich vegetables and snack on fresh fruit and seeds while drinking plenty of water, green smoothies, and herbal teas to flush out the toxins. It's also at this point that we really focus on removing certain food groups from the diet, like gluten, dairy and soy. We swap some of our typical healthy snacks for nutrient packed green smoothies. This is where true reset happens, so be kind to yourself, rest and eat up!

Detox symptoms may surface during this time and could require you to slow down for a few days while your body works hard at pushing toxins out of the body. Also, your energy levels will begin to rise during these weeks and your skin will really begin to look healthier.

WEEK 4: FULL POWER

During the fourth week it's time to truly witness the power of plant-based nutrition. In the last few weeks you have already experienced how great you can feel and look by simply having more fruit and vegetables in your diet. Because plants are awesome! It's pretty clear that eating more plants:

- Makes you healthier
- Helps you balance your appetite
- Gives you lots of the good stuff like nutrients and fibre
- Can be more environmentally sustainable and affordable

So for the fourth week of detox you will be eating 100% plant-based.

There are a lot of myths around plant-based eating, such as it's too complicated, expensive, your muscles will waste away, beans are bad for you or that you'll gain weight from too many carbs. None of this will happen to you during one week of plant-based eating. And remember, you've been building up to this for the last few weeks. Instead you'll discover how quickly you look, feel and perform better. If you thought energy levels were already improved, wait until you see the results from going fully plant-based.



FOOD LIST



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PROTEIN

Chicken (breast only)
Cod
Eggs
Halibut
Lamb
Prawns
Salmon
Trout
Turkey

FRUIT

Detoxifying Phytochemicals:
Blackberries
Blueberries
Cherries
Cranberries
Grapes (Red)
Lemon
Lime
Pears
Pomegranate
Raspberries
Strawberries
Digestive Support:
Apples
Grapefruit
Pineapple

VEGETABLES

Brassicas:
Bok Choi
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chard
Kale
Turnip
Watercress
Detoxifying:
Leafy Greens
Bok Choi
Chard
Collard Greens
Coriander
Fennel
Parsley
Spinach
Liver & Kidney Support:
Asparagus
Avocado
Beetroot
Carrots
Celery
Zucchini
Garlic
Green Beans
Leek
Onion

VEGETABLES

Peas
Butternut Squash
Sweet Potatoes
Water Chestnuts

PULSES

Black Beans
Cannellini Beans
Chickpeas
Kidney Beans
Lentils
Navy Beans
Pinto Beans
Split Peas

NUTS & SEEDS

Almonds
Brazil Nuts
Chia Seeds
Coconut
Flax Seeds
Hazelnuts
Linseeds
Macadamia Nuts

NUTS & SEEDS

Nut Butters
Pecans
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

HERBS & SPICES

Allspice
Basil
Bay Leaf
Black Pepper
Cardamom
Cayenne Pepper
Chili Powder
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry Powder
Dill
Fennel Seeds
Garlic Powder
Ginger
Mint

HERBS & SPICES

Nutmeg
Oregano
Paprika
Parsley
Rosemary
Saffron
Sage
Salt
Star Anise
Tarragon
Thyme
Turmeric
Vanilla

GRAINS

Almond Flour
Buckwheat Grains
Millet
Quinoa
Rice

OILS

Avocado
Olive Oil
Olives
Walnut Oil
Coconut Oil

DAIRY ALTERNATIVES

Almond Milk
Coconut Milk
Hazelnut Milk
Hemp Milk
Soy Yogurt (limited)

DRINKS

Fruit Tea
Green Tea
Herbal Tea
Homemade Fruit Juice
Lemon Water
Nettle Tea
Rooibos Tea
Vegetables Juice

OTHERS

Apple Cider Vinegar
Baking Powder
Balsamic Vinegar
Cacao Powder (limited)
Dijon Mustard
Soy Products (limited)

DIRTY DOZEN AND CLEAN FIFTEEN



It is suggested that during the detox program you buy as high quality food as your budget permits. Ideally for the entire 4 weeks, you would buy mostly organic produce. However, we know that organic produce is not always accessible or affordable, so below you will find a list of the 'dirty dozen', which singles out the fruit and vegetables that have the highest pesticide loads and the 'clean fifteen' with the produce that is least likely to hold pesticide residues.

THE DIRTY DOZEN

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet Bell Peppers
- Cucumbers
- Cherry Tomatoes
- Snap Peas (imported)
- Potatoes
- + Hot Peppers
- + Collard Greens
- + Kales

THE CLEAN FIFTEEN

- Avocados
- Sweet Corn
- Pineapples
- Cabbage
- Sweet Peas (frozen)
- Onions
- Asparagus
- Mangos
- Papayas
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet Potatoes
- Kiwis



MEAL PLANNER



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WEEK 1 MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Breakfast Salad Bowl	Raspberry & Flaxseeds Smoothie Bowl	Pear & Ginger Muesli Bircher	Mango Lassi with Mint	Pear & Ginger Muesli Bircher	Raspberry & Flaxseeds Smoothie Bowl	Breakfast salad Bowl
LUNCH (Ideally 3-4 hours after breakfast)	Chicken, Walnut & Chicory Salad	Leftover Chicken, Walnut & Chicory Salad	Sundried Tomato Hummus with Vegetables & Crackers	Broccoli & Ginger Soup	Leftover Broccoli & Ginger Soup	Nicoise Salad with Grilled Shrimps	Leftover Nicoise Salad with Grilled Shrimps
SNACK (Ideally between lunch and dinner)	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake	E.g. Mano Lassi, Sundried Tomato Hummus, Fruit Salad, Protein Shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Chicken & Banana Curry with Rice	Leftover Chicken & Banana Curry with rice	Salmon Bake Tray	Leftover Salmon Bake Tray	Thai Green Curry with Lentils	Meal Out - Enjoy!	Leftover Thai Green Curry with Lentils

WEEK 2 MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Kale & Pineapple Green Smoothie	Beet The Blues Smoothie	Matcha Chai Pudding	Green Goodness Smoothie	Turmeric Poached Eggs	Green Goodness Smoothie	Turmeric Poached Eggs
LUNCH (Ideally 3-4 hours after breakfast)	Rainbow Quinoa Salad with Grilled Turkey	Leftover Rainbow Quinoa Salad with Grilled Turkey	Beetroot Soup	Leftover Beetroot Soup	Red Kidney & Mackerel Salad	Leftover Red Kidney & Mackerel Salad	Beet The Blues Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding	E.g. any Smoothie, Candied Almonds, Matcha Chai Pudding
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Vegetarian Nasi Goreng	Leftover Vegetarian Nasi Goreng	Pork in satay Sauce with Asian Noodles	Leftover Pork in satay Sauce with Asian Noodles	Gluten Free Turkey Casserole	Meal Out – Enjoy!	Leftover Gluten Free Turkey Casserole

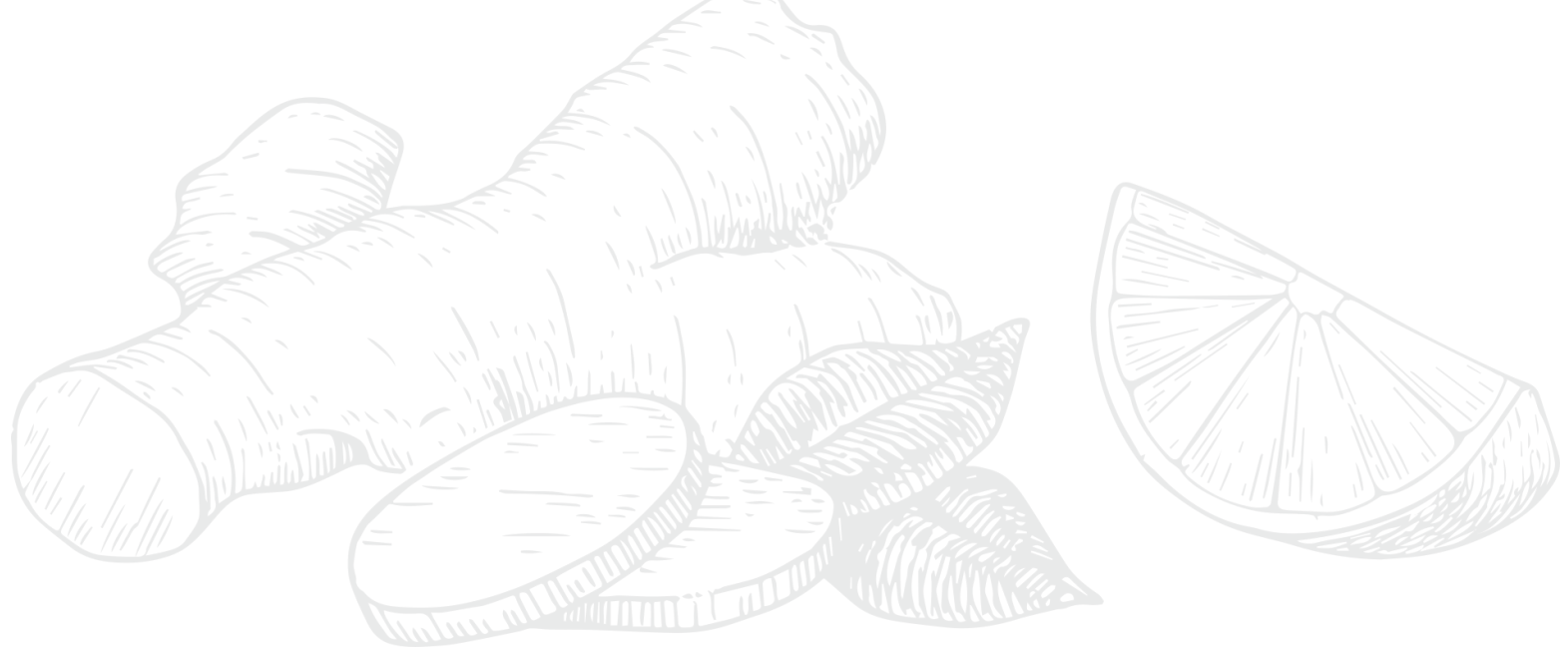
WEEK 3 MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Very Green Smoothie	Chai Seed Pudding	Very Green Smoothie	Mean Lean Smoothie	Strawberry & Ginger Smoothie	Mean Lean Smoothie	Kale & Peach Smoothie
LUNCH (Ideally 3-4 hours after breakfast)	Real Detox Salad	Strawberry & Ginger Smoothie	Garden Pea & Leek Soup	Leftover Garden Pea & Leek Soup	Real Detox Salad	Grilled Avo with Black Beans & Salsa	Leftover Grilled Avo with Black Beans & Salsa
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps	E.g. any Smoothie, Chai Seed Pudding, Salt & Pepper Kale Crisps
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Turkey & Quinoa with Sweet Tomato Sauce	Leftover Turkey & Quinoa with Sweet Tomato Sauce	Chickpea, Sweet Potato & Spinach Curry with Rice	Leftover Chickpea, Sweet Potato & Spinach Curry with Rice	Vegetable Bean Soup with Shrimps	Meal Out – Enjoy!	Leftover Vegetable Bean Soup with Shrimps

WEEK 4 MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Mango & Green Tea Smoothie	Green Power Smoothie	Raspberry & Coconut Smoothie	Green Power Smoothie	Pina Colada Smoothie	Raspberry & Coconut Smoothie	Mango & Green Tea Smoothie
LUNCH (Ideally 3-4 hours after breakfast)	Superfood Tahini Salad	Leftover Superfood Tahini Salad	Detox Salad	Detox Salad	Citrus Quinoa Salad	Leftover Citrus Quinoa Salad	Pina Colada Smoothie
SNACK (Ideally between lunch and dinner)	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Slow Cooker Cauliflower Tikka Masala with Brown Rice	Leftover Slow Cooker Cauliflower Tikka Masala with Brown Rice	Smoked Aubergine Goulash with Lentil Pasta	Leftover Smoked Aubergine Goulash with Lentil Pasta	Vegetarian Shepherd's Pie with Sweet Potato	Meal Out - Enjoy!	Leftover Vegetarian Shepherd's Pie with Sweet Potato



TOXICITY QUESTIONNAIRE



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TOXICITY QUESTIONNAIRE

This toxicity questionnaire is designed to assess your needs for a detoxifying program, make you more aware of what decides on your toxicity levels and check the results after completion of your detox program.

SECTION 1 - Symptoms

Rate each of the following based on your typical health profile within the past 90 days, and circle the corresponding number, then calculate your grand total.

Point Scale

- 0** - Never or almost never have the symptom
- 1** - Occasionally have it, effect is not severe
- 2** - Occasionally have, effect is severe
- 3** - Frequently have it, effect is not severe
- 4** - Frequently have it, effect is severe

HEAD

Headaches	0	1	2	3	4
Faintness	0	1	2	3	4
Dizziness	0	1	2	3	4
Insomnia	0	1	2	3	4

DIGESTIVE

Nausea and/or vomiting	0	1	2	3	4
Diarrhea	0	1	2	3	4
Constipation	0	1	2	3	4
Bloated feeling	0	1	2	3	4
Blenching and/or passing gas	0	1	2	3	4
Heartburn	0	1	2	3	4
Intestinal/stomach pain	0	1	2	3	4

EYES

Watery or itchy eyes	0	1	2	3	4
Swollen, reddened or sticky eyelids	0	1	2	3	4
Bags or dark circles under eyes	0	1	2	3	4
Blurred or tunnel vision	0	1	2	3	4

TOXICITY QUESTIONNAIRE

MOUTH / THROAT

Chronic coughing	0	1	2	3	4
Gagging, frequent need to clear throat	0	1	2	3	4
Sore throat, hoarseness, loss of voice	0	1	2	3	4
Swollen or discolored tongue, gums, lips	0	1	2	3	4
Canker sores	0	1	2	3	4

NOSE

Stuffy nose	0	1	2	3	4
Sinus problems	0	1	2	3	4
Hay fever	0	1	2	3	4
Sneezing attacks	0	1	2	3	4
Excessive mucus	0	1	2	3	4

EARS

Itchy ears	0	1	2	3	4
Earaches, ear infections	0	1	2	3	4
Drainage from ear	0	1	2	3	4
Ringings in ears, hearing loss	0	1	2	3	4

SKIN

Acne	0	1	2	3	4
Hives, rashes, dry skin	0	1	2	3	4
Hair loss	0	1	2	3	4
Flushing, hot flushes	0	1	2	3	4
Excessive sweating	0	1	2	3	4

HEART

Irregular or skipped heartbeat	0	1	2	3	4
Rapid or pounding heartbeat	0	1	2	3	4
Chest pain	0	1	2	3	4

WEIGHT

Binge eating or drinking	0	1	2	3	4
Craving certain foods	0	1	2	3	4
Excessive weight	0	1	2	3	4
Compulsive eating	0	1	2	3	4
Water retention	0	1	2	3	4
Underweight	0	1	2	3	4

JOINT & MUSCLES

Pain or aches in joints	0	1	2	3	4
Arthritis	0	1	2	3	4
Stiffness or limitation of movement	0	1	2	3	4
Pain or aches in muscles	0	1	2	3	4
Feeling of weakness or tiredness	0	1	2	3	4

LUNGS

Chest congestion	0	1	2	3	4
Asthma, bronchitis	0	1	2	3	4
Shortness of breath	0	1	2	3	4
Difficulty breathing	0	1	2	3	4

ENERGY / ACTIVITY

Fatigue, sluggishness	0	1	2	3	4
Hyperactivity	0	1	2	3	4
Apathy, lethargy	0	1	2	3	4
Restlessness	0	1	2	3	4

EMOTIONS

Mood swings	0	1	2	3	4
Anxiety, fear, nervousness	0	1	2	3	4
Anger, irritability, aggressiveness	0	1	2	3	4
Depression	0	1	2	3	4

MIND

Poor memory	0	1	2	3	4
Confusion, poor comprehension	0	1	2	3	4
Poor concentration	0	1	2	3	4
Poor physical coordination	0	1	2	3	4
Difficulty in making decisions	0	1	2	3	4
Stuttering, stammering	0	1	2	3	4
Slurred speech	0	1	2	3	4
Learning disabilities	0	1	2	3	4

TOXICITY QUESTIONNAIRE



OTHER

Frequent illness	0	1	2	3	4
Frequent or urgent urination	0	1	2	3	4
Genital itch or discharge	0	1	2	3	4

TOTAL

TOXICITY QUESTIONNAIRE

SECTION 2 - Risk of Exposure

Rate each of the following situations based upon your environmental profile for the past 12 months.

PART A

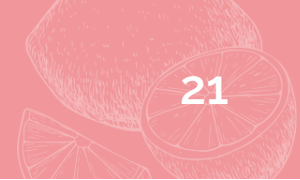
Point Scale

- 0 - Never;
- 1 - Rarely;
- 2 - Monthly;
- 3 - Weekly;
- 4 - Daily

QUESTIONS:

1. How often are strong chemicals used at your home? (bleaches, drain cleaners, floor wax, window cleaners, etc.	0	1	2	3	4
2. How often are pesticides used in your home?	0	1	2	3	4
3. How often do you have your home treated for insects?	0	1	2	3	4
4. How often are you exposed to dust, overstuffed furniture, Tabaco smoke, mothballs, incense, or varnish in your home?	0	1	2	3	4
5. How often are you exposed to nail polish, perfume, hairspray, or other cosmetics?	0	1	2	3	4
6. How often are you exposed to diesel fumes, exhaust fumes, or gasoline fumes?	0	1	2	3	4

TOXICITY QUESTIONNAIRE



PART B

Point Scale

- 0 - No;
- 1 - Mild change;
- 2 - Moderate change;
- 3 - Drastic change

QUESTIONS:

1. Have you noticed any negative change in your health since you moved into your home or apartment?	0	1	2	3	4
2. Have you noticed any change in your health since you started your new job?	0	1	2	3	4

PART C

Answer Yes or No.

QUESTIONS:

	YES	NO
1. Do you have a water purification in your home?	0	2
2. Do you have indoor pets?	2	0
3. Do you have any air purification system in your home?	0	2
Are you a dentist, farmer or construction worker?	2	0
Do you wash your produce?	0	2
Do you smoke?	2	0
Do you have amalgam fillings or caps?	2	0

SECTION 2 TOTAL:

GRAND TOTAL SECTION 1+2:

Add up the numbers from both sections and note your grand totals. If any individual section total is 6 or more, or the grand total is 40 or more, you may benefit from a detox program.