



2 Day Guide: Vegan Cleanse

IMPORTANT: This document is general advice only and you should consult your healthcare professional before acting on any advice covered in this document

Day 1

Breakfast: *Celery juice (made from half a celery bunch)

Snack: Selection of fruit (mango, strawberries, papaya or what is available to you)

Lunch: Salad (butter lettuce, cucumber, baby spinach) with orange segments

Snack: Smoothie (water/coconut water, banana and frozen berries/cherries)

Dinner: Spinach soup and grated 'cucumber noodles' (with a small amount of avocado if desired)

Day 2

Breakfast: *Celery juice (made from half a celery bunch)

Snack: Banana and frozen berries Smoothie (water/coconut water, banana /cherries)

Lunch: Salad (butter lettuce, cucumber, baby spinach) with orange segments

Snack: Celery sticks and grapes

Dinner: Selection of steamed vegetables (squash, potatoes, broccoli, cauliflower, asparagus or what is available to you)

Tips:

-  Aim to eat every 1.5-2 hours. Can extend if not hungry. This is NOT a calorie restriction diet, and you can let your body tell you when you are full.
-  If you don't have access to a juicer, use a blender to blend segments of celery with a small amount of water. Once blended into a light green mixture, strain the contents through cheese cloth to separate the juice from the pulp. Use the pulp in the soup for dinner that night or discard. If no access to a blender either, substitute celery juice for 'coconut water and spirulina' powder or 'fresh lemon juice in water'.
-  If available and your budget allows for it, purchase organic fruits and vegetables. If not, purchase regular fruit and vegetables and if fresh, give them a good wash under the sink before use
-  Choose fruits and vegetables that can be purchased locally if possible (organic if possible)
-  Use frozen produce if needed (organic if possible)
-  The aim is to keep protein and fat at minimal levels, and you may crave these foods initially so be aware of these cravings and fill up on more fruits and vegetables. A small amount of avocado can help
-  Had success and want to take it to the next level? Would you benefit from someone to help keep you on track? Reach out for help if needed via healthreversion.com

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