

5 DAY DETOX

DAY 1

BREAKIE IN A GLASS

Spinach, chia seeds, Greek yoghurt, almond milk, banana, mixed berries and acacia honey.

306 CALS 48G CARBOHYDRATES, 10G FAT, 17G PROTEIN

LIVER SHOT

Beetroot, lemon, fresh turmeric & ruby grapefruit.

24 CALS 3.8G CARBOHYDRATES, 0.1G FAT, 0.7 PROTEIN

ULTIMATE HEALTH BOOSTER

Pineapple, apple, broccoli, spinach, ginger, cucumber, avocado and Chinese leaf.

181 CALS 22.8G CARBOHYDRATES, 6.4G FAT, 4.3G PROTEIN

SUPER GREEN SOUP

Asparagus, onion, garlic, celery, kale, broccoli, spinach and courgette.

215 CALS 14G CARBOHYDRATES, 15G FAT, 8G PROTEIN

BEDTIME SMOOTHIE

Kale, natural yoghurt, banana, peanut butter, flax seeds, kiwi and almond milk.

257 CALS 38G CARBS, 9G FAT, 9G PROTEIN

DAY 2

BREAKIE IN A GLASS

Spinach, chia seeds, Greek yoghurt, almond milk, banana, mixed berries and acacia honey.

306 CALS 48G CARBOHYDRATES, 10G FAT, 17G PROTEIN

LIVER SHOT

Beetroot, lemon, fresh turmeric & ruby grapefruit.

24 CALS 3.8G CARBOHYDRATES, 0.1G FAT, 0.7 PROTEIN

SUPER GREEN SOUP

Asparagus, onion, garlic, celery, kale, broccoli, spinach and courgette.

215 CALS 14G CARBS, 15G FAT, 8G PROTEIN

SUPER GREEN SALAD

Kale, celery, green pepper, courgette, cucumber, broccoli, green peas, pea shoots.

133 CALS 2G FAT, 24G CARBOHYDRATES, 10G PROTEIN. WITH A DRESSING OF: AVOCADO AND PESTO AIOLI. 137 CARBOHYDRATES, 11G FAT, 7G CARBS, 3G PROTEIN

BEDTIME SMOOTHIE

Kale, natural yoghurt, banana, peanut butter, flax seeds, kiwi and almond milk.

257 CALS 38G CARBS, 9G FAT, 9G PROTEIN

5 DAY DETOX

DAY 3

BREAKIE IN A GLASS

Spinach, chia seeds, Greek yoghurt, almond milk, banana, mixed berries and acacia honey.

306 CALS 48G CARBOHYDRATES, 10G FAT, 17G PROTEIN

LIVER SHOT

Beetroot, lemon, fresh turmeric & ruby grapefruit.

24 CALS 3.8G CARBOHYDRATES, 0.1G FAT, 0.7 PROTEIN

ULTIMATE HEALTH BOOSTER

Pineapple, apple, broccoli, spinach, ginger, cucumber, avocado and Chinese leaf.

181 CALS 22.8G CARBOHYDRATES, 6.4G FAT, 4.3G PROTEIN

SWEET POTATO SALAD

Sweet potato, black beans, scallions, mixed bell peppers, sweet corn, coriander & chilli.

282 CALS 0.9G FAT, 59G CARBOHYDRATES, 13G PROTEIN. WITH A MEXICAN STYLE DRESSING OF: HONEY, DIJON MUSTARD, LEMON JUICE, OLIVE OIL & CAYENNE PEPPER 96 CALS, 7G FAT, 9G CARBOHYDRATES, 0G PROTEIN

BEDTIME SMOOTHIE

Kale, natural yoghurt, banana, peanut butter, flax seeds, kiwi and almond milk.

257 CALS 38G CARBS, 9G FAT, 9G PROTEIN

DAY 4

BREAKIE IN A GLASS

Spinach, chia seeds, Greek yoghurt, almond milk, banana, mixed berries and acacia honey.

306 CALS 48G CARBOHYDRATES, 10G FAT, 17G PROTEIN

LIVER SHOT

Beetroot, lemon, fresh turmeric & ruby grapefruit.

24 CALS 3.8G CARBOHYDRATES, 0.1G FAT, 0.7 PROTEIN

SUPER GREEN SOUP

Asparagus, onion, garlic, celery, kale, broccoli, spinach and courgette.

215 CALS 14G CARBOHYDRATES, 15G FAT, 8G PROTEIN

SUPER GREEN SALAD

Kale, celery, green pepper, courgette, cucumber, broccoli, green peas, pea shoots.

133 CALS 2G FAT, 24G CARBOHYDRATES, 10G PROTEIN. WITH A DRESSING OF: AVOCADO AND PESTO AIOU. 137 CALS 11G FAT, 7G CARBOHYDRATES, 3G PROTEIN

BEDTIME SMOOTHIE

Kale, natural yoghurt, banana, peanut butter, flax seeds, kiwi and almond milk.

257 CALS 38G CARBS, 9G FAT, 9G PROTEIN

5 DAY DETOX

DAY 5

BREAKIE IN A GLASS

Spinach, chia seeds, Greek yoghurt, almond milk, banana, mixed berries and acacia honey.

306 CALS 48G CARBOHYDRATES, 10G FAT, 17G PROTEIN

LIVER SHOT

Beetroot, lemon, fresh turmeric & ruby grapefruit.

24 CALS 3.8G CARBOHYDRATES, 0.1G FAT, 0.7 PROTEIN

SUPER GREEN SALAD

Kale, celery, green pepper, courgette, cucumber, broccoli, green peas, pea shoots.

133 CALS 2G FAT, 24G CARBOHYDRATES, 10G PROTEIN. WITH A DRESSING OF: AVOCADO AND PESTO AIOLI. 137 CALS 11G FAT, 7G CARBOHYDRATES, 3G PROTEIN

SWEET POTATO SALAD

Sweet potato, black beans, scallions, mixed bell peppers, sweet corn, coriander & chilli.

282 CALS 0.9G FAT, 59G CARBOHYDRATES, 13G PROTEIN. WITH A MEXICAN STYLE DRESSING OF: HONEY, DIJON MUSTARD, LEMON JUICE, OLIVE OIL & CAYENNE PEPPER 96 CALS 7G FAT, 9G CARBOHYDRATES, 0G PROTEIN

BEDTIME SMOOTHIE

Kale, natural yoghurt, banana, peanut butter, flax seeds, kiwi and almond milk.

257 CALS 38G CARBS, 9G FAT, 9G PROTEIN

DURING & AFTER YOUR DETOX

- Matcha green tea daily, green tea and herbal tea daily is advised.
- Super green shot on a daily basis & a good knowledge of vitamins and minerals, (taking what you require) benefits the whole-body. For example a lot of us need an extra dose of vitamin d, b vitamins, calcium, iron. It is worth finding out what you need to help your body function to its best ability. Some vitamins help other vitamins and minerals work better also.
- Water intake is hugely beneficial and taking up to 3ltrs a day can work wonders on the body. Usually a good portion of our water can be taken in herbal tea and juices but we would also recommend taking extra water.
- If you are hungry snack on raw fruit and vegetables but don't overdo it. Some people are more active than others so they require more fuel. If you must take excessive exercises, you may like to take a protein shake for repair. We have pea and rice protein powder available for purchase in 'the lo-cal kitchen' and we also have a pea protein shake available in the café.
- Try to keep one juice/smoothie, salad or soup a day going and when possible try to fit in a detox day at least once a month where you follow day 1.
- Body exfoliation, brushing and epsom salt baths are great ways to help detox your body from the outside on a weekly basis or whenever possible. We recommend doing all these things while doing the detox to help the body along.

- Exercise is paramount, whether it be strength training, sprints, light jog or a brisk walk. All help to keep the body flexible, strengthen the lungs and clear the mind. During the detox we recommend light walks but nothing too strenuous.
- Meditation (whatever your method is) will help you to detox your mind. During the detox and indeed following the detox we recommend yoga practice as well as walking, this can clear your mind and steady your mind. Meditation throughout the day for any length of time is beneficial. Yoga/meditation before bed (particularly during the detox) can really aid a restful sleep. The same can be said for yoga upon waking, it can help you wake up in a natural way and set you up for the day.
- Positivity attracts positivity.

PRICES

- Entire 5-day detox can be purchased for **€110**
- It is possible to do a 3-day detox for **€65** but we highly recommend doing 5 days to get the full benefit.
- The first 3 days can be collected the night before or morning of day 1 detox and days 4 and 5 can be collected on the evening of day 3 or morning of day 4.
- A deposit of **€20** will be taken upon ordering a detox.
- 24 Hours notice must be given for all detox orders.

TERMS AND CONDITIONS

All prices are for detox packages please see menu for prices of each item individually. This is a detox not a deprive diet! Snack if you feel hungry do not let yourself starve. It is designed to cleanse the body and remove toxins that build up in everyday life. You may or may not lose weight from this but ultimately it is designed to rejuvenate the body and help kick start a healthy body and mind. Consult your physician regarding the applicability of the five-day detox with respect to your individual health, if you are unsure. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking. The Lo-cal Kitchen makes no warranties or representations regarding the results to be achieved from the five-day detox, the results are likely to vary from participant to participant.