

REBOOT YOUR HEALTH

3 DAYS

TO WELLNESS

DETOX^{BY}

CHRISTINA ECONOMIDOU
& EN HEALTHY

- > Anti-cancer
- > Gluten free
- > Cholesterol free



15

**HEALTHY, DELICIOUS
& EXCITING MEALS**

vegan | dairy free | refined sugar free | healthy | meat free

3 DAYS TO WELLNESS DETOX

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MEET THE TEAM BEHIND YOUR 3 DAY DETOX PROGRAM

Welcome to your 3 Day Detox program! We are excited to be sharing our program with you! We are particularly happy that you decided to give this gift to yourself, a gift of better health, conscious eating and deep body cleansing.

This Detox is the result of a wonderful collaboration between Christina Economidou Pieridou and the En Healthy team.



CHRISTINA ECONOMIDOU PIERIDOU

www.nutritioncanheal.com

Christina Economidou Pieridou is an author, speaker and clinical dietitian. Christina has twenty years of experience in the field of nutrition, and has a passion for seeking a holistic approach to health. In 2012 Christina published her first nutrition book titled: "How to become Your Own Dietitian" and in 2016 her 2nd book was published titled: "Anticancer – The Preventive Power of Food". Christina is very active in presenting frequent live seminars on key nutrition and health topics such as cancer prevention, healing autoimmune conditions and treating the gut in a holistic way.

In 2017 Christina founded Nutrition Can Heal, an online platform which is based on cutting edge scientific evidence which aims to:

- Promote the healing power of real food
- Help people like you heal the whole body from within
- Integrate natural and traditional therapies with modern science

Her mission is to provide science-based nutrition information as well as nutrition protocols that will help people improve their health such as this amazing Detox Protocol.

EN HEALTHY

www.enhealthy.com

The team - Marina Christoforou and Natasa Stylianou - created the En Healthy website with the purpose to share with you many healthy alternatives for exciting and delicious meals. Our goal is to spread joy and satisfaction through easy, delicious, colourful, mouth watering and nutritious recipes. In all our recipes we never use sugar, dairy or any animal products and you will be amazed how tasty a plant based meal can be. As you will discover there are ways of making all your favorite foods healthy and delicious.

Although we both studied graphic design we always had a passion for food, trying new things, recreating recipes, discovering different healthy ingredients and creating something new with an artistic touch! We would like to inspire people to eat more vegetables and eliminate from their diet any chemicals, additives and processed foods as much as possible.

We do not like giving our eating habits a label, rather we would just eat what is right for our body and what makes us feel good and nourished. Our recipes are inspiring suggestions for people who would like to eliminate toxins from their body. Keep in mind that you do not have to eat this way all the time. Everyone should be encouraged to adopt this lifestyle whether it is a few days a week or everyday and become the change they would like to see.





THE BASIC PHILOSOPHY OF THE 3 DAY DETOX

Nowadays our health is not something we can take for granted! Chronic diseases, environmental pollution, processed foods, lack of time, stress, inflammation and toxin overload are affecting our wellbeing, our current and long-term health, and even our longevity.

We are all responsible for our own health, however. Our diet and lifestyle are key players to our health. Breakthrough science has proved that the foods we eat can turn our genes on and off, and if we make the right choices, they can prevent serious diseases like cancer and heart disease and promote longevity and health.

This 3 Day Detox plan is a step towards bringing more balance to your body. It has been designed for people who are beginners in the concept of detoxing and who need to learn the basics of how the body's detoxification system works.

This detox has also been designed having in mind that most of us live busy lives and the idea of doing a longer detox often sounds discouraging. No matter how busy you are at this moment in life, you will be able to fit this Detox into your plan and enjoy its numerous benefits!

THE BASIC PHILOSOPHY OF THE 3 DAY DETOX IS:

- To remove the foods that stress your detoxifying organs and cause silent inflammation
- To add nutritious foods that nourish the body
- To add foods and herbs with proven detoxifying properties

To get the most benefit out of this 3 Day Detox we advise you to do it once every two to three months, in order to protect the body from unwanted toxins and to help the body rebalance with optimum nutrition. We are excited that you are beginning this journey to vibrant health and wellbeing!

We really hope that you will enjoy this 3 Day Detox and that it will be an inspiration in your life for many more positive diet and lifestyle changes!

WHEN YOUR BODY ASKS FOR A DETOX:

So... how would you know if your body needs a detox? Here's a list of conditions that can be making your life difficult and that can easily go away or ease out if you follow this 3 Day Detox often. Grab a pen and take a note which of the conditions below are mostly affecting you before you begin your 3 Day Detox plan. You can even give a grade to your discomfort from 0 to 10 for each of the conditions that apply to you and come back after you finish your Detox to re-assess how you feel.

Do You ...

Feel out of energy

Have slow metabolism / difficulty losing weight

Have sleep problems

Have constipation

Feel bloated after meals and / or have indigestion

Have excessive gas

Have skin problems i.e. eczema, psoriasis, dry skin

Have headaches

Have mood swings

Have anxiety

Find it difficult to focus and concentrate



OTHER SIGNS THAT YOUR BODY NEEDS TO DETOX:

- If you eat in a compulsive way
- Have strong cravings for sugary and starchy foods
- Have a highly processed diet (Eat a lot of pre-packed foods)

Lastly, your body definitely needs to Detox if you have gone through chemotherapy or radiotherapy treatments.

Many of you might not feel any of the above, but might simply want to do this 3 Day Detox to cleanse your body and optimize your health, vitality and wellbeing!

TOXINS SLOWLY DAMAGE OUR HEALTH

The world around us is not as clean and pure as it once was. Endocrine-disrupting chemicals, heavy metals and pesticides from the food supply enter the body constantly. Add to that toxins from cigarette smoking, excessive alcohol consumption, medicines, indoor and outdoor pollution and you get a better idea of the cocktail of dangerous substances that circulate in our bodies.

These toxic substances enter the body through the air we breathe, the water we drink, the food we eat and even the personal care products we choose.

In the modern world in which most of us live in today, the exposure to manmade toxic chemicals is higher than ever before. When the toxins entering the body exceed its detoxification capacity, the liver's detoxification system is overloaded. The liver then stops functioning optimally and toxins accumulate in the body.

Toxins can slowly build up in some organs and silently interfere with their function.

They interfere with:

- normal hormonal balance
- thyroid function
- the immune system
- skin health
- glucose and energy metabolism in each cell, and
- fertility

WHY IS IT IMPORTANT TO HELP YOUR BODY CLEANSE?

Various organs in the body are naturally designed to eliminate toxins. These are the large intestine, the kidneys, the lymphatic system, the skin and the lungs.

A detoxification program can reboot your body and can promote the optimal functioning of these detoxification organs. Very often the toxin removal



canals become blocked, as in the case of constipation. In these cases a detox program like this 3 Day Detox will help the re-opening of the detoxification pathways and ensure the proper functioning of the whole body.

Detoxing your body periodically can help counteract some of the damage caused by toxins and can support a healthy immune system.

Your 3 Day Detox will help the body re-balance.

It will re-program your body towards good health and vitality!

WHAT TO EXPECT WHILE DOING THE 3 DAY DETOX

Depending on your health status, the levels of stored toxins in your body and your daily dietary habits, you will have a different experience while doing the 3 Day Detox.

There are many types of Detox plans. This is a beginner's detox program, which means that it will introduce you to the basic concepts of detoxing.

Typically, this detox does not have any unpleasant side effects, mainly because it is short in duration and aims to boost the body's natural detoxification processes gently.

However, it is important to note that a few of you may experience some of the following symptoms because a number of cleansing processes are happening internally:

- itchy skin
- bad breath
- headache
- muscle cramps
- being irritable and upset



People who regularly drink a lot of coffee will most probably have a headache at some point during the program.

People who regularly eat a lot of sugar are also likely to have a headache or feel upset and irritable at some point.

Some people report feeling powerful cravings for certain foods, especially comfort foods.

WHAT ABOUT MY ENERGY LEVELS?

Most people have increased energy levels while doing the 3 Day Detox. This program has been designed to give your body all the nutrients it needs to initiate the necessary self-healing processes.

It also teaches you how to add some extraordinary superfoods into your diet that will not only remove toxins but will leave you feeling energized and renewed.

WHEN IS THE BEST TIME TO DO THE 3 DAY DETOX?

As you might experience some of the symptoms mentioned above, it is a good idea to start your cleanse during a period that you don't have a lot happening at once. For example, find a time when you are not faced with major life challenges, travelling, undergoing exams, or have strict deadlines. Choose to start this detox when everything in your life is generally settled. This way you can use all your energy to shop and prepare fresh, healthy whole foods and juices.

A DETOX IS NOT JUST ABOUT FOOD

It is important to mention that detoxing is not just about what you eat and what you don't. Detoxing the body also comes with detoxifying the mind and spirit. If you are stressed out to the max, don't sleep enough, lead a sedentary lifestyle, and have anxiety most of the time, a detox regimen will simply bring you more stress and you will not fully benefit from all that it has to offer.

Consider the following during the detox program:

- Make more time for yourself
- Make time to rest and sleep more
- Make time to meditate
- Make time for some light exercise like walking or yoga
- Take some time off from work
- Make time to re-connect with nature
- Make time to listen to relaxing music

Detoxing is not about restricting yourselves. It is a time of self care, self-reflection and relaxation. Take advantage of this time to re-consider your relationship with food. Think about what you eat and why, in order to finally confront unnecessary emotional bonds with foods and break them.

TIPS FOR EXERCISE, SLEEP & RELAXATION

EXERCISE

This is not the time for challenging your body physically with strenuous hours at the gym or a cross-fit challenge. This is a time for your body to renew itself and therefore it needs its strength to do so. However, there are exercises you CAN do during a detox to increase circulation and to help the body release toxins. These exercises include:

- Walking in nature
- Yoga
- Pilates
- Stretching
- Leisure swimming

SLEEP AND RELAXATION

The immune system re-builds itself during times of sleep. Therefore, rest and sleep are just as important as what you eat during the detox, so make sure you prioritize time to rest as much as possible.

HOW TO MINIMIZE WITHDRAWAL SYMPTOMS

It can be disheartening to start a detox program and feel a lot of withdrawal symptoms like headaches and bodily aches and pains. To minimize these symptoms:

- Drink A LOT of clean, filtered water
- Make time to rest

WHO SHOULDN'T DO THE 3 DAY DETOX?

You should not try an unsupervised detox program if you have/are:

- Type I Diabetes
- Kidney disease
- Diverticulitis
- Gout (or high uric acid)
- Active inflammatory bowel disease such as active Crohn's Disease or Ulcerative Colitis
- Pregnant or Breastfeeding
- Been advised by a health care professional not to, due to your personal health status.

IMPORTANT CONSIDERATIONS WHEN DOING A DETOX:

Sensitive Intestines

If your intestines are sensitive, for example, you suffer from Irritable Bowel Syndrome (IBS) and you have noticed that raw fruits and vegetables bother you, it is important to modify the detox menu to include more cooked vegetables than raw salads. You may also blanch vegetables like kale and spinach before adding them to your smoothies. Cooking breaks down fibers and phytic acid that might cause irritation to an inflamed intestinal tract.

If your intestines are too sensitive, you can also puree fruits like apples and pears in order to further decrease the fiber content.

It is important to note that during the detox you may experience a little bloating due to the high fiber content. If you do experience bloating, don't worry, it will alleviate itself once your body gets used to a higher fiber intake.

GENERAL GUIDELINES FOR THE 3 DAY DETOX

As discussed earlier in the book, the basic philosophy of the 3 Day Detox is:

- to remove the foods that stress your detoxifying organs and cause silent inflammation
- to add nutritious foods that nurture the body and
- to add foods and herbs with proven detoxifying properties.



To achieve this, the following general guidelines must be followed:

- Remove sugar completely for these 3 days. Skip foods and beverages that contain high fructose corn syrup.
- Remove alcohol and coffee completely.
- Remove gluten (wheat, rye, barley and their products such as bread, pasta, biscuits, crackers, muffins, most cereals, soy sauce etc).
- Remove dairy products.
- Remove meat and poultry. Wild caught fish and shellfish are ok.
- Remove hydrogenated oils (trans fats) from margarines and processed foods.
- Remove vegetable fats such as corn oil, soybean oil, sunflower oil and safflower oil.
- Remove processed food products that contain preservatives, artificial colors or other additives.
- Choose foods that are as close to their natural state as possible.
- Avoid fruits and vegetables grown in the conventional way with pesticides and herbicides.

EATING CLEAN

As it is always ideal to eat organic whenever possible, sometimes it is not an option because of price or accessibility. Here are some tips by the US Environmental Working Group (EWG) for reducing the pesticide load of your fruits and vegetables.

Stay away from the Dirty Dozen

The US Environmental Working Group publishes a yearly list of the fruits and vegetables found to have the largest amounts of pesticides.

From the following foods, try to buy organic as much as possible:

STAY AWAY FROM THE

DIRTY 12

- STRAWBERRIES
- APPLES
- NECTARINES
- PEACHES
- CELERY
- GRAPES
- CHERRIES
- SPINACH
- TOMATOES
- SWEET BELL PEPPERS
- CHERRY TOMATOES
- CUCUMBERS
- HOT PEPPERS
- KALE/COLLARD GREENS

HERE ARE THE

CLEAN 15

- ONIONS
- AVOCADO
- SWEET CORN
(WATCH FOR GMO)
- PINEAPPLE
- MANGO
- SWEET PEAS
- EGGPLANT
- CAULIFLOWER
- ASPARAGUS
- KIWI
- CABBAGE
- WATERMELON
- GRAPEFRUIT
- SWEET POTATOES
- HONEYDEW MELON

The EWR also publishes a list of the Clean 15 which includes fruits and vegetables with the lowest amounts of pesticides. These foods you can clean with water and vinegar before using them. Simply fill a large bowl with water and add a shot glass of vinegar and allow the fruits and vegetables to sit in the water for 15 minutes.



FOODS WITH DETOXIFYING PROPERTIES

Artichoke

This edible flower is rich in liver protective ingredients, including cynarin, a compound that stimulates liver and gallbladder. Artichokes can protect and regenerate the liver and protect the body against many detrimental toxins. They also support kidney function. Artichokes protect the livers' glutathione levels. Glutathione is an amino acid that is critical for detoxification processes that take place in the liver and is considered to be the body's master antioxidant.

Beetroot

Fresh beetroot is your liver's best friend. Its vibrant, purple-red colour, is due to betalains, phytonutrients that have anti-inflammatory properties. Beetroots are among the richest sources of betaine, an amino acid that is associated with liver detoxification. Betaine helps the liver break down fats and throw them into the small intestine in the form of bile. It has been particularly studied for its ability to prevent and reverse liver damage caused by alcohol abuse. Beetroots have also been found to protect the liver from various toxic substances such as prescription medications and pesticides.

Fermented vegetables such as sauerkraut

Our intestines are the home for billions of bacteria. Beneficial bacteria have a key role in the immune system and in regulating the detoxification of the intestines. Probiotics are foods or supplements that replenish the good bacteria in the gut. You can get probiotics from everyday foods like authentic sheep's yogurt, kefir, fermented foods like miso, sauerkraut and fermented vegetables. Very often it is beneficial to take a supplement of good bacteria to restore gut balance more quickly.



Certain strains of probiotic bacteria in the gut bind to toxic chemicals and heavy metals and flush them out of your system. They also stimulate the production of some of the main detoxifying enzymes in the intestines.

Garlic

Garlic is an excellent detoxification aid. It encourages production of the potent detoxifying antioxidant glutathione.

Cabbage, Brussels sprouts and broccoli

Known to increase the activity of phase II enzymes in the liver and support better detoxification.

Chia seeds and linseeds

They promote regular bowel movements. Constipation must be regulated, as the large bowel is the main exit route for throwing toxins out of the body.

Turmeric

Turmeric is one of the most frequently mentioned herbs regarding its medicinal properties backed up by thousands of studies. One of its compounds, curcumin, has been studied extensively and has been found to have many properties such as anti-inflammatory, anti-depressant, anti-coagulant, anti-cancer and many more. Turmeric will not only boost your overall health but will also boost the taste of your food.

Milk Thistle

While doing the detox, you could use Milk Thistle, a plant used by herbalists for many centuries to treat various liver disorders. It stimulates the two main detoxification pathways of the liver and helps rebuild destroyed liver

cells. It can therefore be useful for people who have fatty liver, who are on long-term medications, or who drink alcohol regularly.

The liver is a vital organ mainly involved in the detoxification of the body therefore anything you can do to optimize its detoxifying potential has great impact on long term health. Milk thistle is scientifically proven to do just this. Therefore, we recommend its use while doing this detox.

Coriander Leaf (Cilantro)

Traditionally, coriander has been known for its ability to stimulate digestion as well as calming the intestinal tract and strengthening the stomach and its secretions. Studies have shown that coriander leaves can help the body detoxify by boosting the removal of the heavy metals aluminium, lead and mercury from the body.

Lemon

Squeezing a lemon in water every day is a very common thing to do among people who want a gentle daily detox aid. Lemons are known to excrete toxins away from the liver. D-limonene from citrus oil has been shown to increase the activity of phase I and II detoxifying enzymes. These enzymes act in the intestines and the liver by metabolising clinical drugs and several environmental toxins into water soluble substances that can be excreted from the body.

Green Tea

Green tea works beautifully as a natural detoxification agent. High-quality green tea has numerous health benefits. It plays a role in maintaining a healthy circulatory system and in protecting against heart disease. It is full of powerful antioxidants that neutralise free radicals within the body. This is very important because free radicals tend to damage healthy cells and may lead to premature ageing and diseases like cancer.



THE 3 DAY DETOX MENU

We have combined the very best of our knowledge and skills in order to offer you an amazing experience while doing this detox.

The ingredients and meal guidelines have been carefully selected and designed based on the latest knowledge on nutrition science by the dietitian of our team, Christina Economidou Pieridou. The recipes have been skilfully designed, tested and approved by the En Healthy team, famous for their healthy, innovative and delicious recipes.

*** We understand that at some point due to lack of availability of some ingredients, time constraints, seasonal variations etc you might need to substitute a meal in the menu with another that you can prepare at home or order when dining out. Please note that if this is the case you must follow the general guidelines listed in the previous pages.**



DAY 1
LUNCH

FALLAPHEL & SALAD

PREP TIME 5 minutes TOTAL TIME 10 minutes MAKES 15-17 FALLAPHEL

INGREDIENTS

- 1 red onion finely chopped
- 2-3 tablespoons olive oil + more for brushing
- 500 g pre cooked chickpeas
- 1 cup oat flour
- 1 cup finely chopped parsley
- 1 cup finely chopped fresh coriander
- 4 spring onions finely chopped
- 1 tablespoon cumin powder
- Juice of 2 lemons
- 2 garlic cloves
- 1 teaspoon salt
- Paper
- 1/4 cup sesame seeds

SALAD FOR 2 SERVINGS

- 3-4 any green leaves roughly chopped
- 1/2 cup cilantro roughly chopped
- 1 cucumber sliced
- 10 cherry tomatoes roughly chopped
- 1 small beetroot sliced
- 1/2 small red onions sliced
- 1/2 orange sliced and cut in half

DRESSING

- 1 tablespoon mustard
- 2 tablespoons olive oil
- 4 tablespoons fresh orange juice
- Salt and pepper

INSTRUCTIONS

- Heat 2 tablespoons olive oil in a large non stick skillet over medium-high heat and cook the red onions until soft and lightly browned. Transfer to a food processor. Reserve skillet for later use.
- Add the chickpeas, oat flour, parsley, coriander, spring onions, cumin powder, lemon juice, salt and pepper to the food processor. Pulse until the mixture comes together. Add the sesame seeds and blend for 2 seconds. You can refrigerate overnight (the longer it stays in the refrigerator the better it tastes) or use it immediately.
- Form the mixture into patties, the amount of 2 tablespoons of the mixture.
- Place patties on a baking sheet and brush both sides with olive oil. Bake in a preheated oven at 200 C for about 15 minutes. (You can also freeze the patties when there cooked).
- Add the cooked falafel to a freezer safe container and freeze up to 1 month. Reheat in the oven at 190 C until warmed through.
- Prepare the dressing by adding all the ingredients for the dressing in a small bowl and mix well.
- Serve in a plate over greens, cilantro, add cucumbers, cherry tomatoes, beetroot, onions, orange and drizzle with the dressing.



DAY 2
SNACK

APPLE PEANUT BUTTER DONUTS

PREP TIME 5 minutes TOTAL TIME 10 minutes MAKES 2 servings

INGREDIENTS

- 2 tablespoons peanut butter
- 2 organic apples

TOPPINGS

- 1 tablespoon goji berries
- 2 teaspoons chia seeds
- 1 tablespoon coconut flakes
- 1 tablespoon cacao nibs
- 1 tablespoon peanuts, roughly chopped

INSTRUCTIONS

- Wash the apples and core them with a tool or with a knife. (A tool used to extract the core from the apple. This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin intact).
- Cut the apples into crosswise rings.
- Spread a little peanut butter on each slice and sprinkle the toppings.

Dear friends, you have successfully completed the 3 Day Detox!

We hope that you feel renewed and more energetic like most people do, after three days of clean, healthy eating.

From our experience we know that some of you will definitely want to do the 3 Day Detox every few weeks or every 2-3 months. This will give you the greatest value in your future health and wellbeing.

Many people report that their eating habits change dramatically after they complete the 3 Day Detox.

LIFE AFTER THE DETOX

Here are a few tips to help you maintain the increased energy and clarity you feel after the detox:

1. Take this opportunity to incorporate in your diet some of the snack ideas, smoothies or nutritious recipes from the 3 Day Detox menu.
2. Substitute sweets with fresh or dried fruits, or with a trail mix consisting of unsalted nuts and fruit.
3. Keep a food journal to note your food and drink intake so that you can be accountable to the good habits you learned during the detox.
4. Stay well hydrated during the day.
5. Drink green tea daily to get the benefits from its potent antioxidant activity.
6. Try to avoid inflammation-causing foods as much as possible, such as gluten and dairy. If you do eat them, do so sparingly and always from organic sources.
7. Eat real food. Avoid packaged and processed foods as much as possible. A good way to help you choose healthier foods is to avoid packaged products with more than 4 ingredients or with ingredients that are too difficult to read out!

SHOPPING LIST

FRUIT & VEGETABLES

1 cup spinach
2 pears
6 cucumbers
6 lemons
1 teaspoon lemon zest
2 red onions
1 big onion
12 spring onions
8 garlic cloves
3-4 any green leaves
30 cherry tomatoes
3 small beetroots
7 oranges
1/2 yellow pepper
2 carrots
1 ginger
9 bananas
500 gr frozen mix berries
2 organic apples
1 avocado
1 tomato
2-3 Lettuce leaves
1 zucchini
2 red peppers
2 yellow peppers
2 pineapples
1/4 purple cabbage
1 1/2 cup parsley, finely chopped
2 cups rocket leaves
3 cups fresh cilantro, finely chopped
1/2 cup basil leaves
2 cups spinach leaves
1 kiwi
2 tablespoons fresh blueberries
1 medium mango

OTHERS

1 small bottle vanilla extract
1 package shredded coconut
1 tablespoon coconut flakes
1/3 cup (70gr) brown rice
1 Tamari sauce
1 teaspoon salt
1 small jar mustard
1 litre coconut milk
1 tin coconut cream
Cacao nibs
8 tablespoon honey or maple syrup
matcha powder
2 teaspoons spirulina
Cacao
Optional: 2 capsules probiotics
2 tablespoons (30gr) oats
2 cups oat flour (260gr)
Pepper

NUTS

1 small package (150gr) walnuts
1 tablespoon peanuts
1 tablespoon pistachios
1 packet (150gr) brazil nuts
1 packet (40gr) pine nuts

SEEDS

13 tablespoons chia seeds
1/4 cup sesame seeds
1 cup millet
1 tablespoon black cumin
1/2 cup quinoa

OILS, BUTTERS & VINEGARS

Extra virgin olive oil
3 tablespoons peanut butter
Balsamic vinegar
Coconut oil

HERBS AND SPICES

1 tablespoon cumin powder
4 pepper berries
1 small package turmeric
oregano or dry thyme
1 small packet smoked paprika
Sweet chili
Green tea

PULSES AND LEGUMES

3/4 cup (160gr) lentils
750 gr pre cooked chickpeas

DRY FRUITS

5 tablespoons (60gr) dry cranberries
18 dates (100gr)
2 tablespoons goji berries

3 DAYS TO WELLNESS DETOX

PREPARATION TIPS

1. Buy all your ingredients from the shopping list to save time.
2. Prepare all dressings, separate them in glass jars and refrigerate.
3. Wash and drain all fruits & vegetables.
4. Gather all ingredients for the smoothies, cut them, put them in individual bags & save them in the freezer.
5. For the “Burgers” you can prepare the mixture, shape them and save them in the freezer.
6. After the 3 days of the program you can continue the detox for another 3 days.

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RECIPES

DAY 1

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DAY 3

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SMOOTHIE WITH BERRIES & BEETROOT

PREP TIME 2 minutes

TOTAL TIME 2 minutes

MAKES 2 servings

INGREDIENTS

- 1 cup chopped frozen or fresh bananas (2 bananas)
- 1 cup mixed berries, fresh or frozen
- 1 small beetroot
- 1 cup cold water
- 2 tablespoons chia seeds
- 1 teaspoon fresh ginger
- 2 dates (optional)

TOPPINGS

- 1/2 teaspoon chia seeds
- 1 teaspoon dry shredded coconut
- 1 tablespoon mixed berries, fresh or frozen

INSTRUCTIONS

1. Add all ingredients for the smoothie in a blender and blend for 1 minute until smooth and creamy.
2. Top it with chia, coconut and berries.



WALNUTS & CRANBERRY TRUFFLES

PREP TIME 2 minutes

TOTAL TIME 10 minutes

MAKES 9 truffles

INGREDIENTS

1 cup (130 g) walnuts
8 dates (85 g)
1 tablespoon vanilla extract
2 tablespoons (20 g) dry cranberries
2 tablespoons (30 g) oats
2 tablespoons dry shredded coconut

TOPPINGS

2 tablespoons chia seeds
2 tablespoons dry shredded coconut
1 tablespoon dry cranberries finely chopped

INSTRUCTIONS

1. Add all the ingredients for the truffles in a food processor and process for about 5 minutes or until a dough is formed.
2. Shape the dough into small balls, around 9.
3. In a small bowl, add the chia seeds, in another small bowl add the dry shredded coconut, the dry cranberries and mix with a spoon. Roll some truffles in the coconut-cranberry bowl and some in the chia seeds bowl, place them into airtight container.
4. Refrigerate for about 1 hour. Consume within 5 days.



FALLAPHEL SALAD

PREP TIME 5 minutes

TOTAL TIME 20 minutes

MAKES 15-17 FALLPHEL

INGREDIENTS

1 red onion finely chopped
 2-3 tablespoons olive oil
 + more for brushing
 500 g pre cooked chickpeas
 1 cup oat flour
 1 cup finely chopped parsley
 1 cup finely chopped fresh coriander
 4 spring onions finely chopped
 1 tablespoon cumin powder
 Juice of 2 lemons
 2 garlic cloves
 1 teaspoon salt
 Pepper
 1/4 cup sesame seeds

SALAD FOR 2 SERVINGS

8-10 any green leaves roughly chopped
 1/2 cup cilantro roughly chopped
 1 cucumber sliced
 10 cherry tomatoes roughly chopped
 1 small beetroot sliced
 1/2 small red onions sliced
 1/2 orange sliced and cut in half

DRESSING

1 tablespoon mustard
 2 tablespoons olive oil
 4 tablespoons fresh orange juice
 Salt and pepper

INSTRUCTIONS

1. Heat 2 tablespoons olive oil in a large non stick skillet over medium-high heat and cook the red onions until soft and lightly browned. Let them cool and transfer to a food processor. Reserve skillet for later use.
2. Add the chickpeas, oat flour parsley, coriander, spring onions, cumin powder, lemon juice, salt and pepper to the food processor. Pulse until the mixture comes together. Add the sesame seeds and blend for 2 seconds. You can refrigerate overnight (the longer it stays in the refrigerator the better it tastes) or use it immediately.
3. Form the mixture into patties, the amount of 2 tablespoons of the mixture.
4. Place patties on a baking sheet and brush both sides with olive oil. Bake in a preheated oven at 200 C° for about 15 minutes. (You can also freeze the patties after they are cooked).
5. Add the cooked fallaphel to a freezer safe container and freeze up to 1 month. Reheat in the oven at 190 C° until warmed through.
6. Prepare the dressing by adding all the ingredients for the dressing in a small bowl and mix well.
7. Serve in a plate over greens, cilantro, add cucumbers, cherry tomatoes, beetroot, onions, orange and drizzle with the dressing.



TURMERIC MILK IN 3 WAYS

PREP TIME 2 minutes

TOTAL TIME 5 minutes

MAKES 1 serving

INGREDIENTS

1 cup (270 ml) coconut milk
4 pepper berries
1/3 teaspoon turmeric
1 teaspoon coconut oil
1 tablespoon vanilla extract
1 teaspoon honey (optional)

INSTRUCTIONS

1. Pour all ingredients (except honey) into a small saucepan and heat for 3-5 minutes over medium heat until hot but not boiling.
2. Add honey and enjoy it hot. You can also let it cool and add ice in a big glass and enjoy it as a cold drink or pour it in popsicle molds, freeze them and enjoy!



MILLET SALAD WITH VEGETABLES

PREP TIME 10 minutes

TOTAL TIME 40 minutes

MAKES 2 servings

INGREDIENTS

MILLET SALAD

1 cup millet
Salt and pepper
2 cups of hot water
1 cup cilantro chopped
1 beetroot chopped in small cubes
10 cherry tomatoes roughly chopped
1 cucumber cut lengthwise
1 yellow pepper cut lengthwise
2-4 spring onions sliced
1 carrot sliced lengthwise with a peeler

DRESSING

4-5 tablespoons olive oil
1/2 tablespoon grated ginger
1 garlic clove minced
1/2 teaspoon oregano
Juice of 1/2 lemon
Salt and pepper

INSTRUCTIONS

DRESSING

1. Add all ingredients for the dressing in a blender and blend for a few minutes. Set aside, or if its prepared in advance, refrigerate for 4-5 days.
2. Place the millet in a pot, add two cups of water, salt, pepper and set to medium high heat. When it starts boiling turn the heat down to low and cover the pot.
3. After 10-15 minutes all the water should be absorbed and the millet will be cooked. Set aside to cool.

TO SERVE

1. In a medium bowl mix together cooked millet, cilantro, beetroot, cherry tomatoes, cucumbers, peppers, onions and carrots.
2. Drizzle with the dressing.



DETOX GREEN SMOOTHIE

PREP TIME 2 minutes

TOTAL TIME 2 minutes

MAKES 2 servings

INGREDIENTS

1 cup spinach
2 pears
1 cucumber
2 dates (optional)
2/3 cup green tea
1/3 cup ice
2-3 tablespoons lemon juice
1 teaspoon lemon zest

TOPPINGS

1 teaspoon chia seeds

INSTRUCTIONS

1. Add all ingredients in the blender, blend well and serve in two glasses. Top it with chia seeds and enjoy.



APPLE PEANUT BUTTER DONUTS

PREP TIME 5 minutes

TOTAL TIME 10 minutes

MAKES 2 servings

INGREDIENTS

2 tablespoons peanut butter
2 organic apples

TOPPINGS

1 tablespoon goji berries
2 teaspoons chia seeds
1 tablespoon coconut flakes
1 tablespoon cacao nibs
1 tablespoon peanuts, roughly chopped

INSTRUCTIONS

1. Wash the apples and core them with a tool or with a knife. (A tool used to extract the core from the apple. This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin intact).
2. Cut the apples into crosswise rings.
3. Spread a little peanut butter on each slice and sprinkle the toppings.



OPTION 1

LENTIL & OAT TURMERIC BURGER WITH AVOCADO “BUN”

PREP TIME 10 minutes

TOTAL TIME 50 minutes

MAKES 10-12 burgers

INGREDIENTS

LENTIL BURGER

1/3 cup (70g) brown rice
3/4 cup (160 g) lentils
1 big onion finely chopped
4 spring onions finely chopped
4 garlic cloves
1 tablespoon fresh or dry thyme chopped
1 teaspoon turmeric
2 tablespoons mustard
1/2 tablespoon smoked paprika
1/2 cup chopped parsley
Juice of 1 lemon
2 tablespoons Tamari sauce (optional)
1 cup (130 g) oat flour
1 teaspoon salt
Pepper
3-4 tablespoons olive oil

1 big avocado,
cut in half lengthwise and pitted
1 teaspoon chia seeds

DRESSING

3 tablespoons olive oil
2 tablespoons balsamic vinegar
1 tablespoon honey or maple
syrup

TOPPINGS

1 tomato sliced
1/2 cucumber sliced
1/2 red onion sliced
2-3 Lettuce leaves

INSTRUCTIONS

1. Rinse rice in a strainer under cold running water for a few seconds. In a large pot bring 10 cups of water to a boil over high heat. Add the rice, stir it once, and boil, uncovered, for 35 to 40 minutes or until the rice is soft. Pour the rice into a strainer over the sink and set aside.
2. In the meantime rinse lentils under running water. Bring 12 cups water to a boil in a large pot over high heat. Add the lentils and boil for 30-40 minutes or until the lentils are soft. Drain and set aside.
3. Heat 2 tablespoons olive oil in a large non stick skillet over medium-high heat and cook the onions until soft and lightly browned. Transfer to a food processor. Reserve skillet for later use.

LENTIL & OAT TURMERIC BURGER WITH AVOCADO “BUN”

4. Add all ingredients for the lentil burger in a food processor. Mix to combine, scraping down sides as needed. This may take up to 3-4 minutes to fully incorporate.
5. You can refrigerate overnight (the longer it stays in the refrigerator the better it tastes) or use it immediately.
6. Form the mixture into patties, the amount of 3 tablespoons of the mixture. (You can also freeze the patties when they are cooked. Add the cooked burgers to a freezer safe container and freeze up to 1 month. Reheat in the oven at 190 C until warmed through.). You can bake them or fry them in a nonstick skillet. **Patties In The Oven:** Place patties on a baking sheet and brush both sides with olive oil. Bake on grill for 7 minutes on one side & 7 minutes on the other side. **In a nonstick skillet:** Heat 2-3 tablespoons olive oil over medium high heat, and cook the patties both sides until golden brown.
7. Carefully remove the skins from the avocado halves. Slice off a small portion from the two halves so that they lie flat (these will be the bottom “buns”).
8. Top each with lettuce, lentil burger, cucumber, tomato, onion, lentil burger, cucumber, tomato, and onion slices. Drizzle with 1 teaspoon dressing. Repeat the process. Place the remaining avocado “buns” on top and sprinkle with chia seeds.

DRESSING

Prepare the dressing by adding all the ingredients for the dressing in a small bowl and mix well.

OPTION 2 (QUICK & EASY)

TURMERIC LENTILS IN A BOWL

PREP TIME 12 HOURS

TOTAL TIME 45 minutes

MAKES 6-8 servings

INGREDIENTS

LENTILS

3/4 cup (160 g) lentils, soaked overnight
 1/3 cup (70g) brown rice, soaked overnight
 3-4 tablespoons olive oil
 1 big onion finely chopped
 4 spring onions finely chopped
 4 garlic cloves
 1 tablespoon fresh or dry thyme
 1 teaspoon turmeric
 1 tablespoons mustard
 1/2 tablespoon smoked paprika
 Juice of 1 lemon
 2 tablespoons Tamari sauce (optional)
 1 teaspoon salt
 Pepper
 1/2 cup chopped parsley

DRESSING

3 tablespoons olive oil
 2 tablespoons balsamic vinegar
 1 tablespoon honey or maple syrup

TOPPINGS

1 tomato chopped in small cubes
 1/2 cucumber sliced
 1/2 red onion sliced
 2-3 Lettuce leaves roughly chopped
 1 big avocado chopped in small cubes
 2 tablespoons chopped parsley
 1 teaspoon chia seeds

INSTRUCTIONS

1. Rinse the lentils and drain. Rinse rice in a strainer under cold running water for a few seconds and drain.
2. Place a medium pot over medium heat. Add 2 tablespoons olive oil, the chopped onions, spring onions, garlic` and sauté for 3-5 minutes, until they soften.
3. When the onions are ready add to the pot the lentils, rice, thyme, turmeric, mustard, smoked paprika, lemon juice, Tamari sauce and 2 cups of water. Stir and cover the pot, simmer for 40-45 minutes over medium to low heat. Stir every 15-20 minutes and add little bit more water if it absorbs the water and its not cooked yet. But at the and needs to absorb all the water. When ready, add the salt and pepper and chopped parsley (The salt is not added at the beginning so that the lentils don't harden).

DRESSING

Prepare the dressing by adding all the ingredients for the dressing in a small bowl and mix well.

TO SERVE

Serve the lentils in serving bowls, add some chopped tomatos, some slices of fresh cucumber, chopped lettuce, avocado, parsley, chia seeds and drizzle 1 tablespoon of the dressing each bowl.

Notes: The leftover lentils you can put them in an air tied container and save then in the freezer for 3 months.



MATCHA BANANA ICE CREAM

PREP TIME 5 minutes

TOTAL TIME 10 minutes

MAKES 2 servings

INGREDIENTS

1 cup banana pieces, frozen (2 bananas)
1 teaspoon matcha powder
1 tablespoon vanilla extract

CHOCOLATE TOPPING (OPTIONAL)

1 tablespoon raw cacao powder
1 tablespoon honey
1 tablespoon coconut oil

TOPPING

1 tablespoon pistachios, roughly chopped

INSTRUCTIONS

ICE CREAM

1. Add all the ingredients in a blender and blend until creamy and smooth.
2. Serve in a bowl immediately, drizzle with the chocolate topping (or raw cacao powder) and top it with some pistachios.

CHOCOLATE TOPPING (OPTIONAL)

1. Add all ingredients for the topping in a small bowl and mix well until very smooth. (If you're not using the chocolate topping, sprinkle the ice cream with some raw cacao powder).



RAW SALAD WITH BRAZIL NUT PESTO DRESSING

PREP TIME 10 minutes

TOTAL TIME 15 minutes

MAKES 2 servings

INGREDIENTS

BRAZIL NUT PESTO DRESSING

1/3 cup brazil nuts
1/2 cup basil leaves
Juice of 1 lemon
2 tablespoons olive oil
Juice of 1 orange
1 teaspoon raw honey

SALAD

1 big carrot peeled with a peeler
1 zucchini peeled with a peeler
8 cherry tomatoes roughly chopped
1/3 cup chopped red pepper
1/3 cup chopped yellow pepper
1 cucumber roughly chopped
1 spring onion chopped
1 tablespoon pine nuts

INSTRUCTIONS

BRAZIL NUT PESTO DRESSING

1. Add all ingredients for the pesto in a blender and blend for a few minutes. Set aside or if you prepare it in advance you can refrigerate for 4-5 days.

SALAD

1. In a plate add peeled carrots, zucchinis, cherry tomatoes, red+ yellow pepper, cucumbers, pine nuts, add 1 or 2 tablespoons pesto and toss.



SPIRULINA PINA COLADA

PREP TIME 2 minutes

TOTAL TIME 2 minutes

MAKES 2 servings

INGREDIENTS

1 cup frozen or fresh banana pieces (2 bananas)
1 cup pineapple cut in cubes
1/2 cup coconut milk
2 teaspoons spirulina powder

TOPPINGS

1 tablespoon coconut flakes
1 tablespoon goji berries

INSTRUCTIONS

1. Add all ingredients for the smoothie in a blender and blend for 1 minute until smooth and creamy.
2. Top it with coconut flakes and goji berries.



CHIA COCONUT PUDDING WITH BERRIES

PREP TIME 5 minutes

TOTAL TIME 10 minutes

MAKES 2 servings

INGREDIENTS

COCONUT PUDDING

1 cup (280 ml) coconut milk
1 tablespoon vanilla extract
1 pitted date
3 tablespoons chia seeds
Optional: 2 capsules probiotics

BERRY SAUCE

1/2 cup mixed berries, fresh or frozen
1 tablespoon chia seeds
4 dates

TOPPINGS

2-3 walnuts
1 tablespoon mixed berries, fresh or frozen
1 tablespoon coconut flakes

INSTRUCTIONS

COCONUT PUDDING

1. Add coconut milk, vanilla, date in a blender and blend for 1 minute.
2. Pour the mixture in a bowl with a lid, add in the chia seeds and the probiotics and mix with a wooden or plastic spoon (metal is not good for the bacteria) close the lid and leave it in a warm place for 2-3 hours, then put it the fridge. (If you don't add probiotics put it in the fridge immediately)

BERRY SAUCE

1. Add all ingredients for the berry sauce in the blender, blend for 1 minute and pour the sauce in a container with lid. Refrigerate.

TO SERVE

In a small jar or a bowl add first 1-2 tablespoons berry sauce, then 2-3 tablespoons coconut pudding, again 1 tablespoon berries sauce and top it with walnuts, berries and coconut flakes.

Note:

The pudding needs to be done a day in advance.



ORIENTAL SALAD WITH CHICKPEAS

PREP TIME 5 minutes

TOTAL TIME 15 minutes

MAKES 2 servings

INGREDIENTS

ORIENTAL DRESSING

1 tablespoon peanut butter
Juice of 1 orange
2 tablespoons tamari sauce
1 garlic clove
1/2 tablespoon grated ginger
1/3 teaspoon sweet chili
1 pitted date

SALAD

1/4 purple cabbage chopped
1 cucumber sliced
1/2 red pepper sliced into thin strips
1/2 yellow pepper sliced into thin strips
1/2 cup chopped cilantro
2 spring onions sliced
1 tablespoon black cumin
1 cup pre-cooked organic chickpeas washed and drained

INSTRUCTIONS

1. Add all ingredients for the dressing in a blender and blend for a few minutes. Set aside, or if its prepared in advance, refrigerate for 4-5 days.
2. Get 2 clean jars with lid (around 250-300ml)
Layer 1: Add the dressing.
Layer 2: Add purple cabbage, peppers, cucumbers, some cilantro, some chickpeas, spring onions, cabbage again, peppers, cucumbers, cilantro, chickpeas, spring onions and sprinkle with black cumin seeds.



FRUIT SALAD WITH WALNUTS & BRAZIL NUTS

PREP TIME 5 minutes

TOTAL TIME 10 minutes

MAKES 2 servings

INGREDIENTS

- 1 kiwi cut in cubes
- 1/2 pineapple cut in cubes
- 2 tablespoons fresh blueberries
- 1 medium mango cut in cubes
- 1 tablespoon brazil nuts roughly chopped
- 1 tablespoon walnuts roughly chopped
- 2 tablespoons fresh orange juice
- 1 tablespoons vanilla extract (optional)

INSTRUCTIONS

1. Place all the fruits in a bowl add the fresh orange juice, the nuts and toss.



QUINOA SALAD WITH BERRY DRESSING

PREP TIME 10 minutes

TOTAL TIME 15 minutes

MAKES 2 servings

INGREDIENTS

1/2 cup quinoa
2 cups water
1 teaspoon Himalayan or sea salt
Pepper (to taste)

BERRY DRESSING

1/2 cup mixed berries, fresh or frozen
1/2 cup fresh orange juice
1 teaspoon honey
2 tablespoons olive oil

SALAD

2 cups spinach leaves
2 cups rocket leaves
2 radishes cut in slices
2 tablespoons pine nuts
2 tablespoons dried cranberries
2 tablespoons chia seeds
2 tablespoons orange peel chopped in small square pieces

INSTRUCTIONS

1. Add all ingredients for the dressing in a blender and blend for a few minutes. Set aside, or if it's prepared in advance, refrigerate for up to 4-5 days.
2. Place the quinoa in a pot, add 2 cups of water, salt, pepper and set to medium high heat. When it starts boiling turn the heat down to low and cover the pot.
3. After 20-30 minutes all the water should be absorbed and the quinoa will be cooked. Set aside to cool.
4. Serve quinoa in a big plate over greens, spinach, rocket, then add pine nuts, dried cranberries, chia seeds, orange peel pieces and drizzle with 2-3 tablespoons of the dressing.

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