

Your detox, at a glance

The one page to keep on the fridge: phases, foods, and daily rhythm.

The three phases

- **Phase 1 — Ease into detox.** Days 1 – 4 (1 – 4 October): light, easy-to-digest meals.
- **Phase 2 — Core detox.** Days 5 – 7 (5 – 7 October): blended and liquid foods (Gentle) or water fast (Deep).
- **Phase 3 — Integration.** Days 8 – 10 (8 – 10 October): gradual, mindful re-feeding.

Foods removed

- **Grains & carbohydrates:** all gluten-containing grains (wheat, rye, barley, spelt, couscous, bulgur, semolina), refined flours, refined sugars, artificial sweeteners
- **Fats:** refined and processed vegetable oils (canola, corn, soybean, sunflower, safflower, cottonseed, hydrogenated and trans fats), peanuts
- **Proteins:** red meat, pork, processed meats, shellfish, conventionally farmed animal products
- **Dairy:** all dairy — milk, cheese, yoghurt, cream (ghee may be tolerated by some)
- **Other:** alcohol, coffee, and all nightshades (tomatoes, white potatoes, aubergine, peppers, chillies, paprika, goji berries)
- **Packaged foods:** processed, additive-heavy items containing MSG, preservatives, colourings, or flavourings

Foods to enjoy

Vegetables (unlimited, seasonal, detox-supportive), fruits (berries, apples, citrus, seasonal), gluten-free grains, pulses if tolerated, healthy fats (avocado, nuts, seeds, cold-pressed oils), plant proteins (tofu, tempeh, legumes), fish or poultry (first three days only), condiments (tamari, miso, seaweed), herbal teas, and plant milks (organic soy, almond, coconut).

Meal composition

- **Gentle** — Phase 1: breakfast 50% protein / 50% carbohydrate · lunch 25% P / 25% C / 50% vegetables · dinner 25% P / 75% V · Phase 2: liquids and blended foods · Phase 3: re-feed, no animal proteins
- **Deep** — Phase 1: days 1 – 3 as Gentle, day 4 liquids only · Phase 2: water fasting · Phase 3: day 8 liquids only, days 9 – 10 re-feed, no animal proteins

The daily rhythm

- 10 – 12 hour eating window, at regular times · 1.5 to 2 litres of hydration through the day
- Gentle daily movement (yoga or walking) · daily lymphatic drainage
- 7 – 9 hours of sleep, with regular evening rituals
- Mindful eating, with gratitude · minimise stress and busyness
- Journalling and the detox materials · live group sessions and the WhatsApp circle