

Nutrition & Naturopathy Guide

Everything the detox asks of your kitchen, and the reasoning underneath it.

I. Detox schedule

Preparation, 20 to 30 September

- Live orientation session, Sunday 20 September at 7pm UK
- Complete your food filter at fay-au-fait.com/detox/food-filter, to identify the foods worth easing off
- Eliminate irritating foods progressively to lower inflammation: alcohol, coffee, black tea, sugar, gluten, processed foods, red meat, dairy
- Optimise hydration: 1.5 to 2 litres of water a day
- Easy intermittent fasting: move toward a 12-hour eating window (for example 7am to 7pm)
- Purchase your detox supplies as soon as you can, see the shopping list below
- Start daily lymphatic drainage
- Food shopping and meal prepping, recommended Saturday 26 and Sunday 27 September
- Live Full Moon Releasing Ritual, Saturday 26 September at 7pm UK

Detox phase 1: Elimination, days 1 to 4, 1 to 4 October

- Only whole foods and detoxing foods
- Optimise elimination

Detox phase 2: Core detox, days 5 to 7, 5 to 7 October

- Liquid meals or water fast, to reduce the need for digestion and increase detoxification
- Gentle track: liquid meals across the three core days
- Deep track: the water fast, with two liquid days around it
- Live group session and Q&A: the benefits of detoxification
- Live group session and Q&A: manage your saboteur

Detox phase 3: Integration, days 8 to 10, 8 to 10 October

- Solid food reintroduction
- Prepare for the reintroduction of the foods you removed
- Live New Moon Becoming Ritual and how to re-feed, Saturday 10 October at 7pm UK
- Prepare for the new season

2. Supply shopping list

Foundation support

Magnesium (citrate or bisglycinate)

- Citrate: supports bowel regularity and gentle detox by easing constipation.
- Bisglycinate: calms the nervous system, promotes deep relaxation, and supports sleep.
- Both forms enhance cellular energy production and aid in toxin elimination. Choose the form that benefits you the most.
- Now Magnesium citrate (if tendency for constipation) or bisglycinate (to support relaxation)

Electrolytes

- Replenish essential minerals lost during fasting or detox.
- Support hydration, energy, and muscle function.
- Help prevent fatigue, headaches, or cramping while cleansing.
- Any clean sea salt (e.g. Ancient Purity Celtic Sea Salt or Redmond Life) or a clean flavoured product e.g. Trace)

Quicksilver Scientific Dr. Shade's BitterX

- A potent blend of bitters that stimulate bile flow, liver detox, and digestion.
- Encourages natural clearance of toxins through the gut.
- Can reduce bloating, heaviness, and sluggish digestion.
- Quicksilver Scientific Dr. Shade's BitterX

G&G Full Spectrum Amino Acids

- Provides building blocks for repair, energy, and detox enzymes.
- Supports muscle mass during fasting or low-protein phases.
- Helps balance mood and energy by fuelling neurotransmitters.
- G&G Full Spectrum Amino acids 200 g (powder)

Binders

- Charcoal: binds toxins, chemicals, and gas in the gut for elimination.
- Biocidin GI Detox + Zeolite: broader-spectrum binding of heavy metals, mold toxins, and byproducts of detoxification.
- Reduce "detox symptoms" like headaches or brain fog.
- Nature's Way Activated Charcoal (cheaper) or Biocidin Botanical G.I. Detox + Zeolite (full spectrum)

Epsom Salt

- Rich in magnesium sulfate — relaxes muscles, eases stress, and supports sleep.
- Promotes skin elimination of toxins and improves circulation.
- A grounding ritual for body and mind during cleansing.
- 10kg Epsom salt for full body and/or foot baths

Deeper Detox Tools (Optional extra layer)

Amber Glass Spray Bottle (100ml)

- For mixing 50 ml DMSO with 20 ml magnesium oil

Regency Organics DMSO (99.99%)

- Enhances cellular absorption and detox pathways.
- Potent antioxidant that reduces inflammation and oxidative stress.
- Supports deeper release of toxins at a tissue level.
- Regency Organics DMSO 99.99% 50 ml

Ancient Minerals Magnesium Oil (spray)

- Topical magnesium for rapid absorption through the skin.
- Relieves muscle tension, cramps, and stress.
- Complements oral magnesium for full-spectrum support.
- Ancient Minerals Magnesium 4 oz. spray

ION* Gut + Microbiome

- Restores tight junctions in the gut lining, reducing leaky gut.
- Supports healthy microbiome balance and immune resilience.
- Enhances nutrient absorption and overall vitality.
- ION* Gut + Microbiome — Intelligence Of Nature (various sizes of bottles)

Skin Brush (dry brushing)

- Stimulates lymphatic flow to assist natural detox.
- Exfoliates skin and boosts circulation.
- Leaves the body feeling light, energised, and refreshed.
- Skin brush

Coffee Enema

- Stimulates the liver and gallbladder to flush toxins.
- Enhances glutathione production — the body's master antioxidant.
- Provides deep energetic clarity and physical lightness.
- Coffee enema kit (optional) + Organic Green Coffee + Enema catheter

Castor Oil Pack

- Traditional therapy for liver and lymph support.
- Reduces inflammation, improves digestion, and promotes relaxation.
- A gentle, nurturing ritual for deeper cleansing.
- Organic Castor oil + wrap

Supplier discount codes

- Natural Dispensary 15% discount: FYSN15 (at checkout)
- Your Health Basket 15% discount - Register and link your account to your practitioner (Fay) with this code: SW8W6.

3. Food Guide

Introduction

Food is so much more than sustenance and a source of pleasure. Even the food matrix—the natural structure in which fibres, proteins, fats, and phytochemicals are bound together—affects how nutrients are absorbed and utilised, and is part of the information your body uses to adapt to your environment.

For example, food grown at higher altitudes often contains more polyphenols, because these compounds help plants protect themselves from the more intense sun. When you eat such food, those same polyphenols may support your own skin's protection against oxidative stress at higher altitudes.¹²

Foods that grow in the summer tend to be higher in sugars, but when consumed in season they don't disrupt our metabolism as much because summer is also when our activity levels generally increase, so the body is better able to utilise this extra energy.³⁴⁷

Equally important is how food shapes your microbiome. Locally sourced, naturally grown food carries a wide range of bacteria, fungi, and even viruses, which interact with your oral, gut, skin, and vaginal flora. This has a profound effect on metabolism, immunity, mental health, cognition, and digestion.⁵

What flows from this is that it is of utmost importance that we eat locally sourced, organically grown, and unprocessed food. Processing breaks down the food matrix, denaturing food chemistry, stripping away complexity, and adding toxicity.⁶ This way of eating ensures that we are nourished and optimally adapted to thrive in our specific environment.

Sunlight itself also acts as a metabolic signal: exposure to full-spectrum daylight helps synchronise circadian rhythms, supports mitochondrial energy production, and improves insulin sensitivity, making the body more efficient at handling glucose.⁸ This helps explain why tropical fruits like mangoes and avocados may be better enjoyed in summer at home, when your local sunlight is closer to that of their native environment, allowing your body to metabolise them more harmoniously. This is an example of xenohormesis—the idea that plant stress compounds signal resilience to our own biology, helping us adapt in parallel with the environment.⁹

So, if you're a mango and avocado aficionado, you may indulge liberally on holiday in the tropics.

At home, you may still enjoy them occasionally—especially in summer, when your local sunlight exposure is closer to that of the fruits' native climate, helping your body metabolise them more harmoniously. Meanwhile, eating mostly local foods ensures that you don't feed your body with confusing signals that can create stress and contribute to dis-ease over time. Perhaps it's time to replace that ubiquitous banana—if it doesn't grow in your backyard!

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The Detox of Becoming Food List

Foods Removed

During the detox we avoid foods that are common irritants, as they drive inflammation and increase the liver's workload. By removing them, we reduce toxic load and free up resources for repair and regeneration.

If you know that oxalate-rich or lectin-rich foods are problematic for you, minimise these as much as possible during the program. Your food filter result on the hub tells you which, if any, apply to you.

Category breakdown:

- 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/trans fats), peanuts
- Proteins: Red meat, pork, processed meats, shellfish, conventionally farmed animal products
- Dairy: All dairy - milk, cheese, yoghurt, cream (note: ghee may be tolerated for some)
- Other: Alcohol, coffee, 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

Major on seasonal, local and organically grown foods.

Carbohydrates (fruits & starches)

Summer Equinox Fruits (fresh, cooling, detoxifying) (1 serving = ~80–100g / ½–1 cup)

Berries: strawberries, blueberries, raspberries, blackberries, currants

Stone fruits: peaches, nectarines, apricots, plums, damsons, cherries

Melons: watermelon, cantaloupe, honeydew, galia.

Grapes, figs.

Citrus (lemons, limes, oranges, mandarins, grapefruit).

Winter Equinox Fruits (warming, grounding) (1 serving = ~80–100g / ½–1 cup)

Apples, pears, quinces.

Pomegranates, persimmons, cranberries.

Citrus (winter varieties), kiwis.

Dried fruits: raisins, prunes, figs (1 serving dried fruit = 30–40g / ≈ 2 tbsp or a small handful)

Summer Equinox Starches (1 serving = ~80–100g / ½–1 cup)

Sweetcorn (fresh, organic cobs or kernels)

Fresh peas (garden peas, sugar snap peas, mangetout)

Green beans (runner beans, French beans)

Summer squashes (courgettes, yellow squash, patty pan)

New season beetroots & carrots (lighter, younger roots, less starchy than winter varieties)

Winter Equinox Starches (1 serving = ~80–100g cooked / ½ cup):

Sweet potatoes, yams.

Pumpkin, butternut squash, acorn squash, kabocha.

Roots: parsnips, turnips, carrots, beetroots, celeriac, rutabaga, Jerusalem artichokes, radishes.

Gluten-free grains (cooked, 1 serving = ~150g / 1 cup)

Quinoa, buckwheat, brown/red/black rice, wild rice

Millet, amaranth, teff, gluten-free oats

100% buckwheat soba noodles (1 serving = ~85g dry / 1½ cups cooked)

Mochi (Clearspring) (1 portion = 50g)

Pulses (1 serving = 85g cooked / ½ cup or ~35–40g dry, if used as a carb)

Include if tolerated. Pulses are rich in both carbohydrates and protein, making them a hybrid food.

For vegan, this should be considered a protein (to be combined with grains to get a complete set of essential amino acids which is important for liver function) and omnivores can use them as a protein or a carbohydrate. The serving size varies: 85 g / ½ cup cooked beans as a carb serving and 170 g / 1 cup cooked beans as a protein serving.

Just bear in mind that on average: 1 serving = 7–9g protein + 19–27g carbs, which makes them nutritionally equivalent to one serving of starchy veg or gluten-free grains.

Summer Equinox pulses (lighter, easier to digest)

Red lentils

Mung beans

Adzuki beans

Chickpeas

Green split peas

Winter Equinox pulses (heavier, grounding)

Black beans

Kidney beans

Borlotti beans

Butter beans

Fava beans (broad beans)

Brown lentils

Fats (1 serving = ~10g fat)

Whole food fats

Avocado (65g flesh / ½ medium)

Olives (30g / 10 medium)

Desiccated coconut (unsweetened) (20g / 2 Tbsp.)

Coconut cream (45g / 3 Tbsp.)

Nuts: almonds, walnuts, cashews, pecans, macadamia, brazil (20–22g (a small handful, e.g. ~14 almonds or 10 cashews)

Seeds (pumpkin, sunflower, hemp, flax, chia, sesame) (25g / ~3 Tbsp.) Tahini — 20g (1 heaped tbsp) Cashew cream cheese (Nush) (60g / ~4 Tbsp.) Coconut yogurt, unsweetened (Cocos / Coconut Collabe Natural) (50g / ~3 Tbsp.)

Oils (all cold-pressed, organic) (1 serving = 1 Tbsp.)

Olive oil

Avocado oil

Coconut oil

Raw sesame oil

Toasted sesame oil (mainly for flavouring)

Wheatgerm oil (15ml, for drizzling, rich in vitamin E)

Flax oil (for drizzling, not heating, rich in omega 3's)

Ghee (if tolerated) (rich in short- and medium-chain fatty acids (like butyrate), conjugated linoleic acid (CLA), and fat-soluble vitamins A, D, E, and K - reduces inflammation and excellent for gut health, hormone balance, and nervous system regulation)

Proteins

Fish, wild caught: salmon, mackerel, sardines, anchovies, trout (160g / 5.6 oz raw ≈ 120g / 4 oz cooked)

Poultry: chicken, turkey (160g / 5.6 oz raw ≈ 120g / 4 oz cooked)

Tofu (firm/medium) (150g / 5.3 oz raw ≈ 120g / 4 oz cooked)

Tofu (silken) (170g / 6 oz raw ≈ 150g / 5.3 oz cooked)

Tempeh (115g / 4 oz raw ≈ 100g / 3.5 oz cooked)

Edamame, shelled (120g / 4.2 oz raw ≈ 90g / 3.2 oz cooked)

Plant yoghurts, unsweetened: almond (Nush Protein Natural), soy (Sojade Greek Style) (200g / ~¾ cup)

Pulses: mung beans, adzuki, cannellini, lentils, chickpeas, beans, split peas, etc. (see carbohydrates section) (55 g / ¼ cup dry ≈ 170g / ~1 cup cooked, if used as a protein)

Vegetables ((1 serving = ~80g / 1 cup cooked)

Detox-supporting vegetables

Broccoli sprouts (30g / 1 cup raw)

Other detox sprouts: alfalfa, clover, radish, mustard (30g / 1 cup raw)

Broccoli

Kale

Brussels sprouts

Cauliflower

Cabbage (savoy, red, white)

Bok choy

Watercress

Rocket (arugula)

Artichoke hearts

Dandelion leaves (80g / 1 cup raw or cooked)

Chicory / endive / radicchio (80g / 1 cup raw)

Celery

Fennel bulb

Onion

Leeks

Garlic (1–2 cloves fresh)

Daikon

Fresh turmeric (use freely)

Fresh ginger (use freely)

All fresh herbs (parsley, coriander, dill, basil, thyme, rosemary, oregano, sage, tarragon, mint, etc.)

All dried herbs (except nightshades such as paprika, chilli, cayenne)

Other non-starchy vegetables

Courgette

Lettuce (e.g. romaine, butterhead) (80g / 1 cup raw)

Spinach

Swiss chard

Collard greens / cavolo nero

Mangetout, sugar snap peas

Shiitake mushrooms

All fresh mushrooms

All dried mushrooms, rehydrated

Konjac (shirataki) noodles & cubes (1 serving = 100g / ~1 cup) (Made from the konjac root (glucomannan fibre), extremely low-calorie, promotes satiety, balances blood sugar, supports gut health)

Plant Milks (1 serving = 240ml / 1 cup)

Avoid products with added sugar and emulsifiers (gums, lecithin) which can be irritating for the intestine. Rude Health, Sojade, Plenish are generally clean, but check the labels and avoid the

“barista” type which always contain thickeners and emulsifiers.

Almond, hemp, coconut, cashew, soy (all unsweetened, organic)

Plant yoghurts: almond, soy (protein group); coconut (fat group)

Condiments

Clean, organic sauce brands include Clearspring, Meridian (make sure you pick the organic option), and Lima. Seaweed can be found easily in various forms in Asian shops and Clearspring also sells them.

Tamari (1–2 tsp / ~10ml, trace carbs) — Gluten-free fermented soy sauce. Adds savoury umami flavour, provides enzymes and beneficial compounds from fermentation.

Mirin (1 tsp / ~5ml, ~3g carbs) — Sweet rice wine used sparingly. Supports digestion and enhances flavour complexity.

Miso paste, white & brown (1 tsp / ~6g, ~2g carbs) — Fermented soy paste rich in probiotics, B- vitamins, and minerals. Supports gut microbiota, immune balance, and detoxification.

Seaweeds: Kombu (2–3cm strip dried), Wakame (1 tbsp dried, rehydrated ≈ 5g), Nori (1 sheet ≈ 3g) — Mineral-dense, especially iodine, magnesium, calcium. Alginates in seaweed help bind heavy metals and toxins for elimination. Support thyroid and metabolic balance.

Vinegars (1 tsp–1 tbsp / 5–15ml, ~0–1g carbs depending on type): Apple cider vinegar, Rice vinegar, Balsamic vinegar (slightly higher carb: ~1g per tsp), umeboshi vinegar — Support digestive enzyme release, regulate blood sugar, and stimulate bile flow for liver detox.

Molasses (1 tsp / ~7g, ~5g carbs) — Mineral-rich natural sweetener, particularly high in iron, calcium, magnesium, and potassium. Provides gentle energy and replenishes micronutrients during detox.

Apple syrup (1 tsp / ~7g, ~5g carbs) — Gentle fruit-derived sweetener, mineral-rich, lower glycaemic impact than refined sugar.

Sea salt (¼ tsp / ~1.5g, 0g carbs) — Natural source of trace minerals (magnesium, potassium, calcium). Supports electrolyte balance, adrenal health, and hydration. Prefer unrefined sea salt (grey, Celtic, Himalayan).

Milk thistle seeds (Tree Harvest) (1–2 tsp ground, ~5g) — Rich in silymarin, a powerful liver-protective compound. Supports detoxification, bile production, and liver cell regeneration. Best freshly ground before use.

Infusions & Teas (1 serving = 1 tsp dried herb or 1 tea bag brewed in 250ml water)

For loose teas, clean brands include Tree Harvest, Star Child, and The UK Loose Leaf Tea

Company in the UK. For tea bags, Yogi Tea, Clearspring, Clipper, Dragonfly.

Detox teas: dandelion root, milk thistle, burdock, nettle, green tea, schisandra berries

Relaxing teas: chamomile, lemon balm, passionflower, lavender, tulsi (holy basil)

Digestive teas: peppermint, fennel seed, ginger, turmeric, caraway, liquorice root

The Detox of Becoming Nutrition Approach

Balancing nourishment and detox capacity

During the detox, the aim is to provide balanced nutrition and stable energy throughout the day.

Supporting blood sugar balance with regular protein, complex carbs earlier in the day, and moderate fat intake is key for the nervous system, hormones, and sleep quality, all of which are deeply involved in the body's repair and detoxification processes.

Research shows that dysregulated blood sugar can heighten anxiety and disrupt sleep architecture. Conversely, stable glucose helps regulate cortisol, melatonin, and serotonin, setting the foundation for deeper rest and smoother detoxification.

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The 10–12-Hour Eating Window: Aligning with Your Circadian Clock

At the Equinox, light and dark return to balance. This programme uses that natural turning point as an opportunity to restore internal balance — beginning with your daily eating rhythm.

A consistent 10–12-hour eating window (for example, 8am–6pm) is known in research as Time-

Restricted Eating (TRE). Rather than focusing on calorie restriction, TRE focuses on timing — creating a clear daily rhythm of nourishment and fasting that aligns with your circadian biology.

This rhythm matters. Your metabolism follows a 24-hour clock. Insulin sensitivity, glucose tolerance, digestive enzyme activity, and mitochondrial function are naturally higher earlier in the day. As evening approaches and melatonin rises, the body becomes less efficient at processing glucose. Studies show that eating earlier in the day improves insulin sensitivity, blood pressure, and oxidative stress markers — even without weight loss (Sutton et al., 2018). In individuals with metabolic risk, a 10-hour eating window has been shown to improve blood sugar regulation, blood pressure, cholesterol profiles, and body weight (Wilkinson et al., 2020).

Meal timing also directly influences your peripheral circadian clocks — the timing systems in your liver, pancreas, gut, and adipose tissue. Feeding—fasting cycles act as powerful time cues that help synchronise these organs (Panda, 2016). Experimental models show that consistent daily eating windows restore circadian gene expression and protect against metabolic dysfunction, even without reducing total calorie intake (Hatori et al., 2012).

When eating is spread across 14–16 hours — especially into the late evening — it can create circadian misalignment. Human studies demonstrate that eating during the biological night impairs glucose tolerance and reduces insulin sensitivity (Morris et al., 2015; Scheer et al., 2009).

Within the context of the Detox of Becoming, the 10–12-hour eating window serves as a circadian reset:

- It stabilises blood sugar and energy patterns
- Supports metabolic efficiency
- Reinforces healthy sleep—wake cycles
- Encourages the liver to shift more fully into overnight repair processes

The Equinox symbolises balance between light and dark. By eating primarily during daylight hours and allowing nighttime to be a true fasting and repair period, you mirror that external balance internally.

This is not about rigidity. It is about restoring rhythm. And when rhythm is restored, physiology follows.

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Macrobiotic inspiration: Restoring balance through simplicity

This protocol draws inspiration from macrobiotic principles - not as doctrine, but as orientation.

At its heart, macrobiotics emphasises balance: balance in flavour, preparation, and seasonality. In modern physiological terms, this translates into eating whole, minimally processed foods, prepared gently, and avoiding extremes of stimulation - very sweet, very salty, very spicy, highly refined.

This simplicity has measurable biological effects.

Dietary patterns centred on whole, plant-forward, minimally processed foods are consistently associated with improved glycaemic control, reduced inflammatory burden, and better cardiometabolic outcomes (Estruch et al., 2013; Satija et al., 2016). When digestion is not repeatedly challenged by refined sugars and hyper-palatable processed foods, post-meal glucose and insulin fluctuations are reduced, lowering overall metabolic strain.

Gentle cooking methods, such as steaming, simmering, and light sautéing, can improve digestibility while preserving fibre structure and nutrient density, supporting steadier energy release rather than sharp metabolic peaks.

There is also a neurological dimension to this approach.

Highly processed foods engineered with combinations of sugar, salt, and fat are known to strongly stimulate dopaminergic reward pathways (Gearhardt et al., 2011; Schulte et al., 2015). Repeated overstimulation of these pathways may amplify cravings and reduce sensitivity to natural reward signals, with neurobiological overlaps observed between obesity and addictive processes (Volkow et al., 2013).

When taste intensity is softened and whole foods form the foundation of the diet, dopaminergic overstimulation decreases. Over time, sensory recalibration occurs, reducing habitual preference for high sweetness and salt concentrations (Pepino & Mennella, 2010).

At the same time, fibre-rich whole foods support the gut microbiota, which plays a central role in gut–brain communication. Through microbial metabolites and neural signalling pathways, dietary patterns influence neurotransmitter systems involved in mood regulation, including serotonin-related pathways (Mayer et al., 2015). Clinical trials demonstrate that improving overall diet quality can reduce symptoms of depression and anxiety, supporting the link between food pattern and nervous system balance (Jacka et al., 2017).

In practical terms, this means:

- Reduced sensory overstimulation
- Fewer blood sugar spikes and crashes
- More stable dopaminergic reward signalling
- Improved gut–brain communication
- A calmer autonomic nervous system response

Within the context of the Detox of Becoming, this macrobiotic inspiration serves a clear purpose.

The Equinox represents balance between light and dark: neither excess nor deprivation. Similarly, this style of eating avoids extremes. It restores baseline sensitivity.

As the palate softens, natural flavours become more perceptible. As stimulation decreases, cravings quieten. As digestion steadies, energy becomes more consistent.

This is not about rigidity. It is about recalibration. And when recalibration occurs, balance becomes physiological.

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The arc of meals: From solids to liquids to fasting

The Equinox marks a turning point: a gradual shift rather than an abrupt change.

This protocol follows the same arc. It moves from solid meals, to liquid nourishment, to structured fasting periods, progressively lowering digestive demand while maintaining nourishment and safety.

This is not about deprivation. It is about metabolic transition.

Phase 1: Solid Meals — Structured stability

The programme begins with balanced, whole-food solid meals. These provide fibre, intact plant structure, and steady macronutrient composition to stabilise blood glucose and insulin dynamics.

Eating whole foods requires coordinated digestive activity: gastric acid secretion, pancreatic enzyme release, bile flow, intestinal motility, and nutrient transport. This process carries an energetic cost known as the thermic effect of food (Westerterp, 2004; Hall & Guo, 2017). During this fed state, insulin levels rise and the body prioritises nutrient storage and utilisation.

This phase establishes metabolic steadiness before deeper transitions begin.

Phase 2: Liquid Meals — Reduced mechanical load

The shift toward blended soups, broths, and smoothies reduces mechanical digestive effort while maintaining micronutrient intake.

Liquids empty from the stomach faster than solid meals and require less mechanical breakdown (Vist & Maughan, 1995). While enzymatic digestion still occurs, the reduced structural complexity of blended foods lowers gastric workload and shortens digestive transit time.

Metabolically, this phase gently decreases digestive intensity without fully withdrawing nutritional input. It creates a softer landing between feeding and fasting, supporting hydration, micronutrient intake, and glycaemic stability while reducing overall digestive demand.

Phase 3: Fasting Periods — Metabolic switching

When structured fasting periods are introduced, the body transitions from a fed state (glucose-based metabolism) to a fasting state characterised by lower insulin levels and increased fat oxidation.

This transition, often referred to as metabolic switching, promotes the use of fatty acids and ketone bodies as primary fuel sources (Longo & Mattson, 2014; de Cabo & Mattson, 2019). In this lower-insulin state, cellular stress resistance pathways are upregulated, and processes involved in cellular repair and autophagy become more active (Mattson et al., 2017).

Rather than “redirecting energy”, fasting alters hormonal and nutrient-sensing pathways. Reduced insulin signalling, lower mTOR activation, and increased AMPK activity shift the body toward maintenance and repair functions rather than growth and storage.

In simple terms:

- Fed state gives growth, storage, digestion
- Fasting state gives mobilisation, repair, cellular housekeeping

The Physiological rationale

Digestion requires coordinated blood flow, enzymatic production, and metabolic processing. When feeding frequency decreases, the body cycles more fully between fed and fasting states. These oscillations improve metabolic flexibility (the ability to efficiently switch between fuel sources) (de Cabo & Mattson, 2019).

Within the context of the Detox of Becoming, this descending digestive arc serves as a metabolic recalibration:

- Stabilising blood sugar
- Reducing constant insulin exposure
- Enhancing fat oxidation

- Supporting cellular stress resilience pathways
- Encouraging metabolic flexibility

The Equinox is balance between light and dark. This arc mirrors that rhythm internally.

From nourishment, to simplification, to rest. Not collapse but recalibration. Not depletion but metabolic transition.

When feeding is rhythmic and rest is intentional, physiology responds with adaptability.

And adaptability is the foundation of resilience.

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Protein progression

- Early phase: Animal protein (e.g. fish, poultry) may be included briefly for grounding.
- Core detox phase: Transition to plant proteins (tofu, tempeh, legumes in moderation) for easier digestion.
- Re-feed phase: Avoid animal protein until the digestive system is fully reset. This prevents overwhelming the gut and liver, and reduces the risk of re-feed symptoms.

The re-feed phase

The re-feed is often the hardest part. The digestive system, after rest, is sensitive.

- Begin with liquids (soups, diluted juices, herbal infusions).
- Progress slowly to soft solids (steamed vegetables, porridges).
- Gradually return to more complex meals.
- If reintroduction is rushed, symptoms can appear, ranging from mild (bloating, nausea, diarrhoea) to more intense (headache, fever). Planning and discipline are crucial here.

Portion guidance

The suggested quantities are for someone average in weight. Adjust upward if needed, but keep the macro ratios balanced (see Meal Composition section). On full liquid days, you have flexibility

—listen to your hunger, still within your 10–12 hour window.

You may have a slightly bigger protein portion at dinner to keep you satiated through the night which will support sleep quality and therefore detoxification.

Mindful nourishment

In this programme, detox is not only about what you eat. It is about how you eat also.

Digestion begins before the first bite. The sight, smell, and anticipation of food activate the cephalic phase response, stimulating saliva, gastric acid, and digestive enzyme secretion in preparation for nourishment (Berthoud, 2008).

Chew slowly, signal safety

Chewing thoroughly slows the rate of intake and enhances mechanical breakdown of food, increasing surface area for enzymatic digestion. Extended chewing has been shown to reduce hunger and increase satiety hormones such as GLP-1 and peptide YY, while lowering ghrelin levels (Cassady et al., 2009; Zhu et al., 2013).

Eating slowly also allows satiety signalling time to emerge. Hormonal fullness cues require approximately 15–20 minutes to register centrally, meaning rapid eating can override natural appetite regulation (Robinson et al., 2014).

With liquid meals, small sips held briefly in the mouth allow mixing with salivary enzymes and prolong oral sensory exposure both of which enhance digestive signalling and satiety. Adding textured toppings that require chewing can further slow intake and reinforce this regulatory feedback loop.

This is not about counting chews rigidly. It is about allowing digestion to unfold at the pace it was designed for.

Eat without distraction

When eating occurs in a distracted or stressed state, sympathetic nervous system activation can inhibit digestive function. In contrast, parasympathetic (“rest and digest”) activation enhances gastric motility, enzyme secretion, and nutrient assimilation (Mayer, 2011).

Mindful eating practices have been shown to reduce emotional eating and improve appetite regulation (O’Reilly et al., 2014). Attention to food - its texture, flavour, and aroma - increases interoceptive awareness and supports healthier intake patterns.

Arranging your food beautifully and treating meals as ritual is not aesthetic indulgence; it is sensory priming. Visual presentation enhances cephalic-phase responses and digestive readiness.

Practise gratitude

Gratitude practices are associated with measurable reductions in perceived stress and improvements in autonomic balance. Studies show that gratitude interventions can improve heart rate variability (HRV), a marker of parasympathetic tone and stress resilience (Kyeong et al., 2017;

Redwine et al., 2016).

Lower stress levels support digestive efficiency, as chronic sympathetic activation can impair gastrointestinal function and alter gut–brain signalling (Mayer, 2011).

Taking a moment to reflect on where your food came from - the soil, the sunlight, the hands that grew and transported it - shifts the nervous system toward receptivity.

Digestion is not mechanical alone. It is relational. When you eat slowly, attentively, and gratefully, you create the physiological conditions for absorption, regulation, and satiety.

In this way, mindful nourishment becomes part of the detox, not through restriction, but through nervous system balance.

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Why this matters at the Equinox

The Equinox is a natural point of equilibrium - equal light and dark, a threshold between seasons.

While the astronomical event itself does not directly alter human metabolism (as far as science is concerned), seasonal light cycles shape circadian biology and behavioural rhythms. Across populations, shifts in daylight exposure are associated with measurable seasonal changes in immune activity, metabolic markers, and gene expression (Dopico et al., 2015).

The value of the Equinox in this programme is not just mystical. It is practical. Humans respond powerfully to temporal landmarks. Behavioural science shows that “fresh start” moments (new seasons, birthdays, calendar resets) increase motivation for habit change and adherence to health goals (Dai et al., 2014).

The Equinox becomes a deliberate reset point.

By choosing this seasonal threshold to rebalance:

- Eating patterns
- Sensory stimulation
- Feeding and fasting rhythms
- Attention and gratitude you align behaviour with a visible marker of balance in the external world.

The physiology has already been described. This section is about timing and intention. Light and dark return to equality. You choose to do the same.

Not because the Equinox forces change, but because it marks a moment when change feels natural.

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How to Navigate Cravings

Cravings are the echoes of old patterns - chemical, emotional, and behavioural loops calling for attention. During detox, they may surface strongly as your dopamine, serotonin, and cortisol pathways rebalance. This is not weakness, but a sign of recalibration.

In the Mindset materials we explore cravings extensively, providing “Mind and Emotion

Management Tools” that help you shift cravings with a long-lasting effect. In addition, here are some practical tools to meet cravings with awareness and resilience.

Create a Supportive Environment

Remove triggers: Clear your home, workspace, and car of processed snacks, coffee, alcohol, and anything not on your protocol. What is not within reach cannot tempt you.

Re-route habits: Avoid walking past your favourite café or corner shop where habits were anchored. Replace those routes with a fresh path to symbolise new beginnings.

Prepare Emergency Swaps

When cravings arise, reach for nourishing alternatives:

- Crunchy vegetable sticks (carrot, celery, cucumber)
- Chai latte made with plant milk and warming spices
- Ginger, Turmeric, and lemon shot (stimulating, but not too much)
- Liquorice or cinnamon tea for gentle sweetness
- A handful of soaked almonds or pumpkin seeds

- Fresh fruit, preferably seasonal and local

These swaps satisfy oral fixation, balance blood sugar, and calm the nervous system.

Breath & Body Practices

- 4–7–8 Breathing: Inhale for 4, hold for 7, exhale for 8. Activates the parasympathetic system, reducing craving intensity.
- Diaphragmatic breathing: Hand on belly, breathe until the hand rises. Repeat for 1–2 minutes when cravings peak.
- EFT Tapping: Tap gently on acupressure points (side of hand, under eye, collarbone) while affirming: “Even though I feel this craving, I choose calm and clarity.” Clinical trials suggest Emotional Freedom Techniques (EFT) can reduce food cravings and perceived stress, with some studies showing reductions in cortisol following tapping sessions (Stapleton et al., 2011; Church et al., 2012). Use this practice to create a pause between craving and response, calming the nervous system before choosing your next action.

Mind & Emotion Tools

- Pause & Reflect: Cravings peak and pass within ~20 minutes. Ride the wave with curiosity.
- Journaling: Note what the craving represents (comfort, fatigue, boredom). Awareness often dissolves the need.
- Movement reset: A short walk or light stretching shifts energy flow and reduces compulsive urges.

Hydration & Minerals

Thirst or mineral deficiency often masquerades as cravings. Drink a glass of mineralised water with a pinch of sea salt and / or squeeze of lemon before responding to a craving.

Sleep & Rhythm

Sleep deprivation alters appetite-regulating hormones. Experimental studies show that short sleep duration increases ghrelin (the hunger-stimulating hormone) and decreases leptin (the satiety hormone), changes associated with increased hunger and cravings (Spiegel et al., 2004; Taheri et al., 2004).

Prioritise 7–9 hours of restorative sleep and maintain a consistent 10–12-hour daytime eating window to support circadian stability and metabolic regulation.

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Meal planning guide

How to Use

- Use the Detox of Becoming meal planning template below (or a sheet of paper in landscape format) to map out your meals for all 10 days.
- Most of the Detox of Becoming recipes yield 2 servings. Write the recipes in the table as many times as there are servings (unless you want to freeze or share).
- You can:
 - Use only the provided recipes.
 - Mix and match recipes with your own cooking.
 - Or cook entirely on your own, following the macronutrient ratios.

- Smoothies and juices should be low in sugar, so if you make your own recipes, minimise very sweet fruits and go big on veg. If you don't have a juicer and you would like to have some during your detox, you can purchase organic cold press juices online (e.g. Press, Rebel Kitchen, The Juice Smith) or go to a juice bar. Make sure to choose the low sugar juices (low fruit, high veg).
- Perhaps obvious but worth mentioning: you need a blender for this cleanse. An immersion blender will do; a power blender will do a finer job. A pressure cooker or slow cooker will make your life easier for the broths and soups. I never stop raving about my InstantPot which I use daily (often more than once) and I've had my Vitamix for 10 years and it's still going. Lastly, a later game changer has been a good quality mandolin for slicing, grating, shaving vegetables in no time without pieces flying everywhere and minimal washing up. The price often reflects the quality, so I'd recommend a Japanese brand (e.g. Benriner). Not cheap but works so wonderfully you'll be using it a lot and for many years.

Rules of thumb, and the detox kitchen

The serving sizes provided in the Food List and Meal Composition tables are indicative for an average-weight person. If you are larger, you may increase the amounts but always keep to the macronutrient ratios for each meal (protein, vegetables, fats, and carbohydrates). This ensures your body receives the balance it needs to sustain energy, nourish detox pathways, and maintain nervous system equilibrium.

Non-starchy vegetables are unlimited. They are your allies for satiety without heaviness, rich in fibre, phytonutrients, and detox-supportive compounds. Aim for at least two different vegetables at both lunch and dinner. Bonus points if you manage to weave them into breakfast and snacks — a rainbow of plants builds resilience in your microbiome and accelerates detox.

Add herbs liberally — especially fresh herbs. Parsley, coriander, basil, dill, mint, and others are concentrated in antioxidants and phytochemicals that protect cells during detox. They also feed and diversify the microbiome, strengthening immunity and digestion while amplifying flavour naturally.

On liquid days, all liquid foods are unlimited in quantity (soups, broths, smoothies, herbal infusions) but should still be consumed at your regular mealtimes. This rhythm maintains blood sugar stability and entrains your circadian clock, allowing your body to direct more energy toward detoxification while protecting hormonal balance.

Detox Kitchen Tip

- Sprinkles: For ease and consistency, we recommend preparing your seed mix at the very start of the detox. Toast approx. 1 cup of white sesame seeds and 2 cups of mixed pumpkin and sunflower seeds until fragrant and golden, then store them in glass jars on your counter. Use them as a quick, nourishing topping for every meal. Keep them close at hand together with milk thistle seeds, hemp seeds, and nori flakes - a simple way to boost antioxidants, support your liver, and feed your microbiome with every bite.
- Dressings: They can turn simple dishes into a flavourful, gourmet-style feast. Make 3 dressings and use them alternatively to keep meals exciting with little effort.

Remember to progressively switch out animal proteins, so that from Day 4 you are fully vegan (except if you want to keep bone / fish broths on your liquid days). If you struggle to digest pulses, stick with mung beans and adzuki if you can, otherwise go for the soy options. This is to reduce your digestive load and free up some resources for deeper detoxification.

Prepping & Shopping Schedule (optional)

- Shop: Saturday 26 or Sunday 27 September, for days 1 to 6.
- Prep: Sunday 27 September and Wednesday 30 September, to minimise cooking.
- Shop again: the following weekend, Saturday 3 or Sunday 4 October, for days 7 to 10.
- Prep: Sunday 4 October for phase 3, the re-feed, starting Thursday 8 October.

Final Step

Once your plan is filled:

- Paste your chosen recipes into AI to generate a shopping list. Add any loose ingredients not in recipes.
- If shopping twice, make two separate shopping lists (one for each prep batch).

Meal composition

Both tracks eat the same way; what differs is which days are which. Find your track below, then read what that kind of day asks of you.

Track	Solid-food days	Liquid days	Water fast	Re-feed day	Final days
Gentle	Days 1 to 4	Days 5 to 7	—	Day 8	Days 9 and 10
Deep	Days 1 to 3	Days 4 and 8	Days 5 to 7	Day 9	Day 10

A solid-food day

Breakfast

- 50% protein (approx. 120 g cooked) + 50% carbs + 1 serving fats
- Example 1: Grilled sweet potato + chicken sautéed in sesame oil
- Example 2: Soy yogurt + chopped pear + toasted seeds

Lunch

- 25% protein (approx. 120 g cooked) + 25% carbs + 50% vegetables + 1 serving fats
- Example 1: 150 g raw fish (yields ~120 g cooked) + steamed spinach + grated carrot + 100 g / ½ cup cooked rice + 2 Tsp. olive oil
- Example 2: Buddha bowl with 150 g tofu + steamed kale + pak choi + sauerkraut + 100 g / ½ cup roasted butternut squash

Dinner

- 75% vegetables + 25% protein (approx. 150 g cooked) + 1 serving fats
- You may have a slightly bigger protein portion at dinner (typically ~150 g for cooked animal protein and soy products, and ~200 g for cooked pulses), to keep you satiated through the night, which supports sleep quality and therefore detoxification.
- Example 1: Vegetable soup + 150 g cooked edamame + sprinkle of seeds
- Example 2: Large salad with 3–4 vegetables + 1 Tbsp. oil + pickled cucumber + 150 g grilled chicken

Snacks

- Optional. Put some in your meal plan if you anticipate needing extra food.
- Light options: juice, broth, ½ serving smoothie.
- Heavier options: ½ serving of a protein dish, leftover soup, hummus with crudités or a handful of nuts.
- Leftovers are ideal for snacks, and help avoid waste. See the Snacks section in the recipes for more ideas.

A liquid day

Every meal is a smoothie, soup, broth, miso soup (broth only), or juice, and you may have them ad libitum. Take them at your regular mealtimes rather than grazing, and drink slowly, keeping each mouthful in your mouth a moment so it mixes with saliva. Leftover soups keep well: use them as snacks on solid-food days, or freeze them for later.

A water fast day (deep track only)

Water, herbal teas and infusions only, any time.

The re-feed day

- Breakfast: veggie juice or broth / miso soup, then wait 30 minutes, then stewed apple
- Lunch: steamed veggies, 100 g / 1 cup cooked brown rice + Vegetable Miso Soup (1 serving) + sauerkraut
- Dinner: Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)
- Snack: veggie juice, or broth / miso soup

This is the most sensitive day of the programme. Follow it as written rather than improvising.

The final days

The same as a solid-food day, but with no animal protein. After the detox, reintroduce animal proteins progressively: fish first, then poultry, and finally red meat if it is part of how you eat.

Meal plan sample, Gentle track (omnivore)

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 1	High-Protein Oatmeal with Fruit & Pecans (1 serving)	160 g raw salmon, baked + 100 g / ½ cup brown rice + + 1 Tbsp. EVOO + steamed spinach + Grated Beetroot Salad (1 serving)	150 g / 1 cup edamame + Lemony Courgette Noodles with Fresh Thyme (1 serving) + + seed sprinkle	1 pear + 1 Tbsp. almond butter	
Day 2	160 g raw chicken sautéed in 1 Tsp. sesame oil + grilled sweet potato + seed sprinkle + Sauerkraut (1 serving)	115 g / 4 oz pan-fried tempeh slices marinated in tamari sauce and toasted sesame oil + Roasted Seasonal Veggies with Sesame—Miso Drizzle (1 serving) + rocket	Braised Leeks with Lemon & Hazelnut Gremolata + steamed broccoli with lemon juice and zest and 1 Tsp. EVOO + 200 g / ~¾ cup soy / almond yogurt with cinnamon (protein for dessert)	Green Pea Hummus (1 serving + vegetable sticks	Use commercial organic sauerkraut, if you don't want to make it. Freeze 2 servings Roasted Seasonal Veggies with Sesame—Miso Drizzle.
Day 3	High-Protein Oatmeal with Fruit & Pecans (1 serving)	160 g raw mackerel, grilled + Lemony Courgette Noodles with Fresh Thyme (1 serving) + steamed pak choi	170g / 1 cup cooked adzuki beans + Grated Beetroot Salad (1 serving) + rocket, lettuce, and broccoli sprouts + 1 Tbsp. Wheatgerm oil	2 wholegrain rice cakes + tahini + Sauerkraut (1 serving)	
Day 4	170g / 1 cup cooked lentils + Roasted Seasonal Veggies with Sesame—Miso Drizzle (1 serving) + toasted sesame seeds	Simple Silken Tofu with Tamari & Daikon (1 serving) + Grated Beetroot Salad (1 serving) + Braised Leeks with Lemon & Hazelnut Gremolata (1 serving)	Shaved Fennel, Apple & Rocket Salad (2 servings) + 200 g / ~¾ cup soy / almond yogurt with cinnamon (protein for dessert)	Green Pea Hummus (1 serving + vegetable sticks	You can have 2 servings Shaved Fennel, Apple & Rocket Salad as vegetables are unlimited and this avoids leftovers as we move to liquids the next day.

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 5 (Liquid)	Spinach and Kiwi Smoothie (1 serving)	Courgette Cream with Shiitake (1 serving)	Apple & Celery Velouté (1 serving)	Berry Cocoa protein smoothie (1 serving)	
Day 6 (Liquid)	Lime, Pear & Green Energy Smoothie (1 serving)	“Cheesy” Broccoli Soup (1 serving)	Courgette Cream with Shiitake (1 serving)	Beet—Carrot— Fennel with Dill & Lemon Juice (1½ servings)	Freeze 2 servings “Cheesy” Broccoli Soup.
Day 7 (Liquid)	Green Peace Smoothie (1 serving)	Apple & Celery Velouté (1 serving)	“Cheesy” Broccoli Soup (1 serving)	Pumpkin— Carrot— Turmeric with Orange Zest Juice (1½ servings)	
Day 8	Beet—Carrot— Fennel with Dill & Lemon Juice (1½ servings) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Pumpkin— Carrot— Turmeric with Orange Zest Juice (1½ servings) + leftover stewed apples or Vegetable Miso Soup (1 serving)	Refeed day. Choose juice or broth for breakfast. Lunch and dinner are more prescriptive as this is a particularly sensitive day. Freeze 2 servings Whole Mung Bean & Brown Rice Kichadi.
Day 9	150 g silken tofu + Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle (1 serving) + Sauerkraut (1 serving)	170g / 1 cup cooked cannellini + Roasted Seasonal Veggies with Sesame—Miso Drizzle (1 serving) + steamed chard + seed sprinkle	115 g / 4 oz pan-fried tempeh slices marinated in tamari sauce and toasted sesame oil + Roasted Brussels Sprouts with Molasses— Balsamic Dressing & Crunchy Kasha (1 serving) + watercress + seed sprinkle	Shaved fennel + Avocado— Herb Dressing (2 servings)	Defrost the 1 serving Roasted Seasonal Veggies with Sesame—Miso Drizzle.
Day 10	150 g / 1 cup edamame + Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle (1 serving) + Sauerkraut (1 serving)	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving) + sautéed mushrooms + seed sprinkle	170g / 1 cup cooked cannellini + Roasted Brussels Sprouts with Molasses— Balsamic Dressing & Crunchy Kasha (1 serving) + grilled courgette + seed sprinkle	Celery sticks + Avocado—Herb Dressing (2 servings)	No animal proteins, except broths. Otherwise same as Days 1-4.

Meal plan sample, Gentle track (vegan)

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 1	High-Protein Oatmeal with Fruit & Pecans (1 serving)	Baked tempeh sushi rolls (1½ servings) + Grated Beetroot Salad (1 serving) + Vegetable Miso Soup (1 serving)	150 g / 1 cup edamame + Lemony Courgette Noodles with Fresh Thyme (1 serving) + + seed sprinkle	1 pear + 1 Tbsp. almond butter	
Day 2	170g / 1 cup cooked cannellini + grilled sweet potato + Miso dressing (1 serving) + Sauerkraut (1 serving)	Baked tempeh sushi rolls (1½ servings) + rocket + Vegetable Miso Soup (1 serving)	Braised Leeks with Lemon & Hazelnut Gremolata (1 serving) + steamed broccoli with lemon juice and zest and 1 Tsp. EVOO + 200 g / ~¾ cup soy / almond yogurt with cinnamon (protein for dessert)	Green Pea Hummus (1 serving + vegetable sticks	Use commercial organic sauerkraut, if you don't want to make it.

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 3	High-Protein Oatmeal with Fruit & Pecans (1 serving)	170g / 1 cup cooked chickpeas + Lemony Courgette Noodles with Fresh Thyme (1 serving) + steamed pak choi + Miso dressing (1 serving)	170g / 1 cup cooked adzuki beans + Grated Beetroot Salad (1 serving) + rocket, lettuce, and broccoli sprouts + 1 Tbsp. Wheatgerm oil	2 wholegrain rice cakes + tahini + Sauerkraut (1 serving)	
Day 4	170g / 1 cup cooked lentils + grilled sweet potato + Miso dressing (1 serving) + Sauerkraut (1 serving)	Simple Silken Tofu with Tamari & Daikon (1 serving) + Grated Beetroot Salad (1 serving) + Braised Leeks with Lemon & Hazelnut Gremolata (1 serving)	Shaved Fennel, Apple & Rocket Salad (2 servings) + 200 g / ~¾ cup soy / almond yogurt with cinnamon (protein for dessert)	Green Pea Hummus (1 serving + vegetable sticks	You can have 2 servings Shaved Fennel, Apple & Rocket Salad as vegetables are unlimited and this avoids leftovers as we move to liquids the next day.
Day 5 (Liquid)	Spinach and Kiwi Smoothie (1 serving)	Courgette Cream with Shiitake (1 serving)	Apple & Celery Velouté (1 serving)	Berry Cocoa protein smoothie (1 serving)	
Day 6 (Liquid)	Lime, Pear & Green Energy Smoothie (1 serving)	“Cheesy” Broccoli Soup (1 serving)	Courgette Cream with Shiitake (1 serving)	Beet—Carrot— Fennel with Dill & Lemon Juice (1½ servings)	Freeze 2 servings “Cheesy” Broccoli Soup.
Day 7 (Liquid)	Green Peace Smoothie (1 serving)	Apple & Celery Velouté (1 serving)	“Cheesy” Broccoli Soup (1 serving)	Pumpkin— Carrot—Turmeric with Orange Zest Juice (1½ servings)	
Day 8	Beet—Carrot— Fennel with Dill & Lemon Juice (1½ servings) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Pumpkin— Carrot—Turmeric with Orange Zest Juice (1½ servings) + leftover stewed apples or Vegetable Miso Soup (1 serving)	Refeed day. Choose juice or broth for breakfast. Lunch and dinner are more prescriptive as this is a particularly sensitive day. Freeze 2 servings Whole Mung Bean & Brown Rice Kichadi.
Day 9	150 g silken tofu + Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle (1 serving) + Sauerkraut (1 serving)	170g / 1 cup cooked cannellini + 150g / 1 cup cooked quinoa + steamed chard and kale + Miso dressing (1 serving) + toasted sesame seeds and flaked nori	115 g / 4 oz pan-fried tempeh slices marinated in tamari sauce and toasted sesame oil + Roasted Brussels Sprouts with Molasses— Balsamic Dressing & Crunchy Kasha (1 serving) + watercress + seed sprinkle	Shaved fennel + Avocado— Herb Dressing (2 servings)	
Day 10	150 g / 1 cup edamame + Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle (1 serving) + Sauerkraut (1 serving)	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving) + sautéed mushrooms + seed sprinkle	170g / 1 cup cooked cannellini + Roasted Brussels Sprouts with Molasses— Balsamic Dressing & Crunchy Kasha (1 serving) + grilled courgette + seed sprinkle	Celery sticks + Avocado—Herb Dressing (2 servings)	No animal proteins, except broths. Otherwise same as Days 1-4.

Meal plan sample, Deep track (omnivore)

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 1	Plum & Pear Stew with Soy Yogurt and Hemp Seeds (1 serving)	Quinoa & Lentil Salad with Steamed Veg & Pickle (1 serving) + watercress + 150 g tofu	Pan-Seared Mackerel with Ginger Dressing (1 serving) + Steamed pak choi and kale	Green Pea Hummus (1 serving) + crudités	
Day 2	Plum & Pear Stew with Soy Yogurt and Hemp Seeds (1 serving)	Quinoa & Lentil Salad with Steamed Veg & Pickle (1 serving) + mixed sprouted seeds + 1 Tbsp. Hemp seeds	Pan-Seared Mackerel with Ginger Dressing (1 serving) + Steamed broccoli and spinach	Green Pea Hummus (1 serving) + crudités	
Day 3	High-Protein Oatmeal with Fruit & Pecans (1 serving)	Millet Salad (1 serving, see Notes) + 150 g / 1 cup edamame + sautéed chard	170 g / 4 oz. raw chicken + Grated Beetroot Salad (2 servings)	Berry Cocoa Protein Smoothie (½ serving)	Have 1 serving millet on day 0 (the day before the detox starts).
Day 4 (Liquid)	High-Protein Oatmeal with Fruit & Pecans (1 serving, leftover blended with water)	Courgette, Cashew & Basil Soup (1 serving)	Beet & Parsnip Soup (1 serving)	Berry Cocoa Protein Smoothie (½ serving) and Kombu Dashi	Freeze separately 2 servings Beet & Parsnip Soup.
Day 5 (Fast)	Water fast - Water / Infusions only				
Day 6 (Fast)	Water fast - Water / Infusions only				
Day 7 (Fast)	Water fast - Water / Infusions only				Defrost tomorrow's soups.
Day 8 (Liquid)	Autumn Root Glow Juice (1½ servings)	Courgette, Cashew & Basil Soup (1 serving)	Beet & Parsnip Soup (1 serving)	Autumn Root Glow Juice (1½ servings)	Prep food in the evening, freeze 2 servings Kichadi and 3 servings spaghetti squash.
Day 9	Autumn Equinox Juice (1½ servings) (wait 30 min) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Autumn Equinox Juice (1½ servings) + leftover stewed apples	
Day 10 (Meat-free)	Almond & Chia Protein Parfait (1 serving)	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Roasted Spaghetti Squash with Pesto (1 serving) + 100 g crumbled tempeh	Beet & Parsnip Soup (1 serving)	Save extra Almond & Chia Protein Parfait for after the detox.

Meal plan sample, Deep track (vegan)

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 1	Plum & Pear Stew with Soy Yogurt and Hemp Seeds (1 serving)	Quinoa & Lentil Salad with Steamed Veg & Pickle (1 serving) + watercress + 150 g tofu	Detox Mas Piyazi (1 serving) + Steamed pak choi and kale	Green Pea Hummus (1 serving) + crudités	Freeze 2 servings Detox Mas Piyazi (separately).
Day 2	Plum & Pear Stew with Soy Yogurt and Hemp Seeds (1 serving)	Quinoa & Lentil Salad with Steamed Veg & Pickle (1 serving) + mixed sprouted seeds + 1 Tbsp. Hemp seeds	Detox Mas Piyazi (1 serving) + Steamed broccoli and spinach	Green Pea Hummus (1 serving) + crudités	

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 3	High-Protein Oatmeal with Fruit & Pecans (1 serving)	Millet Salad (1 serving, see Notes) + 150 g / 1 cup edamame + sautéed chard	170 g / 1 cup cooked cannellini + Grated Beetroot Salad (2 servings)	Berry Cocoa Protein Smoothie (½ serving)	Have 1 serving millet on day 0 (the day before the detox starts).
Day 4 (Liquid)	High-Protein Oatmeal with Fruit & Pecans (1 serving, leftover blended with water)	Courgette, Cashew & Basil Soup (1 serving)	Beet & Parsnip Soup (1 serving)	Berry Cocoa Protein Smoothie (½ serving) and Kombu Dashi	Freeze separately 2 servings Beet & Parsnip Soup.
Day 5 (Fast)	Water fast - Water / Infusions only				
Day 6 (Fast)	Water fast - Water / Infusions only				
Day 7 (Fast)	Water fast - Water / Infusions only				Defrost tomorrow's soups.
Day 8 (Liquid)	Autumn Root Glow Juice (1½ servings)	Courgette, Cashew & Basil Soup (1 serving)	Beet & Parsnip Soup (1 serving)	Autumn Root Glow Juice (1½ servings)	Prep food in the evening, freeze 2 servings Kichadi and 3 servings spaghetti squash.
Day 9	Autumn Equinox Juice (1½ servings) (wait 30 min) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Autumn Equinox Juice (1½ servings) + leftover stewed apples	
Day 10 (Meat-free)	Almond & Chia Protein Parfait (1 serving)	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Roasted Spaghetti Squash with Pesto (1 serving) + 100 g crumbled tempeh	Beet & Parsnip Soup (1 serving)	Save extra Almond & Chia Protein Parfait for after the detox.

Meal planning template, Gentle track

Day	Breakfast	Lunch	Dinner	Snack	Notes
Days 1-4	50% protein (approx. 120 g cooked) 50% carbs 1 Tbsp. oil	25% protein (approx. 120 g cooked) 25% carbs 50% veg 1 Tbsp. oil	25% protein (approx. 150 g cooked) 75% veg 1 Tbsp. oil	Small portion leftovers, fruit, nut & seeds (see Snacks section in the recipes)	
Days 5-7 (Liquid)	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Consume at your regular meal times. Drink slowly, keeping food in your mouth to mix with saliva.
Day 8	Juice / broth (1½ servings) (wait 30 min) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Juice / broth (1½ servings) + leftover stewed apples	Refeed day. Choose juice or broth for breakfast and snack. Lunch and dinner are more prescriptive as this is a particularly sensitive day.
Days 9-10	50% protein (approx. 120 g cooked) 50% carbs 1 Tbsp. oil	25% protein (approx. 120 g cooked) 25% carbs 50% veg 1 Tbsp. oil	25% protein (approx. 150 g cooked) 75% veg 1 Tbsp. oil	Small portion leftovers, fruit, nut & seeds (see Snacks section in the recipes)	No animal proteins, except broths. Otherwise same as Days 1-4.

Meal planning template, Deep track

Day	Breakfast	Lunch	Dinner	Snack	Notes
Days 1-3	50% protein (approx. 120 g cooked) 50% carbs 1 Tbsp. oil	25% protein (approx. 120 g cooked) 25% carbs 50% veg 1 Tbsp. oil	25% protein (approx. 150 g cooked) 75% veg 1 Tbsp. oil	Small portion leftovers, fruit, nut & seeds (see Snacks section in the recipes)	Last day with animal proteins, except broths.
Day 4 (Liquid)	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Consume at your regular meal times. Drink slowly, keeping food in your mouth to mix with saliva.
Days 5-7 (Fast)	Water fast - Water / Infusions only				Defrost day 9's soups before bed on day 8.
Day 8 (Liquid)	Veggie juice or broth or miso soup (broth only)	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Smoothie, soup, broth, miso soup (broth only), or juice	Consume at your regular meal times. Drink slowly, keeping food in your mouth to mix with saliva. Prep food in the evening, freeze 2 servings Kichadi and spaghetti squash.
Day 9	Juice / broth (1½ servings) (wait 30 min) + 1-2 stewed apples	100 g / ½ cup brown rice + Vegetable Miso Soup (1 serving) + Sauerkraut + steamed veg (optional)	Whole Mung Bean & Brown Rice Kichadi (1 serving) + Vegetable Miso Soup (1 serving)	Juice / broth (1½ servings) + leftover stewed apples	Solids reintroduction day. Choose juice or broth for breakfast and snack. Lunch and dinner are more prescriptive as this is a particularly sensitive day.
Day 10	50% protein (approx. 120 g cooked) 50% carbs 1 Tbsp. oil	25% protein (approx. 120 g cooked) 25% carbs 50% veg 1 Tbsp. oil	25% protein (approx. 150 g cooked) 75% veg 1 Tbsp. oil	Small portion leftovers, fruit, nut & seeds (see Snacks section in the recipes)	No animal proteins, except broths. Otherwise same as Days 1-3.

Recipes

Breakfast (7)

- Plum & Pear Stew with Greek Soy Yogurt, Hemp & Seeds (blend to make a smoothie)
- High-Protein Oatmeal with Fruit & Pecans (blend to make a smoothie)
- Savoury Brown Rice Porridge with Miso, Wakame & Milk Thistle
- Scrambled Tofu with Toasted Sweet Potato Slices
- Almond & Chia Protein Parfait
- Miso Soup with Silken Tofu, Soba & Mushrooms
- Quinoa & Lentil Salad with Steamed Vegetables and Pickle (vegan breakfast and omnivore lunch base)

Lunch & Dinner (4)

- Whole Mung Bean & Brown Rice Kichadi
- Baked Tempeh Sushi Rolls
- Ginger—Miso Braised Chicken with Root Vegetables
- Simmered Chicken with Daikon, Mushrooms & Tamari

Protein Dishes (4)

- Pan-Seared Mackerel with Ginger Dressing
- Equinox Teriyaki Salmon
- Detox Mas Piyazi (Turkish Mung Bean Salad)
- Simple Silken Tofu with Tamari & Daikon

Vegetable Dishes (11)

- Shaved Fennel, Apple & Rocket Salad
- Roasted Brussels Sprouts with Molasses—Balsamic Dressing & Crunchy Kasha
- Roasted Spaghetti Squash with Vegan Pesto
- Roasted Cabbage Steaks with Sesame—Tamari Drizzle
- Braised Leeks with Lemon & Hazelnut Gremolata
- Wakame Seaweed & Carrot Salad
- Sautéed Mushrooms with Seasonal Greens
- Sauerkraut (+ Carrot & Ginger Kraut variation)
- Grated Beetroot Salad (blend to make a savoury smoothie)
- Spinach Goma-ae (Sesame Spinach Salad)
- Lemony Courgette Noodles with Fresh Thyme

Carbohydrate Dishes (5)

- Fried Mochi with Molasses & Sesame
- Roasted Butternut Squash with Yin and Yang Sauces
- Millet Salad
- Steamed Pumpkin with Sesame Dressing
- Roasted Seasonal Veggies with Sesame—Miso Drizzle

Soups & Broths (13)

- Bone Broth
- Fish Broth (Miso Soup Base)
- Vegetable Soup (Miso Soup Base)
- Courgette, Cashew & Basil Soup
- Beet & Parsnip Soup
- Courgette Cream with Shiitake
- Apple & Celery Velouté
- Carrot, Squash & Coriander Soup
- “Cheesy” Broccoli Soup
- Creamy Mushroom Soup
- Yellow Split Pea Soup

- Leek & Turnip Soup
- Celery & Leek Detox Velouté

Smoothies (12)

- Berry, Chia & Mint Smoothie
- Raspberry & Peach Smoothie
- Berry Blast Smoothie
- Apple & Oat Smoothie
- Spinach & Kiwi Smoothie
- Equinox Green Goddess
- Berry Cocoa Protein Smoothie
- Lime, Pear & Green Energy Smoothie
- Mango, Chard & Pomegranate Smoothie
- Tropical Chard & Coconut Smoothie
- Green Peace Smoothie
- Courgette & Pomegranate Nourish Smoothie

Juices (11)

Autumn Equinox Juices

- Autumn Root Glow
- Beet—Carrot—Fennel with Dill & Lemon
- Cabbage—Celery—Apple with Parsley & Ginger
- Pumpkin—Carrot—Turmeric with Orange Zest
- Kale—Cucumber—Pear with Mint & Lime
- Daikon—Carrot—Beet Tops with Thyme & Lemon

Spring Equinox Juices

- Cucumber—Fennel—Apple with Mint & Lemon
- Spinach—Celery—Herb with Lime & Ginger
- Radish—Watercress—Cucumber with Dill & Lemon
- Asparagus—Fennel—Green Apple with Tarragon
- Little Gem—Cucumber—Kiwi with Sorrel

Snacks (1)

- Green Pea Hummus
- Guidance: snacks can also be half portions of breakfasts, soups, smoothies, or leftovers

Dressings (8)

- Miso Dressing
- Tofu Mayonnaise
- French Mustard Dressing
- Balsamic Vinaigrette
- Lemon Dressing
- Avocado—Herb Dressing
- Carrot—Sesame Dressing
- Detox Chimichurri

Beverages (10)

- Turmeric Latte
- Chai Latte
- Beetroot Latte
- Black Sesame Latte
- Dandelion “Coffee”
- Citrus Infusion
- Mint & Cucumber Water
- Anti-inflammatory Ginger, Turmeric & Lemon Shot/Infusion
- Kombu Dashi Infusion (Mineral Broth)
- Schisandra Berry Infusion