

# 2 Day Reset Nutrition Plan



# TWO DAY NUTRITION RESET PLAN

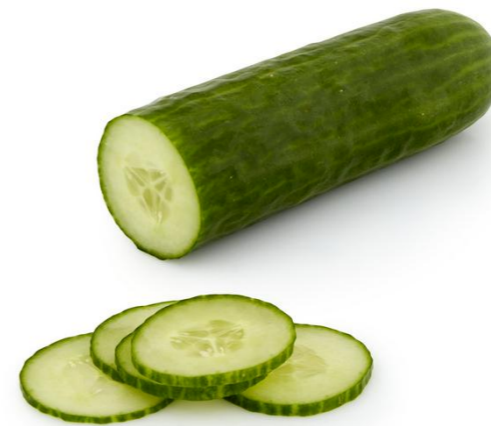
A GREEN & RED DAY NUTRITION PLAN IS A GREAT WAY TO INFUSE YOUR BODY WITH NATURAL MULTI-VITAMINS AND MINERALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Lymph stretch - 10 minutes Bikram Yoga - Mindfulness Meditation				
P R E P A R A T I O N	Vitamin D Supplement				
	Celery, cucumber, kale, lime green apple juice	Carrot, red apple, Ginger juice	Overnight Oats Juice/mackerel	Supergreen Smoothie	Overnight Oats Juice/mackerel
	Krill Oil Supplement				
	Supergreen Pea/Asparagus Soup	Tomaton/bean Soup	Soup/salad Portein/salad	Soup/salad Portein/salad	Soup/salad Portein/salad
	Phosphatidyl Serine Supplement				
	Cod + Steamed Greens, lime juice	Salmon Roasted veg	Protein/stir fry Protein/ roast veg	Protein/stir fry Protein/ roast veg	Dinner out wine/desert
NSDR - Non Sleep Deep Relaxation <a href="https://www.youtube.com/watch?v=pL02HRFk2vo">https://www.youtube.com/watch?v=pL02HRFk2vo</a>					
Kiwi Fruit + ZMA					

Try this 2 day nutrition plan once a month as a 'reset' after a busy weekend out or when feeling particularly tired. It's a superb way to quickly restore energy to the mind and body and provide core nutrients to calm the nervous system. Details of the supplements are contained in this brochure and the NSDR is a powerful way to soothe stress in just 10mins before bed.

# GREEN DAY

Anti-inflammatory Juice



Juice all the veg and the apple then squeeze in the lime juice.

# GREEN DAY

## Anti-inflammatory Juice



Celery Juice, Green Apple, Cucumber, Kale, & Lime Juice

- 1/2 a large cucumber
- 6 stalks celery
- Large handful kale
- 1 green apple
- 1/2 fresh lime juice

Juice all the veg in a juice machine and then squeeze the fresh lime juice in just before drinking

# GREEN DAY

Pea & Asparagus Soup with Quinoa



# GREEN DAY

## Pea & Asparagus Soup with Quinoa

### Ingredients:

200g Asparagus, trimmed to 1inch pieces  
1 tbsp organic coconut oil  
5 Spring onion bulbs, finely chopped  
25g quinoa  
500g frozen peas  
900ml Vegetable stock  
Small bunch fresh mint

### Method

1. Heat oil in a large pan and fry the spring onions and asparagus tips.
2. Add the frozen peas, quinoa, vegetable stock and season with salt and pepper.
3. Bring to boil and then simmer for 20 minutes.
4. Add mint and carefully blend until smooth.

# GREEN DAY

ASIAN COD WITH STEAMED GREENS



# GREEN DAY

## ASIAN COD WITH STEAMED GREENS

Ingredients:

For the sauce/glaze

- 2 tbsp hoisin sauce
- 2 tbsp reduced-salt soy sauce
- Juice of 1 lime
- 1 small clove garlic, crushed

For the tray bake

- 200g Tenderstem broccoli
- 2 tbsp vegetable oil
- 300g new potatoes, quartered (Or mixed beans)
- 2 cod fillets
- Salt and pepper, to taste
- Sprinkle of black sesame seeds, to garnish (optional)

1. Preheat the oven to 180°C/fan 160°C/gas mark 4. Line a baking tray with baking paper.
2. Combine all the glaze ingredients in a measuring jug or small bowl and whisk well until combined.
3. Place the Tenderstem® broccoli and potatoes on one side of the baking tray, drizzle with the oil, toss to coat and season with salt and pepper.
4. Place the cod on the other side of the baking tray and coat with the glaze.
5. Roast everything in the oven for 16-20 minutes depending on the size of the cod, until cooked through.
6. Remove the tray from the oven and serve in bowls, garnished with the sesame seeds (if using) and with the remaining sauce on the side for drizzling.





# RED DAY

Restorative SuperJuice



Juice all the ingredients together and drink chilled.



# RED DAY

## Restorative SuperJuice

Carrots, Red Apple, Red Pepper, & Ginger Juice

- 1 bag organic carrots
- 2 red apples,
- 1 red pepper
- 2" fresh ginger

Juice all the ingredients together and drink chilled.

# RED DAY

Restorative High Protein Soup



# RED DAY

## Restorative High Protein Soup

### TOMATO & KIDNEY BEAN SOUP

A hint of chilli makes this nutritious, colourful soup even more warming and filling. The adzuki beans offer a good boost of protein, whilst the tomatoes are ready to work their antioxidant magic!

450g fresh tomatoes, unpeeled  
ground white pepper and salt (to taste) 3 cloves of garlic, unpeeled  
1 large onion, peeled and chopped 100g leek, chopped  
20g celery, chopped  
1/2 a medium red chilli (to taste)  
80g kidney beans  
2 large tablespoons of tomato puree 700ml water  
2 vegetable stock cubes  
2 tablespoons of red wine vinegar

Preheat the oven to 200°C/400°F/gas mark 6.

Slice the unpeeled tomatoes in half and place on a baking tray, sprinkle them with a generous amount of pepper and a touch of salt to taste, then place in the oven and bake for 30 minutes, adding the unpeeled garlic cloves after 25 minutes. Meanwhile, place the chopped onion, leek, celery and chilli in a heavy-bottomed saucepan with the kidney beans and tomato puree, then cover with the 700ml of water. Add the 2 vegetable stock cubes and simmer for 20 minutes to allow the vegetables to soften. Remove the tomatoes and garlic from the oven, carefully peel the garlic, then add both to the pan, along with the red wine vinegar, and simmer for a further 10 minutes. Allow the soup to cool, then blend until smooth.

# RED DAY

SALMON WITH SWEET POTATO

