



**FLATSNOUT FITNESS TRAINING**

**7**

**DAY DETOX**

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS





# 7 DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

## Foreword

The Flatsnout 7 day no-nonsense detox is a diet to help cleanse the body and all of your central nervous systems, lymphatic and endocrine systems.

It's simple and very basic. BUT there are no guaranteed weight losses, if you lose weight, great, if you don't, great too. You will have purged your systems and cleansed your bodily systems.

When our bodies are overloaded by illness, toxicity, or even just sluggishness, we lose the ability to process these foods in an optimal way. The plan below gives us the reboot we need to come back to these foods with digestive vigor.

It also helps cleanse and rebuild the soul. As your body re-mineralizes, alkalizes, detoxifies, and mends, your soul learns that powerhouse foods like fruit are the true sustenance that will bring it comfort.

Cutting out alcohol, cigarettes, caffeine and many saturated fats in processed foods that the body struggles to break down. It's tough but if you want to REBOOT and DETOX - DO IT.

We are looking to help these bodily systems and restore balance to our body's from the modern battering of alcohol, nicotine and fast tracked processed foods.

You will be leaner and much cleaner, it's a great refreshment diet, too.

You will drink 3 litres of infused water, daily and chilled were possible.

Lemon, cucumber, apple and cinnamon. Excellent detoxification.



**FLATSNOUT FITNESS TRAINING**



# 7

## DAY DETOX

HIGH PROTEIN – HIGH FIBRE – BIG RESULTS

### Monday

#### Breakfast

##### Fruit and hi protein yoghurt.

4 tablespoons Skyr hi-protein yoghurt

1 banana sliced, almond and or various nuts, raisins and one teaspoon of honey

500ml of lemon/ cucumber water.

#### Lunch

Small tin of tuna in brine or spring water.

Salad chopped include peppers, cucumber, radish, sweetcorn, tomatoes, lettuce and kale.

500ml of lemon / cucumber water.

#### Dinner

*Chicken breast grilled, sliced and seasoned with mixed herbs and steamed veg detox medley.*

##### Ingredients

1 medium size chicken breast.

Vegetable Detox medley

2-3 broccoli stems,

Small cup of peas,

2 sliced carrots,

2-3 cauliflower stems

1 sliced sweet potato chopped as chips

##### Method

Grill chicken breast, slice and season with mixed herbs

Steam vegetables in steamer

Bring the water to a boil: Bring the water to a boil over high heat. When you hear the water bubbling and see **steam** starting to emerge from the pot, it's ready. Add the **vegetables**, cover and reduce the heat: Scatter the **vegetables** over the steamer basket. Cover the pot and reduce the heat to medium.

500ml of lemon/ cucumber water.

#### Snacks 10am/3pm

500ml of lemon / cucumber water.

1 Banana/ 1 Apple

3 amino acid tablets

**Supper** 500ml of lemon/ cucumber water.

**Top Tip** – Keep water cool in the fridge for maximum refreshment



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Tuesday

#### Breakfast

500 ml chilled apple/ cinnamon water  
3 tablespoons oats and fruit  
4 tablespoons Skyr yogurt  
Chopped fruit (banana/orange/ kiwi)

#### Lunch

*2 Eggs sliced and Everyday Detox Salad*

##### Ingredients

2-3 spinach leaves  
1 small thinly sliced red onion  
2-3 chopped cherry tomatoes  
1 inch of chopped cucumber  
2 chopped coriander leaves  
salt and pepper and Balsamic vinegar to taste.

##### Method

Either chop and dice the salad by hand or use a food processor (much easier)

Add all ingredients together in a large bowl, and toss to combine. Serve immediately. (Or if you are not going to serve the entire salad in one sitting, the salad can be mixed without the dressing and refrigerated in a sealed container for up to 2 days with the dressing refrigerated separately in another sealed container.)

500 ml chilled apple/ cinnamon water

**Dinner** *Grilled cod/ seabass with mixed herbs and vegetable detox medley.*

##### Ingredients

Small piece of cod/ seabass  
1 small sweet potato chopped into chip like portions  
2 broccoli stems  
2 carrots diced  
Small cup of sweetcorn  
Small cup of peas  
2 cauliflower flowers  
2 spinach leaves



## FLATSNOUT FITNESS TRAINING





# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Method

Grill cod/ sea bass with mixed herbs until cooked

Steam vegetables in steamer

Bring the water to a boil: Bring the water to a boil over high heat. When you hear the water bubbling and see **steam** starting to emerge from the pot, it's ready. Add the **vegetables**, cover and reduce the heat: Scatter the **vegetables** over the steamer basket. Cover the pot and reduce the heat to medium

### Snacks 10am/3pm

500 ml chilled apple/ cinnamon water 1 Banana/ 1 orange

### Supper 500 ml chilled apple/ cinnamon water

### Top Tip-Don't eat after 7pm (Just drink water)



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Wednesday

#### Breakfast

500 ml Lemon/ cucumber water

Fresh fruit kiwi. Pineapple/ grapefruit (chopped finely)

3 tablespoon of Skyr yogurt (plain)

1 teaspoon honey

#### Lunch

*Everyday Detox Salad and tuna*

##### Ingredients

3 cups finely-chopped\* kale leaves

2 cups finely-chopped broccoli florets

2 cups finely-chopped red cabbage

1 cup matchstick (shredded) carrots

1 cup roughly-chopped fresh cilantro leaves

1/2 cup toasted slivered almonds

1/3 cup thinly-sliced green onions

1 avocado, peeled pitted and diced

1 can of tuna in brine or spring water

1 tablespoon olive oil/ 1 tablespoon honey/ 1/2 teaspoon sesame oil

##### Method

Either chop and dice the salad by hand or use a food processor (much easier)

Add all ingredients together in a large bowl, and toss to combine. Serve immediately. (Or if you are not going to serve the entire salad in one setting, the salad can be mixed without the dressing and refrigerated in a sealed container for up to 2 days with the dressing refrigerated separately in another sealed container.)

500ml Lemon/ cucumber water



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Dinner

*Monkfish grilled Vegetable detox medley*

#### Ingredients

Small piece of monkfish  
1 small sweet potato chopped into chip like portions  
2 broccoli stems  
2 carrots diced  
Small cup of sweetcorn  
Small cup of peas  
2 cauliflower flowers  
2 spinach leaves

#### Method

Grill monkfish in mixed herbs until cooked

Steam vegetables in steamer

Bring the water to a boil: Bring the water to a boil over high heat. When you hear the water bubbling and see **steam** starting to emerge from the pot, it's ready. Add the **vegetables**, cover and reduce the heat: Scatter the **vegetables** over the steamer basket. Cover the pot and reduce the heat to medium

### Snacks 10am/3pm

500ml of lemon/ cucumber water.

1 Banana/ 1 kiwi fruit

**Top-Tip-** Keep hydrated at least 3 litres of infused water daily



**FLATSNOUT FITNESS TRAINING**



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Thursday

#### Breakfast

500 ml chilled apple/ cinnamon water  
1 small cup Whole oats (Hi protein)  
Half cup blueberries  
1 tablespoon honey

#### Lunch

*Detox Salad with roasted beets and pumpkin seeds*

##### Ingredients

4 cups mesclun greens (mixed green leaves)  
2 medium beetroots (not pickled)  
4 Tbsp pumpkin seeds  
4 oz goat cheese, crumbled  
Kosher salt & freshly ground pepper  
2 Tbsp balsamic vinegar  
1 Tbsp extra virgin olive oil  
500ml Apple/Cinnamon water

##### Method

Cut the tops off of the beets (these are excellent chopped and sautéed in olive oil and garlic!). Wash the beets and place them, still whole and unpeeled, onto a small baking sheet or even some aluminum foil. Roast them in the oven at 375 degrees (f) for about 40 minutes or until softened and a knife can easily pass through them. Remove from the oven and cool.

Peel the beets and chop into about ½ inch cubes. These will keep in the fridge for days or can be frozen so make extra and you'll be able to throw this salad together in just a few minutes the next time!

Place the greens in a large bowl and top with the beets, pumpkin seeds and crumbled goat cheese. Season with salt and pepper.

Drizzle over the balsamic vinegar and olive oil just before serving. I like to keep them separate in this salad so I can taste them both individually but if you prefer to blend them first you can, it's purely a matter of preference! Your taste buds will thank you and so will your liver!

500 ml chilled apple/ cinnamon water



## FLATSNOUT FITNESS TRAINING





# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Dinner

*Detox Chicken and Vegetable Soup*

#### Ingredients:

4 carrots, chopped  
4 celery stalks, chopped  
1 bunch of kale, chopped  
1 whole white or yellow onion, diced  
3-4 cloves garlic, chopped  
1 Tbs olive oil  
2-3 Tbs no salt seasoning like 21 Salute or Italian  
1 cup uncooked beans (you can get a mix of lentils or whatever kind you prefer)  
64 oz bone broth or stock

#### Method

In a large pot over medium sauté the chopped onion in the olive oil until translucent

Add garlic and stir and stir an additional minute

Add all remaining ingredients and bring to a low simmer

Cover and let simmer for about an hour

Add additional salt, pepper or seasoning as desired and serve!

**\*\*Option to add chicken:** Add about 2lbs of raw, bone-in chicken breasts. In this case, you will want to keep it at a very low simmer for 2-3 hours or until the chicken falls off the bone easily with a fork. Once it is cooked, pull the chicken and remove bones.

500ml Apple/Cinnamon water

### Snacks 10am/3pm

500ml Apple/Cinnamon water

1 Banana/ chopped cup pineapple

**Top Tip-** If you are an Arthritis sufferer, try adding a teaspoon of turmeric (Anti Inflammatory)



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Friday

#### Breakfast

*Green Detox smoothie.*

##### Ingredients

- 1.5 cups kale, de-stemmed (or spinach, chard etc.)
- 1/2 cucumber, chopped
- 2 stalks celery, chopped
- 1 small lemon, peel removed
- 1 ripe banana, frozen
- 1 cup pineapple, frozen
- 2 tablespoons chia seeds
- 1/2-1 teaspoon spirulina powder (depending on preference)
- 1 cup unsweetened almond milk
- 1 cup cold, filtered water
- Handful of ice (optional)

##### Method

Place into blender and pulse until you have a smooth, lump free mixture.

500ml of lemon/ cucumber water.

#### Lunch

*Everyday Detox Salad*

##### Ingredients

- 3 cups finely-chopped\* kale leaves
- 2 cups finely-chopped broccoli florets
- 2 cups finely-chopped red cabbage
- 1 cup matchstick (shredded) carrots
- 1 cup roughly-chopped fresh cilantro leaves
- 1/2 cup toasted slivered almonds
- 1/3 cup thinly-sliced green onions
- 1 avocado, peeled pitted and diced
- 1 tablespoon olive oil/ 1 tablespoon honey/ 1/2 teaspoon sesame oil



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Method

Either chop and dice the salad by hand or use a food processor (much easier)

Add all ingredients together in a large bowl, and toss to combine. Serve immediately. (Or if you are not going to serve the entire salad in one setting, the salad can be mixed without the dressing and refrigerated in a sealed container for up to 2 days with the dressing refrigerated separately in another sealed container.)

500ml of lemon/ cucumber water.

### Dinner

*Chicken breast and Happy Salad*

### Ingredients

- 1 Chicken breast grilled with mixed herbs
- 3 carrots, peeled
- ¼ to ⅓ of a head of green cabbage
- 5 green onions, sliced, white and light green parts only
- 1 crown of broccoli (one big cluster of florets...not the big giant head)
- 3 tablespoons maple syrup
- 2 teaspoons fresh grated or minced ginger
- 1 garlic clove, minced
- 1 teaspoons lemon zest
- Juice from ½ a lemon
- Salt and pepper, to taste
- ¼ cup sunflower seed kernels, or to taste

### Method

In the bowl of a food processor pulse the cabbage until it is a very fine chop. Remove the cabbage to a large bowl. Process the carrots until they are chopped very fine and remove them to the same bowl. Process the broccoli until it is chopped very fine and remove it to the bowl containing the cabbage and carrots. Add the sliced green onions.

In a small bowl, combine the maple syrup, ginger, garlic, lemon zest, lemon juice, salt and pepper. Whisk the dressing thoroughly and add it to the bowl containing the vegetables.

Toss to combine. Sprinkle the sunflower seeds on top.

500ml of lemon/ cucumber water.



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

**Snacks** 10am/3pm

500ml of lemon/ cucumber water.

1 Banana/ 1 kiwi fruit

**Top Tip**-Eat more vegetables and fruit and let them cleanse and detoxify you.



**FLATSNOUT FITNESS TRAINING**





# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Saturday

#### Breakfast

##### Fruit and yoghurt

Chop banana/ apple/ kiwi fruit and add 5 tablespoons hi protein Skyr yoghurt. Sprinkle tablespoonful of mixed nuts

500 ML Apple/ Cinnamon water

#### Lunch

##### Honey Quinoa

###### Ingredients

1/2 cup uncooked quinoa

1 cup water & 1 chicken bouillon (stock) cube (optional, for extra flavour)

1 cup steamed chopped carrots

1 cup steamed broccoli

1/3 cup dried cranberries

2 tbsp olive oil

1/4 tsp salt

1/4 tsp pepper

1 tbsp honey

4 tbsp lemon juice

###### Method

Combine water, quinoa and chicken bouillon to pot and bring to a boil. As soon as it reaches a boil, reduce the heat, cover and let it simmer for 15 minutes or until the quinoa has absorbed all the water.

In a bowl, combine quinoa, steamed veggies and dried cranberries.

For the vinaigrette, whisk the olive oil, salt, pepper, honey & lemon juice until well combined. Drizzle over the salad and let it chill in the fridge. Or enjoy it hot.

500 ML Apple/ Cinnamon water

#### Dinner

##### Watermelon Salad

2 cups yellow watermelon, cut into 1/2 inch chunks



# FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

2 cups pink watermelon, cut into 1/2 inch chunks

1 cup fresh blueberries

6 fresh strawberries, quartered

3 cups packed fresh baby mixed greens

2 tsp fresh lemon zest

1/2 tsp sea salt

1/2 tsp freshly ground white pepper

2 Tbsp sesame seeds

1 tsp Dijon mustard

2 Tbsp apple cider vinegar

2 Tbsp Flax Seed Oil

### Method

In a large bowl, **COMBINE** watermelon, blueberries, strawberries, mixed greens and lemon zest; set aside in the fridge to chill for 10 minutes.

**WHISK** remaining ingredients in a small bowl. Allow to chill in the refrigerator for 5 minutes.

**REMOVE** salad and dressing from fridge. Drizzle dressing over salad; gently toss to combine. Serve chilled.

500 ML Apple/ Cinnamon water

### Snacks 10am/3pm

500 ML Apple/ Cinnamon water

1 banana/ 1 cup grapefruit.

**Top Tip-**Eat more fish, at least twice weekly, excellent omega 3 provider



**FLATSNOUT FITNESS TRAINING**



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Sunday

#### Breakfast

*Avocado and poached egg toast*

##### Ingredients

- 2 poached eggs
- 1 Avocado- peeled and cut into slices
- 2 tsp pumpkin seeds
- 2 tsp chia seeds
- 1 slice wholemeal bread

##### Method

Fill a small pan just over one third full with cold water and bring it to the boil.  
Add the vinegar and turn down to simmer.  
Crack the eggs one at a time into a small bowl and gently tip into the simmering water.  
Lightly poach for 3-4 minutes.  
Remove with a slotted spoon and drain on kitchen towels.  
Peel Avocado, slice down the middle and scoop out the flesh and chop into slices.

500ml of lemon/ cucumber water.

#### Lunch

*Lemon Squash Salad*

##### Ingredients

- 1 medium yellow squash, cut into 1/2 inch pieces
- 2 cups cooked teff (gluten-free grain)
- 1 cup steamed baby spinach
- 2 scallions, thinly sliced
- 1/2 medium red onion, thinly sliced
- 3 Tbsp fresh lemon juice
- 1 tsp balsamic vinegar
- 1 Tbsp lemon zest
- 2 Tbsp extra virgin olive oil
- 2 tsp ground chia seeds
- 1 large head Bibb lettuce
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 Tbsp finely chopped fresh coriander, for garnish



## FLATSNOUT FITNESS TRAINING



# 7

## DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

### Method

In a large bowl, COMBINE squash, teff, spinach, scallions and onion. To make the dressing, WHISK lemon juice, balsamic vinegar, lemon zest, olive oil, chia seeds, sea salt and pepper in a separate small bowl. POUR dressing over squash mixture; gently toss to combine.

500ml of lemon/ cucumber water.

## Dinner

*Chicken breast and Coconut Black Rice*

### Ingredients

- 1 1/2 cups uncooked black rice
- 1 pint fresh raspberries
- 1 lb. fresh asparagus, ends removed
- 1 Tbsp fresh lemon zest
- 2 spring onions, finely chopped
- 2 Tbsp shredded coconut
- 1/2 tsp sea salt
- 1/4 tsp freshly ground pepper
- 2 Tbsp Coconut Oil

### Method

Grill chicken breast with mixed herbs.

**COOK** black rice according to package instructions; drain and set aside. **RINSE** raspberries and set aside. Using kitchen scissors, cut asparagus into 1/2-inch pieces. In a medium sized pot, steam asparagus in a steamer basket for 8 minutes or until asparagus is tender. Remove from heat; set asparagus aside to cool for 5 minutes. Gently **TOSS** cooked rice, asparagus, lemon zest, spring onions, coconut, sea salt and pepper together in a large bowl. Place in the refrigerator for 20 minutes. **REMOVE** from fridge; fold fresh raspberries into salad and gently toss to combine. Drizzle with coconut oil. Serve chilled.

## Snacks 10am/3pm

500ml of lemon/ cucumber water.

1 banana/ 1 cup grapefruit.



# FLATSNOUT FITNESS TRAINING





# 7 DAY DETOX

HIGH PROTEIN - HIGH FIBRE - BIG RESULTS

The full 7 day detoxification process will leave you feeling much healthier and cleansed.

You require discipline to stick and maintain this diet, it's not for the weak willed.

Be confident and stick to your plan.

If you are finding yourself craving hungry at any point, snack on fruit or veg and drink more water.

I would appreciate any feedback so please email [Flatsnout2@yahoo.co.uk](mailto:Flatsnout2@yahoo.co.uk)

**Good luck!**



**FLATSNOUT FITNESS TRAINING**