

G.I. LEAN 3 Day Detox Eating Guide

	DAY 1	DAY 2	DAY 3
BREAKFAST	FIBRE AND FRUIT • 30 g high fibre cereal • 125 ml low-fat milk • 1 cup sliced strawberries	MUESLI AND YOGHURT • 30 g Low-GI muesli • 175 ml low-fat plain yoghurt • 1 plum	OATS AND BERRIES • 50 g rolled oats, cooked • 1 teaspoon xylitol sugar • 125 ml low-fat milk • 1 cup sliced berries
SNACK	• 30 g nuts • 125 ml low-fat plain yoghurt	• 1 orange • 20 g nuts	• 125 ml low-fat plain yoghurt
LUNCH	SOUP WITH HUMMUS PLATTER • 1 cup Minestrone Soup * (see recipe) • Vegetable platter with: - 1 medium tomato, sliced - 3 raw button mushrooms - 6 baby carrots - 5 chunks of cucumber • Half cup hummus	SOUP AND OPEN AVO SANDWICH • 1 cup Butternut and Orange Soup * (see recipe) • 1 slice fresh rye bread topped with: - half an avocado - tomato - lettuce	SOUP AND SANDWICH • 1 cup Split Pea and Vegetable Soup * (see recipe) • 1 slice seed bread topped with: - 2 tbsp fat-free plain cottage cheese - 4 peppadews - cucumber
SNACK	• 1 small banana	• 1 apple • 20 g mixed seeds (sesame, pumpkin, etc)	• 125 ml low-fat plain yoghurt with: - 2 tsp of honey - 2 tsp of cashew nuts
DINNER	SALMON AND RICE • 120 g grilled salmon • Half a cup of cooked brown rice • Green salad made with: - lettuce - baby tomatoes - cucumber - celery - red onion, - mixed peppers - 5 ml olive oil	CHICKEN STIR-FRY • 1 chicken breast, sliced • 10 ml olive oil • 2 cups stir-fry vegetables • Half a cup of brown rice and lentils	KINGKLIP WITH SAUCE • 150 g grilled kingklip fillet • 10 ml olive oil • 1 cup sauce made with: - 4 chopped tomatoes - onions - green peppers - mushrooms - carrots (cover with tinfoil and bake) • Half a cup of brown rice

EXTRA DAILY ALLOWANCE - • carrots, gherkins, red / green / yellow peppers, cucumber, celery, asparagus, lettuce, onions, cauliflower, broccoli and mushrooms.
• 3 cups of herbal tea - caffeine free (e.g. rooibos)

IMPORTANT TIPS FOR DETOXING:

- Do your 3 day detox over a weekend or during a time that is not overly stressful - detoxing should be an "unwinding" time for body and soul.
- Avoid alcohol, cigarettes, caffeine and "junk" food, during the 3 day detox.
- Make sure that you never go hungry. If you need to snack, opt for healthy foods. (see **EXTRA DAILY ALLOWANCE**)
- Drink plenty of water (aim for 8 glasses of water daily). Half of this water can be used in herbal tea.
- Keep a jug of water with mint leaves in the refrigerator and drink regularly throughout the day.
- Make sure that herbal teas you drink are caffeine free. (e.g. rooibos)
- Avoid strenuous exercise over this 3 day period. Rather do stretching exercises such as yoga.
- Pamper yourself. Get plenty of rest, listen to soothing music or watch your favourite DVD. A relaxing body massage would be beneficial.
- It is normal for headaches to occur during your detox while your body eliminates toxins.

Once your 3 day detox is complete, you can now embark on a Low-GI weight-loss programme.

SOUP RECIPES

BUTTERNUT AND ORANGE SOUP (serves 6)

Ingredients:

- 500 ml (2 cups) hot chicken stock, • 500 ml (2 cups) water, • 1 kg (2 medium) butternut, peeled and cubed, • 2 large green apples, peeled and grated, • 1 large onion, peeled and finely chopped, • 185 ml (3/4 cup) split red lentils, • 5 ml (1 tsp) curry powder, • 1 large orange, • 150 ml low-fat plain yoghurt, • grated nutmeg

Method:

Pour the chicken stock and water into a very large saucepan. Add the butternut, green apples, onion, lentils and curry powder to the stock and water and cook until tender, about 1 hour. Meanwhile, peel the skin off half the washed orange (or grate the orange peel) and then squeeze out the juice. Set both aside. Cool the soup slightly and then puree it to the desired consistency with the orange juice, adding a little milk if it is too thick. Serve in heated soup bowls with a swirl of yoghurt (15 ml or 1 tbsp per serving) and a sprinkling of grated nutmeg.

HOMEMADE MINESTRONE SOUP (serves 4)

Ingredients:

- 300 g carrots, cubed, • 150 g celery, chopped, • 200 g tomatoes, canned, • 150 g red onion, chopped, • 250 g cabbage, chopped, • 100 g patty pans, diced, • 5 ml garlic, • 625 ml vegetable stock, • 100 g corn kernels, • 100 g baby marrow, sliced, • 400 g canned butter beans, rinsed, • 250 ml pasta, uncooked

Method:

In a pot combine all the ingredients except corn, baby marrows, butter beans and pasta. Bring to boil and reduce heat. Simmer for 15 - 20 minutes. Add the corn, baby marrows, butter beans and pasta. Simmer for about 10 - 15 minutes until the vegetables are tender and the pasta is cooked.

HOMEMADE SPLIT PEA AND VEGETABLE SOUP (serves 4)

Ingredients:

- 80 g pearl barley, raw, • 1 litre vegetable stock, • 250 g tomatoes, canned, • 100 g baby marrow, sliced, • 150 g red onion, chopped, • 100 g corn kernels, • 200 g carrots, cubed, • 400 g split peas, cooked, • fresh parsley, chopped

Method:

Place pearl barley in a large saucepan and add vegetable stock. Bring to the boil and simmer for 10 minutes. Add the rest of the vegetables and bring to the boil again and simmer for 15 minutes. Add the split peas and heat thoroughly. Sprinkle the parsley over the hot soup and serve immediately.

G.I. LEAN 3 Dae Detoks Eetplan

DAG 1		DAG 2	DAG 3
ONTBYT VESEL EN VRUGTE	<ul style="list-style-type: none"> • 30 g veselryke graankos • 125 ml lae-vet melk • 1 koppie opgesnyde aarbeie 	MUESLI EN JOGURT	HAWER EN BESSIES <ul style="list-style-type: none"> • 30 g Lae-GI muesli • 175 ml lae-vet gewone jogurt • 1 pruim
PEUSELHAPPIE	<ul style="list-style-type: none"> • 30 g neutre • 125 ml lae-vet gewone jogurt 	<ul style="list-style-type: none"> • 1 lemoen • 20 g neutre 	<ul style="list-style-type: none"> • 125 ml lae-vet gewone jogurt
MIDDAGETE	SOP MET HUMMUS BORD	SOP EN OOP AVOKADO BROODJIE	SOP EN OOP BROODJIE
	<ul style="list-style-type: none"> • 1 kopje Minestrone-sop *(sien resep) • Groente bord met: <ul style="list-style-type: none"> - 1 gemiddelde tamatie, skywe gesny - 3 rou knopiesampioene - 6 babawortels - 5 stukke komkommer • Halwe kopje hummus 	<ul style="list-style-type: none"> • 1 kopje Botterskorsie en Lemoensop *(sien resep) • 1 sny vars rogbrood bedek met: <ul style="list-style-type: none"> - halwe avokadopeer - tamatie - blaarslaai 	<ul style="list-style-type: none"> • 1 kopje Gesplete Ertjie en Groentesop *(sien resep) • 1 sny saadbrood bedek met: <ul style="list-style-type: none"> - 2 eetlepels vetrye gewone maaskaas - 4 soet pikantissies (Peppadew) - komkommer
PEUSELHAPPIE	<ul style="list-style-type: none"> • 1 klein piesang 	<ul style="list-style-type: none"> • 1 appel • 20 g gemengde sade (sesame, pampoen, ens.) 	<ul style="list-style-type: none"> • 125 ml lae-vet gewone jogurt met: <ul style="list-style-type: none"> - 2 eetlepels heuning - 2 eetlepels kasjoeneute
AANDETE	SALM EN RYS	HOENDER ROERBRAAI	KONINGKLIP MET SOUS
	<ul style="list-style-type: none"> • 120 g gebraaide salm • Halwe kopje gekookte bruinrys • Groenslaai gemaak met: <ul style="list-style-type: none"> - blaarslaai - baba tamaties - komkommer - seldery - rooi ui - gemengde rissies - 5 ml olyfolie 	<ul style="list-style-type: none"> • 1 hoenderborsie, opgesny • 10 ml olyfolie • 2 koppies roerbrouai groente • Halwe kopje bruinrys en lensies 	<ul style="list-style-type: none"> • 150 g gebraaide koningklipfilet • 10 ml olyfolie • 1 kopje sous gemaak met: <ul style="list-style-type: none"> - 4 gekapte tamaties - uie - groenrissies - sampioene - wortels (bedek met foelie en bak) • Halwe kopje bruinrys

BYKOMENDE DAAGLIKSE TOELAATBAARHEID - • wortels, agurkies, rooi / groen / geel soetrissies, komkommer, seldery, aspersies, blaarslaai, uie, blomkool, brokkoli en sampioene.
• 3 koppies kruietee - kaffeïenvry (bv. rooibos)

BELANGRIKE WENKE VIR DETOKS:

- Doe jou 3 dae detoks oor 'n naweek of gedurende 'n tyd wat nie te stresvol is nie – om te detoks moet 'n "ontspanne" tyd vir liggaam en siel wees.
- Verminder alkohol, sigarette, kaffeïen en gemorskos gedurende die 3 dae detoks.
- Maak seker dat jy nooit honger ly nie. As jy nodig het om te peusel, kies gesonde kos. (sien **BYKOMENDE DAAGLIKSE TOELAATBAARHEID**).

- Drink baie water (probeer vir 8 glase water 'n dag). Die helfte van die water kan in kruietee gebruik word.
- Hou 'n beker water met kruisementblare in die yskas en drink gereeld deur die dag.
- Maak seker dat die kruietee wat jy drink kaffeïenvry is (bv. rooibos).
- Verminder strawwe oefening gedurende hierdie 3 dae. Doe eerder strekoefeninge soos jog.
- Pamperlang jouself. Kry genoeg rus, luister na strelende musiek of kyk jou gunsteling DVD. 'n Ontspannende vollyfmassering sal voordelig wees.
- Dit is normaal om hoofpyn te kry tydens jou detoks terwyl jou liggaam gifstowwe elimineer.

Sodra jou 3 dae detoks voltooi is, kan jy begin met 'n Lae-GI gewigsverlies program.

SOP RESEpte

BOTTERSKORSIE EN LEMOENSOP (6 porsies)

Bestanddele:

- 500 ml (2 koppies) warm hoenderaftreksel,
- 500 ml (2 koppies) water, • 1 kg (2 medium) botterskorsie, geskil en in blokkies gesny, • 2 groot groen appels, geskil en gerasper, • 1 groot ui, geskil en fyn gekap, • 185 ml (3/4 koppie) gesplete rooi lensies, • 5 ml (1 teelepel) kerriepoeier, • 1 groot lemoen, • 150 ml lae-vet gewone jogurt, • gerasperde neutmuskaat

Metode:

Gooi die hoenderaftreksel en water in 'n baie groot kastrol. Voeg die botterskorsie, groen appels, uie, lensies en kerriepoeier by die aftreksel en water en kook tot sag, ongeveer 1 uur. Intussen, skil die helfte van die gewasde lemoen (of rasper die lemoenskil) en druk dan die sap uit. Plaas beide eenkant. Verkoel die sop effens en puree dit dan tot die verlangde tekstuur met die lemoensap, voeg 'n bietjie melk by indien dit te dik is. Bedien in verhitte sopbakkies met 'n krul jogurt (15 ml of 1 eetlepel per bediening) en 'n sprinkeling gerasperde neutmuskaat.

TUISGEMAAKTE MINESTRONE-SOP (4 porsies)

Bestanddele:

- 300 g wortels, in blokkies gesny, • 150 g seldery, opgekap, • 200 g geblikte tamaties, • 150 g rooi uie, opgekap, • 250 g kool, opgekap, • 100 g vlappamoentjies, opgesny, • 5 ml knoffel, • 625 ml groente-aftreksel, • 100 g mieliepitte, • 100 g murgpamoentjies, in skywe gesny, • 400 g geblikte botterbone, afgespoel, • 250 ml rou pasta.

Metode:

Meng al die bestanddele saam in 'n pot, behalwe die mieliepitte, murgpamoentjies, botterbone en pasta. Bring tot kookpunt en verlaag hitte. Prut vir 15 - 20 minute. Voeg die mieliepitte, murgpamoentjies, botterbone en pasta by. Prut vir ongeveer 10 - 15 minute totdat die groente sag en die pasta gaar is.

TUISGEMAAKTE GESPLETE ERTJIE EN GROENTESOP (4 porsies)

Bestanddele :

- 80 g rou pêrel gars, • 1 liter groente-aftreksel,
- 250 g geblikte tamaties, • 100 g murgpamoentjies, opgesny, • 150 g rooi uie, opgekap, • 100 g mieliepitte,
- 200 g wortels, in blokkies gesny, • 400 g gesplete ertjies, gekook, • vars pietersielie, opgekap

Metode:

Plaas pêrel gars in 'n groot kastrol en voeg groente-aftreksel by. Bring tot kookpunt en prut vir 10 minute. Voeg die res van die groente by, bring weer tot kookpunt en prut vir 15 minute. Voeg die gesplete ertjies by en verhit deeglik. Strooi die pietersielie oor die warm sop en bedien onmiddellik.