

# 5 DAY DETOX

## BY NIKKI SHARP



NOURISH THE BODY AND FEED THE SOUL



CLINICALLY ASSESSED BY HELEN PHADNIS BSC, RD, MSC, PGCERT

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# HELLO!

## WELCOME TO THE 5 DAY DETOX

**THIS DETOX IS GOING TO CHANGE YOUR LIFE! TRUST ME IT CHANGED MINE.**

Congratulations! Just by purchasing this eBook you have already made a statement to the world and beyond that you are ready to take charge of your life! It's time to start nourishing your body and feeding your soul.

You are about to embark on a wonderful journey - one that will challenge you, make you question many of the things you believed to be true, and most importantly you will discover endless possibilities that you did not know were achievable.

You will notice your body, mind and soul changing as you grow and develop your passion for a healthier and happier lifestyle.

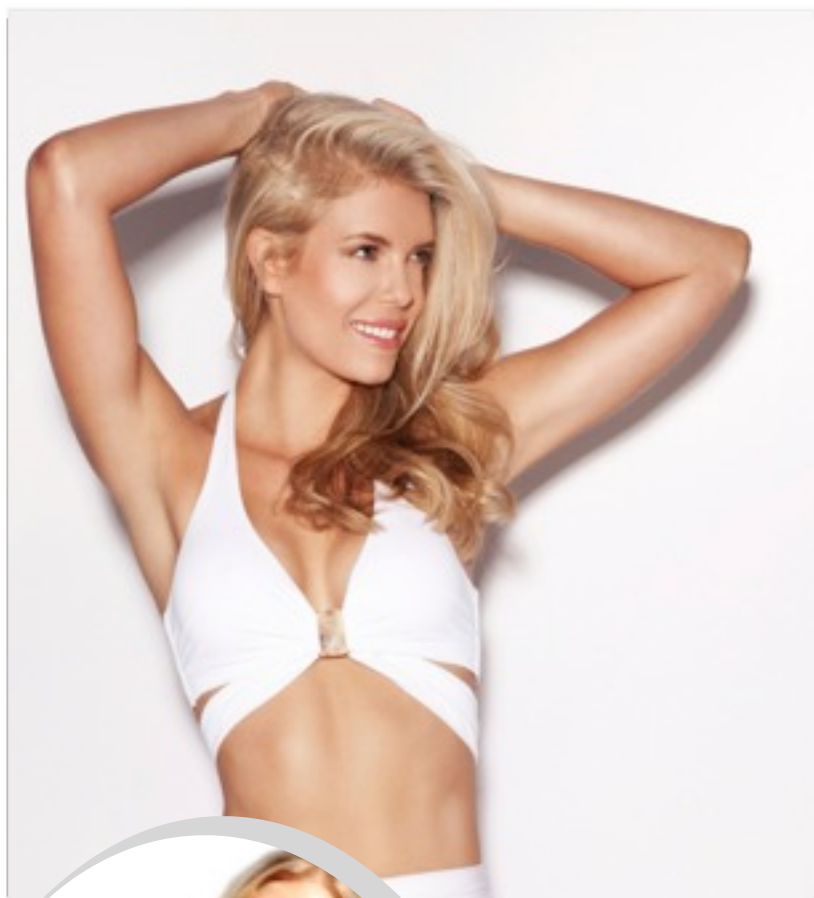
**All of this in 5 short days!**



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# MY STORY



I'm Nikki Sharp, author of the 5 Day Detox, which has sold over 26,000 copies worldwide in just under a year, and the founder of [www.staysharpbestrong.com](http://www.staysharpbestrong.com), a fantastic wellness site full of articles, eBooks and recipes on living a healthier, cleaner and greener lifestyle.

I am an ex-international model who traveled the world for many years doing catwalks and photo-shoots. While this looks like a completely glamorous world, it can have devastating effects on the body and mind and it sure took its toll my own. I was either too slim, not slim enough, had too many inches here or not enough there. I was constantly in search of happiness through the perfect body and much of this came through the need to be skinny. No concern about health, it was all about physical appearance.

**But I was not happy.  
Nor was I healthy.**

In November 2012, I created my company, Stay Sharp Be Strong, and began changing my own lifestyle to one focused on nutrient dense foods, keeping the mind happy through exercise and meditation, and learning to be positive. My own growth was immense in a very short time and I was beginning to understand what it meant to feel great being in your own skin.

Then came the holiday season and like everyone else I indulged a little





too much here and there and by the time 2013 was about to roll around, I wasn't feeling too great about myself anymore. I wanted to do a detox to seriously cleanse my body. However, I could not find one that allowed me eat food, wasn't all about cutting calories that left you with no energy, and that wasn't completely restrictive.

### So I wrote my own...

I created the 5 Day Detox based on a few simple principles that I felt were absolutely key. Clean eating being the first. Clean eating is simply about eating wholesome foods that are as close to their natural state as possible. The second was incorporating as many nutrient dense foods as achievable in these few days. The third thing was having cleansing herbs, spices and teas at the correct time of day to aid in removing toxins and reduce bloating, constipation, and acne. So why 5 days? I decided on this amount of time because I live a busy life and so does everyone else. We all have friends, family, plans, and well... a life to live. I didn't want to be doing something that would take up weeks and weeks of my time, making me feel lonely and less likely to stick to it. So I decided that for 5 days I would give it my all. 100%. I would create a plan that allowed me to eat, nourished my body with superfoods that helped to eliminate all the junk I had been consuming and so my 5 Day Detox was born.

With all the success of this plan also came a lot of questions about the validity of the science behind it, the justification of why it works and ultimately if it was just another fad diet or actually good for you.

For the past few months I have worked with Jill Swyers, a nutritionist specializing in raw foods along with Helen Phandis, a registered UK dietician to help confirm my initial research into my program and help clear up any questions.

With them, I have been able to go forward with some amazing new recipes, more structure and a program that I feel every person worldwide should try, if only for 5 short days!

I hope you love this detox as much as I do and you will continue to do it for 5 days each month with me! I am beyond grateful for the support over the past year, the emails you all send me, the pictures and comments on Instagram. I cannot wait to see more people joining the revolution to changing their lives 5 days at a time.

I love hearing your feedback, so please tweet me at [@NikkiRSharp](https://twitter.com/NikkiRSharp) or find me on Instagram [@StaySharpBeStrong](https://www.instagram.com/StaySharpBeStrong).

XOXO,

*Nikki Sharp*



# FOREWORD

Written by Helen Phadnis

Nikki and I share a passion for a balanced approach to clean eating and a healthy lifestyle - a positive and safe way to look after your body. I work as a sports nutritionist with junior elite athletes, and as a dietitian I have over 10 years clinical experience. Nikki wanted to make sure the initial research she had done into the science behind her detox was sound, and so approached me to analyze the diet and tweak where necessary. And here is the new and improved 5d detox as a result. Nikki's detox bridges the gap between extreme detox diets, and healthy eating, helping you nourish your body without any nasty side effects. My clinical knowledge has helped me confirm the science behind Nikki's recommendations, and to ensure most importantly that the diet is safe to follow, giving you all the nutrients your body needs.

We all know our diets could be that little bit better, but we are faced with thousands of programs promising miracle weight loss or health benefits. Unfortunately the majority of these are short-term fixes, which don't address the root problem. Sugar and salt addiction, and reliance on processed foods has made it harder for us to return to healthy eating. Extreme diets make us feel disheartened that healthy eating is elusive and unrealistic. They can cause a slowing in metabolism, and cause fatigue. Nikki's 5d plan will help to reduce your cravings without eliminating any key nutrients in a realistic way that can then be applied to your every day diet.

Nikki has used her enthusiasm for nourishing foods, her positivity and creativity to come up with recipes to incorporate foods with health benefits into your diet. Nikki has over 170,000 Instagram followers, and no wonder given her upbeat attitude to health and well being, herself being a perfect example of how you can improve your own energy levels and mental

attitude through diet. This book will give you structure and focus during a 5 day detox diet that will eliminate salt, sugar and processed foods, but also introduce you to nutrient packed vegan alternatives. For 5 days of every month the detox will provide your body with key nutrients that



can help nurse your body back to optimal health.

In my experience as a dietitian and nutritionist I have seen clients in denial about the need to follow a healthy diet when it is imperative to their health. At the other extreme I have seen clients determined to follow as restrictive a diet as possible in the search of the 'optimal' nutritional intake, and end up causing more harm than good. Nikki helps you strike a balance between these two extremes for a balanced approach to nourishing your body through healthy eating.

Helen Phadnis, State Registered Dietitian. London 2014.

[www.activenutrition.org.uk](http://www.activenutrition.org.uk)

Written by Jill Swyers

*5 Day detox by Nikki Sharp* - What a wonderful way to start the New Year or whenever the time is right. Nourishing foods that have been included and nutritionally balanced, are foods that one can relate to and one will not feel deprived - this makes food changes, nutritional changes or having to remove certain foods much easier!

Whatever reason one is doing the 5 Day Detox by Nikki Sharp

- there are possibilities for improving one's health and/or helping possibly reverse disease. Food related changes are part of the Wheel of Health and Life! Do the 5 Day detox with enjoyment!

This is an excellent way to start taking responsibility for one's own health! No one can do this for you - The tools are available - then it is up to each and everyone to then do the work .

It is always worth it ! It is about Balance - whatever food lifestyle one chooses.

Jill Swyers  
"Living Foods for Health"  
Hippocrates Health Educator  
(1998):  
[www.jillswyers.com](http://www.jillswyers.com)





# WHY DETOX?

Detoxification is the cleansing of toxins from your bloodstream. The body does this naturally by removing impurities through the liver where toxins are processed for elimination. However city pollution, processed foods, alcohol, caffeine, sugar and salt are all fighting against your body's natural defenses to naturally detox.

Below  
are the top complaints I  
have heard from people, which  
quite often can be attributed to  
excess amount of toxins in  
the body:

CONSTIPATION  
FATIGUE  
FOOD BINGEING  
HEADACHES/MIGRAINES  
HEARTBURN  
INFLAMMATION

INSOMNIA  
INDIGESTION  
JOINT/OR  
MUSCLE PAIN

LACK OF  
MOTIVATION  
MOOD  
SWINGS

ACNE  
BAD BREATH  
BLOATING

SHORTNESS OF  
BREATH  
SKIN IRRITATIONS  
SUGAR AND/OR SALTY  
FOOD CRAVING





# PLANT BASED PROTEINS

We are constantly bombarded with the notion we should be consuming more and more protein each day from animal sources. However, little do people realize that you can actually meet your protein requirements of 50g per day by consuming plant-based proteins, as recommended by the Center for Disease Control and Prevention for America.\*

In this plan you will be get your protein from:

Black beans

Chia seeds (optional)

Chickpeas

Green vegetables

Lentils

Nuts/seeds

Tofu/edamame/tempeh

Quinoa

Post detox, other plant based proteins that you can introduce are:

Hemp seeds

Nut milks/ rice milk/ oat milk

Spirulina

Sprouts

## DID YOU KNOW?

*Plant based proteins are:*

1. **FRIENDLY ON THE ENVIRONMENT** producing far less CO2 emissions than animal products
2. **ALKALIZING ON THE BODY** animal protein is acid forming which decreases the ability to absorb nutrients and energy
3. **LOW IN SATURATED FAT** high levels of saturated fats can lead to clogged arteries and raises cholesterol
4. **CANCER PREVENTATIVE** nutrients from plant based proteins help reverse the promotion stage of various cancers



# GUIDELINES

## 1. **DRINK LEMON WATER UPON**

**WAKING:** 20 minutes prior to eating any food mix 1 cup of warm water with the juice of 1/2 a lemon.

## 2. **GREEN & MINT TEA:**

At least 4 times throughout a day. Green for a caffeine boost and mint to help sooth your stomach and fight cravings.

## 3. **DRINK 2-3 LITERS OF WATER**

**EACH DAY:** this encourages the detox process and keeps you hydrated.

## 4. **BREAKFAST SMOOTHIE:**

if you choose the smoothie drink it over a 20 minute period as it's easier on your stomach and will allow you to digest it properly and not spike your blood sugar.

## 5. **MORNING SNACKS:**

hummus with sliced tomato, carrot, celery or cucumber.

## 6. **AFTERNOON SNACKS:**

nuts/seeds with fruit.

## 7. **SUPPLEMENTS/SUPERFOOD**

**POWDERS:** all daily vitamins and

minerals are fine to take, plus any superfood powders or any other doctor prescribed medication.

## 8. **DO NOT TAKE PROTEIN**

**POWDERS:** for optimum results, as they contain whey which is formed from dairy and all full of sweeteners.

## 9. **IF YOU ARE HUNGRY:**

increase your portions by 1/4 cup of quinoa/ lentils/beans and vegetables at each meal, as this is your body's main source of energy.

## 10. **EXERCISE:**

optimal results are seen on a moderate to low exercise regime.

## 11. **NO SUGARS OR SWEETENERS:**

no agave, honey, stevia, artificial sweeteners, table sugar or gum, as they will affect the detoxification process.

### **GREEN TEA:**

Does not have to be hot, tea bags react the same way to cold water they just take a bit longer to brew (I leave mine in for about 20 minutes in a 1L bottle of cold water). Any additional mint or other herbal teas are permitted.





# FOODS TO INCORPORATE

**BERRIES:** all fresh and frozen berries allowed (not dried)

- ★Low in calories
- ★High in antioxidants, fiber and minerals
- ★Reduces risk of cancer and heart disease
- ★Promotes skin, hair and nails



**QUINOA/  
LENTILS/  
CHICKPEAS/  
BLACK BEANS:**

- ★Quinoa - a superfood as it is rich in protein, fiber, magnesium, iron and is gluten free, thus making it easily digestible
- ★Lentils – have a high level of soluble fiber that lower cholesterol and promote digestive regularity
- ★Black beans are high in antioxidants and rich in protein and fiber
- ★Chickpeas- help to stabilize blood sugar because of their low



**SPINACH:**

- ★Contains flavonoids, which slows down cell-division, reducing the risk of various cancers
- ★High levels of dietary fiber
- ★Lowers blood pressure due to the high potassium and folate content



**GREEN/MINT TEA:**

- ★Increases muscle endurance
- ★Fights free radicals keeping you looking younger
- ★Reduces risk of breast, colon, skin, lung and liver cancers







## **TURMERIC/ CINNAMON/ CAYENNE PEPPER:**

- ★Turmeric is highly anti-inflammatory and helps detox the body
- ★Cinnamon lowers bad cholesterol (LDL) and helps eliminate headaches, and can boost memory
- ★Cayenne pepper is a natural fat burner, painkiller, improves circulation & aids in digestion

## **LEMONS:**

- ★Natural diuretic and boosts your immune system, due to the vitamin C and other antioxidants
- ★Aids digestions and soothes sore muscles
- ★Strengthens the immune system
- ★Helps reduce the risk of cancer and reverses symptoms



## **CIDER VINEGAR:**

- ensure label says 'cider' on it e.g. 'apple cider vinegar' as distilled vinegar has been stripped of all its beneficial nutrients.
- ★Contains pectin, which helps to regulate bad cholesterol
  - ★Helps break down fats in your body, clears up skin, improves bowel regularity

## **AVOCADOS:**

- ★Contain essential nutrients such as fiber, potassium, vitamin E, K & B6, folic acid
- ★Help prevent osteoarthritis and rheumatoid arthritis, various forms of cancer
- ★High in good fats 'mono-saturated' which assist in the daily functioning of the body





# FOODS TO AVOID

★ **SUGAR & ARTIFICIAL SUGAR PRODUCTS:** fruit juices, cakes, cookies, cereals, granola, sweeteners and anything containing sugar or sugar substitute.

**WHY?** They create artificial bursts of energy followed by fatigue and the goal is to reset your body through natural foods. Sugar feeds into the bacteria in your gut, which can cause many of the problems listed on page 7.

★ **PACKAGED FOODS:** anything that comes in a box, packaging, or container. (Remember this one for after this detox, that if the box has the words “healthy” or “natural” on it, it’s pretty much the opposite of that.)

**WHY?** These are highly processed and contain no nutritional benefits. It is a burden on the kidneys to break down the sugar, salt and other additives. Creates dull skin, sucks up your energy and causes bloating.

★ **CAFFEINATED PRODUCTS:** coffee, tea (other than herbal), diet & regular sodas.

**WHY?** All very acid forming and prevent nutrient absorption in the body. They contain artificial colorings, which can contribute to headaches. (Green tea is the only caffeinated beverage permitted.)

★ **DAIRY PRODUCTS:** yogurts, milk, and cheeses.

**WHY?** Most dairy products produce excess mucus in the respiratory systems, which interferes with nutrient absorption.

★ **ALL CONDIMENTS OTHER THAN THOSE LISTED:**

ketchup, soy sauce, teriyaki, etc.

**WHY?** These products contain hidden salt and sugar, which are acid forming in the body.

★ **ALCOHOL:** beers, ciders, wine, spirits, and liqueurs.

**WHY?** It is sugar forming in the gut and disruptive to the body’s natural blood sugar regulation. It stimulates cravings and reduces nutrient absorption.

★ **ANIMAL PRODUCTS:** meat, game, poultry, fish, shellfish, eggs.

**WHY?** These are predominantly acid-forming and take 2-4 days to be fully digested. They contain no antioxidants or nutrients and those are the foods we are trying to incorporate.



# SHOPPING LIST

## PROTEINS:

- ★ Medium pack almonds
- ★ Pick 2 out of: brazil nuts, pumpkin seeds, sunflower seeds
- ★ 1 can chickpeas
- ★ 1 pack dried green lentils
- ★ 1 can black beans
- ★ 500g (1/2kg) plain oats/porridge
- ★ 1 pack quinoa
- ★ Tofu (14oz/397g)
- ★ Chia seeds/ flaxseeds - optional

Please note: tofu comes in various sizes, aim to get 1-2 packs that equal roughly 400g; black beans, kidney or black eyed

## SPICES:

- ★ Black pepper
- ★ Cayenne pepper
- ★ Cinnamon
- ★ Turmeric

Suggested items: Chinese 5 spice, Cumin, Paprika, ginger powder

## EXTRAS:

- ★ Extra virgin olive oil
- ★ Jar of tahini
- ★ Balsamic vinegar
- ★ Apple cider vinegar
- ★ Green tea
- ★ Mint tea
- ★ 1 pack Nori seaweed papers

## PRODUCE:

- ★ 6 lemons
- ★ 2 limes
- ★ 2 large bags spinach
- ★ 2 avocados
- ★ 1 cucumber
- ★ 1 zucchini
- ★ 1 head broccoli
- ★ 1 head cauliflower
- ★ 1 large pack cherry/normal tomatoes
- ★ 1 pack carrots
- ★ 1 small pack mushrooms
- ★ 1 purple cabbage
- ★ 1 red pepper
- ★ 1 orange pepper
- ★ 1 yellow pepper
- ★ 1 head of garlic
- ★ 1 small red onion
- ★ 1 large raw beetroot
- ★ 1 handful radishes

## FRUITS:

- ★ 3 packs of berries (fresh or frozen): blueberries, raspberries, blackberries, strawberries
- ★ 3-4 apples

## HERBS:

- ★ Basil
- ★ Cilantro/ Coriander
- ★ Mint

Suggested items (dried or fresh): Dill, Oregano, Rosemary, Parsley

## PLEASE NOTE:

produce that's seasonal is more nutrient dense than buying berries that have been shipped half way across the world. When possible, research your local areas for what fruit and vegetables are in season and choose those over what I've mentioned.





# YOUR 5 DAY PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	OATS or SMOOTHIE	LOVE PANCAKES or SMOOTHIE	VEG SCRAMBLE or OATS	OATS or SMOOTHIE	SMOOTHIE or VEG SCRAMBLE
SNACK 1	HUMMUS with CARROT	HUMMUS with CUCUMBER	HUMMUS with TOMATOES	HUMMUS with CUCUMBER	HUMMUS with CARROT
LUNCH	I LOVE SUPERFOOD SALAD	SPIRALIZED NOODLES	REALLY RAW SALAD	SUSHI ROLLS	RAINBOW SALAD
SNACK 2	APPLE with SUNFLOWER or PUMPKIN SEEDS	BERRIES with BRAZIL NUTS	APPLE with SUNFLOWER or PUMPKIN SEEDS	BERRIES with BRAZIL NUTS	APPLE with SUNFLOWER or PUMPKIN SEEDS
DINNER	SENSATIONAL STIR FRY	ROASTED RED PEPPER	LENTIL BUGER with CABBAGE SLAW	SENSATIONAL STIRY FRY with CAULIFLOWER MASH	CLEANSING CABBAGE WRAPS



# BREAKFAST

## DETOX SMOOTHIE

1 cup/ 30 g spinach  
1 cup/ 150g berries or your choice  
¼ cup/ 25g uncooked oats  
1 tbsp (12)/ 14g almonds  
½ tsp/ 2.5g turmeric  
½ tsp/ 2.5g cinnamon  
Small handful/ 25g mint  
1 tbsp/ 10g chia seeds (optional)

### Directions:

Blend with 1 cup of water and ice. Each day you make the smoothie, try using different berries as this will change the taste and color slightly.



## MORNING OATS

¼ cup uncooked oats  
1 tbsp (12)/14 g almonds  
1 cup/150 g berries  
½ tsp/ 2.5g cinnamon  
1 tbsp/ 10g chia seeds (optional)

### Directions:

Add the oats, berries and chia seeds (if using) to a bowl with 1/4 cup of water. Microwave for 2 minutes, then add the cinnamon once you stir it. Option to cook in on medium-low on the stove. This option takes a few minutes longer but is the healthier option. Garnish with mint.





## LOVE PANCAKES

¼ cup/ 25g uncooked oats  
1 tbsp (12)/14 g almonds  
1 cup/150 g berries  
½ tsp/ 2.5g cinnamon  
1 whole egg  
1 tbsp/ 10g chia seeds (optional)  
2 tbsp water (or more as necessary)

### Directions:

1. Mix your oats, egg, cinnamon and 2 tbsp/ 30 g water (add more as necessary) in a blender or by hand in a cup using a fork. TIP: If you want to keep this vegan, soak 1 tbsp/10 g chia seeds in 1/4 cup water for 10 minutes to replace the egg.
2. Either using a non-stick pan, or a normal pan with 1 tbsp coconut oil (preferred oil) or olive oil, cook the pancakes on medium-low heat.
3. Cook for 3 minutes each side. As these cook, in a pan on the stove or a bowl in the microwave, heat your berries up so they release their juices.
4. Top your pancakes with berry + juices, extra cinnamon and garnish with mint.



## SCRUMMY VEG SCRAMBLE

1 egg (or 1/2 cup/ 100g tofu/tempeh)  
1 cup/ 30 g spinach  
1 tbsp /16 g pumpkin seeds  
1/4 cup/ 55g cooked quinoa  
Small handful/ 10g basil  
Small handful/ 10g cilantro  
½ tsp/ 2.5g black pepper  
½ tsp/ 2.5 g cayenne  
½ tsp/ 2.5 g turmeric  
1 tbsp/ 10g chia seeds (optional)

### Directions:

1. In a pan, heat up 1 tbsp of coconut oil (preferred oil) or olive oil. Cook egg either by scrambling it with turmeric, cayenne, and black pepper, poach it, or lightly fry.
2. At the last moment, add your spinach; it takes only a minute to cook.
3. Optional: add a slice of your orange bell pepper to cold the spinach.
4. Top with your pre-cooked quinoa and pumpkin seeds.





# SNACKS

## 1. CARROT & CUCUMBER OR TOMATO WITH HUMMUS

½ cup/ 70g chopped cucumber  
½ cup/ 70g chopped carrots or sliced tomato  
1 serving of hummus (recipe below)

**Directions:** chop the cucumber in rounds or as “fries” to dip.  
Prepare the hummus prior and keep in a container. Top with basil leaves (optional).



## 2. FRUIT WITH BRAZIL NUTS/SEEDS

1 small handful/30 g sunflower or pumpkin seeds  
OR 1 handful (8)/30 g Brazil nuts  
1 cup berries of your choice  
OR 1 apple  
Cinnamon

**Directions:** this snack is very simple as you can put both items into a container and go. It's great for on-the-go people who don't have time to sit down to eat.



## SPINACH & CHICKPEA HUMMUS (5 servings)

1 can/ 240 g chickpeas, drained and rinsed  
Large handful/ 30 g washed spinach  
2 tbsp/ 28g tahini  
Juice of 1 lemon/ 60g  
2 tbsp/ 28g olive oil  
1 small garlic clove/ 6 g  
¼ cup/ 30g water

**Directions:** place the chickpeas, spinach, tahini, garlic, lemon juice and olive in a blender or food processor. Add water slowly to create a creamy consistency.

Optional: add basil or cilantro, black pepper and cayenne for extra flavor and a bit of spice. The hummus will be more flavorful if you add different herbs and spices.





# LUNCHES

## I LOVE SUPER FOOD SALAD

1 cup/ 30 g kale (or spinach)  
1 carrot/ 50g, shredded  
¼ cup/ 50g raw beets, sliced  
¼ avocado/ 25g  
¼ cup/ 55g cooked black eyed beans  
1 tbsp/ 10g chia seeds (optional)

### Directions:

1. Chop your vegetables either as directed or according to your preference. Add all vegetables into a bowl, along with your avocado.
2. Add your beans on top and drizzle with salad dressing.



*Side note: if you cannot find black eyed beans, you can swap out with kidney or black beans*

**Dressing:** Superfood Salad Dressing

## REALLY RAW SALAD

1 cup/ 30 g spinach  
½ cup/ 70g raw broccoli, finely chopped  
¼ cup/ 45g zucchini, shredded  
¼ cup/ 55g cooked quinoa  
¼ avocado/ 25g  
3 radishes, thinly sliced  
1 tbsp/ 10g chia seeds (optional)

### Directions:

1. Chop your vegetables either as directed or as you desire and mix ingredients together.
2. Add dressing.

**Dressing:** Superfood Salad Dressing



## SPIRALIZED NOODLES

½ zucchini/ 150g  
1 large carrot/ 50g  
1 small beetroot/ 30g  
¼ cup/ 55 g cooked lentils  
1 large tomato/ 50g, or 3 cherry tomatoes  
1 tbsp/ 10g chia seeds (optional)

### Directions:

1. Using a spiralizer, create noodles with your carrot, beetroot and zucchini. If you do not have a spiralizer, use a vegetable peeler to create long, thin strips. You can either keep them thick or use a knife to cut them all in half, so they resemble spaghetti instead of fettuccini.
2. Create your dressing and mix with your noodles. Allow to sit in the fridge for 10 minutes as this will soften the noodles.

### Dressing:

¼ avocado/ 25g  
Juice of ½ lemon/ 30g  
1-2 tbsp / 10g apple cider vinegar  
Handful of basil/ 10g  
1 tbsp/ 14g tahini

Blend together in a food processor or blender.

If you do not have a blender you can mix this by hand or use a different dressing.



## SUSHI ROLLS

1 cup/ 100g cauliflower rice  
¼ cup/ 55g cooked quinoa  
¼ cucumber, 35g sliced lengthwise into strips  
1 large carrot/ 50g julienned lengthwise  
4 slices (strips)/ 45g orange pepper  
¼ avocado/ 25g  
Small handful spinach/ 10g  
1-2 nori seaweed wraps

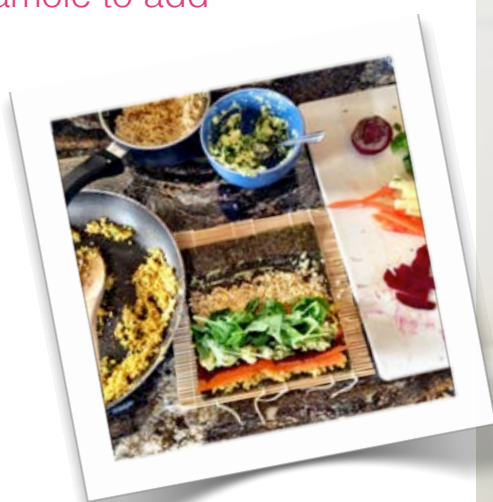
### Directions:

1. Use a blender/ricer to create your “rice” by blitzing it, alternatively use a shredder and manually do this step.
2. Cook the “rice” in boiling water in a pan over medium heat or in the microwave for 5 minutes, until soft.
3. Prepare all your other ingredients and have them chopped and ready to go in front of you, including the cauliflower rice and quinoa.
4. Place your nori seaweed sheet shiny side up and using your fingers, place your “rice” and quinoa along ¾ of it (the whole sheet, except for about an inch towards the opposite end from you).
5. Place your desired ingredients on the edge of the nori sheet towards you.
6. Roll tightly then cut into 1-inch thick rolls.

Optional: create guacamole to add to your sushi by mashing your avocado with the juice of 1/2 lime and chopped cilantro.

### Dipping sauce

1 tbsp balsamic, 1  
1tbsp apple cider  
vinegar, cayenne pepper



## RAINBOW SALAD

1 cup/ 30 g spinach  
1 small carrot, 30g, chopped  
¼ cup/ 60g tomatoes, sliced  
¼ avocado/ 25g  
¼ cup/ 45g orange pepper  
¼ cup/ 55g cooked quinoa  
1 large handful/ 10g basil, finely chopped  
1 tbsp/ 10g chia seeds (optional)

### Directions:

1. Chop your vegetables either as directed or according to your preference. Add all vegetables and quinoa into a bowl..
2. Drizzle with salad dressing.

**Dressing:** balsamic vinegar  
with black pepper



## SUPERFOOD SALAD DRESSING

1 tbsp/ 5 g apple cider vinegar  
1 tbsp/ 5g balsamic vinegar  
1 tbsp/ 15g tahini  
1 tsp/ 4g extra virgin olive oil  
Juice of ½ lime  
½ tsp / 2.5g cayenne  
½ tsp / 2.5g turmeric

Mix all ingredients by hand or in a blender. It is recommended to make a large batch of this dressing and keep it in a container in the fridge.





# DINNERS

## SENSATIONAL STIR-FRY

½ cup/ 60g broccoli  
¼ cup/ 45g orange pepper  
¼ cup/ 45g yellow pepper  
¼ cup/ 55g cooked quinoa  
¼ cup/ 100g edamame  
¼ onion/ 25g, chopped  
3 mushrooms  
1 tbsp/ 10g onion, chopped  
Small handful/ 10g basil, chopped



### Directions:

1. In a heated a pan add with 1/4 cup/ 30g water : chopped broccoli, edamame, orange and yellow pepper, mushrooms and onions for a few minutes until tender.  
(Optional: chop the end off the orange pepper to create a cup that holds your quinoa. Add this to a bowl of boiling water for 3 minutes.)
2. Once all the liquid has been cooked out, add your sauce and mix through.
3. Plate with your quinoa, chopped basil

**Dressing:** 1 tbsp tahini, 1/2 tbsp balsamic vinegar, 1 tsp apple cider vinegar, juice of 1/2 lime

***For dinner, day 4: replace the mushrooms and orange pepper with 1 cup/ 100g cauliflower mash.***

## CAULIFLOWER MASH

1/2 head of cauliflower, chopped into florets  
3 roasted garlic cloves  
1 small handful/ 10 g basil

### Directions:

1. Steam cauliflower for 6-8 minutes, or until tender.
2. Drain the steamed cauliflower, and transfer to the bowl of a food processor. Add in the roasted garlic cloves and seasonings, and process to your desired texture.



## ROASTED RED PEPPER

1 red pepper  
½ cup/ 50g cauliflower rice  
1 medium carrot/ 50g, shredded  
¼ zucchini/ 75g, shredded  
¼ cup/ 55g cooked quinoa  
1 tbsp/ 10g onion, chopped  
½ cup/ 100g tofu/tempeh  
¼ avocado  
1 garlic clove  
Small handful/ 10g cilantro, chopped

### Directions:

1. Preheat your oven to 400 degrees F/204 C.
2. If you have a pepper that sits on it's own, cut the top off. If it is unable to stay, then cut it horizontally (leaving two halves).
3. Create your cauliflower rice, shred your carrot and zucchini and finely chop your garlic and onion. Either in the microwave or in a pan on medium heat, cook for 5 minutes until tender. Season with cayenne, black pepper, and a drizzle of olive oil and a squeeze of lemon juice.
4. Stuff the vegetable mixture, along with chopped cilantro & shredded or chopped tofu into your bell pepper and roast it in the oven for 8-10 minutes. You want the bell pepper's skin to slightly bubble and be tender to touch, but not burnt.
5. Remove and let it cool, then serve with the avocado and drizzle a 1 tablespoon of apple cider & balsamic vinegar.



## LENTIL BURGERS WITH CABBAGE SLAW



### Lentil Burger:

¼ cup/ 55 g cooked lentils  
 1 medium carrot/ 50g,  
 peeled  
 ¼ zucchini/ 75g, shredded  
 ¼ cup/ 40g onion, chopped  
 ¼ cup/ 30g water  
 1 tbsp/ 15g tahini  
 1 garlic clove, peeled

Small handful/ 10g cilantro, chopped  
 ½ tsp / 2.5g cayenne  
 ½ tsp / 2.5g turmeric

### Cabbage Slaw:

¼ cup/ 30g grated apple  
 ¼ cup grated or shredded cabbage  
 ¼ cup/ 40g onion, chopped

### Directions:

1. Add all ingredients to a food processor/ blender and blend until combined. For more texture, don't blend as much. If you don't have either piece of equipment, chop all ingredients finely and use your hands to form the patties.
2. In your pan, add 1 tablespoon olive oil (or coconut) and cook on medium heat for 5 minutes. Flip and cook another 5 minutes. (Alternatively, heat the oven to 220C/450F and cook for 15-20 minutes)
3. In a pan, add ¼ cup/ 30 g water and cook your cabbage, apple, and onion.
4. Plate your patties, top with the cabbage slaw and drizzle with dressing.

**Dressing:** ¼ avocado, handful of cilantro, squeeze of, lime juice, cayenne pepper, ¼ cup water

## CLEANSING CABBAGE WRAPS

3 mushrooms  
 2 stalks broccoli  
 1-2 purple cabbage leaves  
 1 garlic clove + small piece of a whole onion  
 1 inch fennel  
 ¼ zucchini  
 1/5 block of tofu  
 ¼ cup cooked quinoa  
 ¼ avocado  
 Handful of cilantro/basil

### Directions:

1. Add chopped onion, garlic, broccoli, fennel, mushrooms and zucchini to a pan of 1/2 inch of hot water. Cook for 2-3 minutes until tender.
2. Drain water and add your quinoa, tofu (either chopped into cubes or shredded), cayenne, turmeric, and any additional spices you'd like. Stir for a few moments to incorporate the flavors into mix. Remove and put in a bowl.
3. In your pan, add 1 inch of water and bring to a boil.
4. Cutting the bottom off your cabbage, carefully unwrap one leaf so that it doesn't rip. Option to add sauce now and mix in.
5. Cook your leaves for two minutes until tender. Drain water and let cabbage leaf cool slightly.
6. Separate mixture onto leaves and roll, add sauce if did not earlier.

**Dressing:** Superfood Salad Dressing





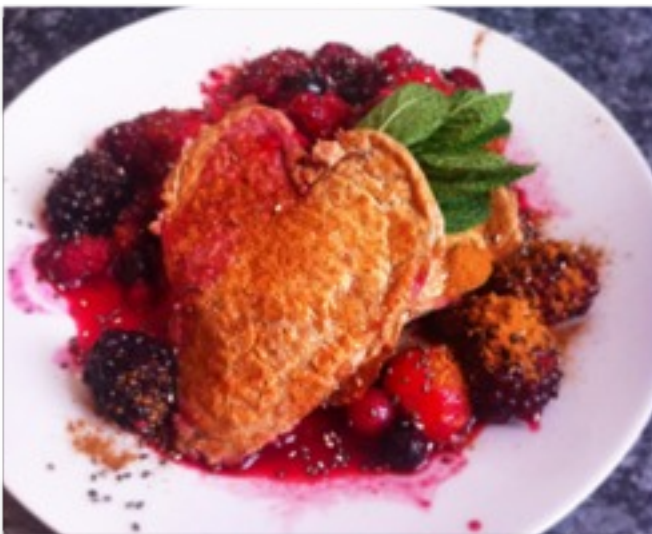
# BREAKFAST + SNACKS



**MORNING OATS**



**DETOX SMOOTHIE**



**LOVE PANCAKES**



**SCRUMMY VEG SCRAMBLE**



**HUMMUS & VEG**



**BERRIES & NUTS**

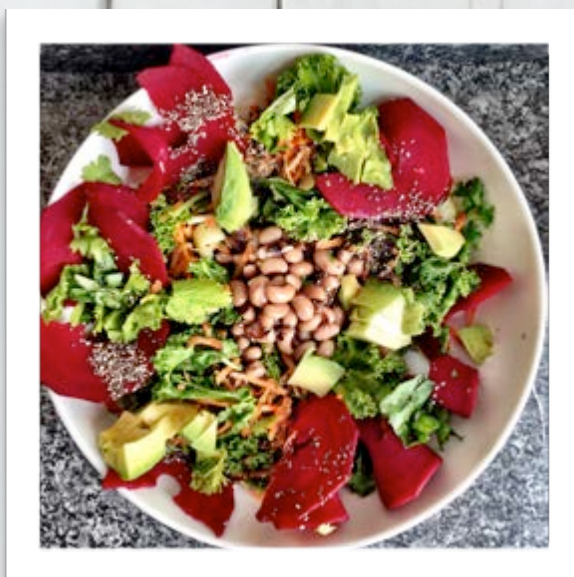


**HUMMUS**





# LUNCHES



**I LOVE SUPERFOOD SALAD**



**SPIRALIZED NOODLES**



**REALLY RAW SALAD**



**SUPER SUSHI ROLLS**



**RAINBOW SALAD**





# DINNERS



**ROASTED RED PEPPER**



**LENTIL BURGER**



**SENSATIONAL STIR-FRY**



**CLEANSING CABBAGE WRAPS**



**CAULIFLOWER MASH**



# BUT I'M A MAN...

ARE YOU WORRIED YOU  
ARE GOING TO GO FROM  
**BUFF** TO **SKINNY**?

You  
get a  
whooping  
93g of protein in this  
plan. Thats 66%  
more than  
recommended



## DON'T BE...

The 5 day detox is designed to provide a 500kcal/d deficit in women, and this deficit rises to 1000kcal/d for men. To boost the calories of the detox increase portion size of lentils, quinoa and black beans by ½ cup and almonds by a small handful at breakfast or with one of your snacks. This will provide you with a reasonable kcal deficit whilst being realistic to follow.





# FURTHER INFORMATION

## HOW I COOK MY QUINOA

1. Place the quinoa in a fine-mesh strainer, and rinse thoroughly with cool water. Rub and swish the quinoa with your hand while rinsing, and rinse for at least 2 minutes under the running water. Drain.
2. Add your 1 cup quinoa, 2 cups water (this yields 3 cups cooked quinoa) to a pot. Bring to a boil with the lid off, then reduce heat and simmer the ingredients with the lid on. Cook for 15 minutes then remove from heat and let the quinoa rest for 5 additional minutes.
3. Add 1 TBSP cider vinegar, 1 TBSP balsamic, a dash of cayenne (if you like spice) or fresh cracked pepper. Stir into the quinoa and let it sit for another 2 minutes (off the heat) to soak up the liquid.

## HOW I COOK MY BLACK BEANS & CHICKPEAS

1. I personally buy canned chickpeas & black beans. However, if you do this please make sure that you drain and rinse both thoroughly in a colander until all the film has been removed.
2. To save money, buy uncooked bags and soak your beans/chickpeas overnight. The following morning rinse and drain.
3. Add 1 cup beans (or chickpeas) to 3 cups water. Bring to a boil then reduce down to a simmer, allowing to slowly cook for one hour (your chickpeas will be done at this point). Depending on the age of your beans, they can take up to three hours (soaking them overnight helps reduce cooking time). Remove foam on water's top as it forms.

**TIP:** Add a tablespoon of any sea weed like kombu to reduce the beans' flatulent effect.



## HOW I COOK MY LENTILS

1. I choose green or brown lentils as they are less likely to get mushy (the other colors are best for soups and stews).
2. Add 1 cup in a strainer, then place under running water to thoroughly rinse. If you have time pre-soak your lentils overnight as this helps them to be more easily digestible.
3. Transfer to a pot with 2 cups water; bring to a boil without the lid on med-high heat. Reduce heat to a simmer (low heat) and cook with the lid off for 20-30 minutes.
4. They are finished once they are tender and no longer crunchy.

# MEASUREMENTS

C = CUP

TBSP = TABLESPOON

TSP = TEASPOON

**¼ C QUINOA/LENTILS/BLACK BEANS = THE AMOUNT AFTER COOKING**

Don't worry about the exact measurements when it comes to your green vegetables in this plan (or in general meals). They are low in calorie, high in nutrients, and don't fill you up as much as the fats, protein, and carbohydrates. When I say *1 c spinach*, that's to give you a rough idea, but you cannot go wrong with more spinach, ever!





## WASHING YOUR PRODUCE

1. Cleaning your fruits and vegetables helps to remove residual pesticides, dirt and microbes that may be present.
2. Spinach is highly affected by pesticides and should always be washed prior to eating it raw (such as in smoothies and salads).
3. Never use dish soap or bleach to clean your produce.



**WASHING** :In a large bowl, cover your produce with water and add 1 tbsp apple cider vinegar, allowing it to sit for 10 minutes. Drain and rinse.

## SOAKING NUTS AND SEEDS

If you find that you have an intolerance or small allergic reaction to nuts or seeds, I highly recommend soaking them overnight to help reduce symptoms. Soaking helps to:

1. Remove phytic acid, tannins, neutralizes enzyme inhibitors and breaks down gluten making them easier to digest.
2. Increases the amount of vitamins present and makes the proteins more readily available for digestion.

**SOAKING**: in a bowl, add your nuts and seeds and fill with water, allowing to sit overnight.



WHAT  
DOES  
ALKALIZING  
MEAN?

WHY  
RAW?

WHAT IF  
I CHEAT?

WHY IS  
DETOXING  
SO HARD?

In short, when you cook your food, you're destroying some of the nutrients, thus eating empty calories. The more antioxidants, vitamins and minerals consumed, the more it helps with detoxification.

Because of days, months, or years of putting not-so-good foods into your body, it starts to become (or already is) addicted to things found in those foods.

Do not fret, do not say "Oh I've eat badly, I'll just eat junk the rest of the day and start the detox again tomorrow." Just remember, no one is perfect and for those that have been eating junk for years, it may be harder to give up those foods because your body is addicted to the sugar, caffeine, salt, and other additives. Do not skip the next meal. Eat as normal and continue with the plan. Do not try and limit the carbohydrates or change the plan in any way!

All the foods I have included are alkalizing, meaning they will bring your body out of a toxic, acidic state to that of a happy, healthy alkalized one.





# SO(Y)...WHAT'S THE DEAL



Always look for organic and non-GMO certified soy products.

Soy helps regulate cell growth, cholesterol levels and can lower cancer rates.\*

Tempeh is the ideal choice for the detox, however it can be hard to find. Swapping it with tofu and edamame is fine, although variety is best. Stick to 1/4 cup/ 100 g no matter which product you choose.

Soy has high levels of protein & fiber.



As with everything, moderation is key! Even with soy or animal products.

Soy products are better for you than high saturated fat animal products that are filled with antibiotics, preservatives and sodium.



# HOW TO PIMP YOUR WATER

DO YOU FIND IT HARD TO DRINK YOUR 2 LITERS OF WATER A DAY? DON'T PANIC, LEARN HOW TO PIMP YOUR WATER, AND IN NO TIME YOU'LL BE GUZZLING DOWN YOUR RECOMMENDED DAILY AMOUNT AND

HERE ARE SOME OF MY FAVORITE ADDITIONS TO MY WATER, ADD ONE AT A TIME OR MIX IT UP FOR A FRESH TWIST:

**APPLE CIDER VINEGAR**- aids digestion, try drinking it half an hour before eating

**BERRIES** - full of antioxidants

**CUCUMBER** - increased the hydrating quality of the water

**GINGER** - is anti-inflammatory and great for the immune system

**LEMON/LIME** - flushes out the toxins and tastes delicious

**MINT** - promotes a health digestive system

**SPIRULINA** - for a natural and healthy energy boost



Simply chop your chosen ingredients, add to a jug or mason jar, fill with water and let it sit for a few hours. This will promote the nutritional benefits of your water and helps to flavor it, making for a refreshing and satisfying glass of water.





# WHAT DO I EAT AFTER THE DETOX?

Hopefully after the 5 days you'll want to incorporate many of the concepts and foods into your everyday life to feel as good as possible all the time. I personally follow the rules of the detox around 80% of the time and the other 20% is when I re-introduce things like organic chicken, low-fat beef, fish, small bits of dairy and the occasional glass of wine.

If you're still unsure of what to do, I've created a Clean Eating Guide that is available to download on my website. It details everything to set you up for a clean living lifestyle and will help you to achieve all your health goals.



# FAQS by Helen Phadnis

## 1. Is the weight loss associated with the detox just water loss?

No. The 5 Day Detox will result in some water loss, which can be seen as weight loss. This is due to a reduction in calories and carbohydrates from a typical diet. For the majority this will result in fat weight loss also, not just water loss due to calorie restriction with adequate protein. Because some of the weight loss is water loss you should expect to regain some of the weight you lose on the Detox when you return to your usual diet.

## 2. Why do I feel so bloated?

Our guts take time to adjust to changes to fibre in our diets. The 5 Day Detox provides about 27g fibre daily, compared to the average daily intake of 13g/d in the UK. Fibre draws water into the gut, which can cause bloating. Also the 'bad' bacteria in our intestines can cause excess wind production. High fibre diets encourage the production of 'good' bacteria in our guts. Our guts are very adaptable, and within a few days most people will find that any bloating or excess wind will subside.

Some people have particularly sensitive guts. Do not continue with or start the detox if you have:

- i. Bloating and change in bowel habit (diarrhoea or constipation) associated with pain.
- ii. A diagnosis of Irritable Bowel Syndrome.

## 3. Help, I've got the runs!

Do not worry; any diarrhoea caused by the Detox will be temporary as your gut adjusts to the higher fibre intake than it is used to. Make sure you drink the quantity of fluids as recommended in the 5 Day Detox. This will be adequate to make up for any fluid lost as diarrhoea.

If the diarrhoea is severe or prolonged (lasting 24-48hrs) consult your doctor to rule out an infection. In the case of any severe or prolonged diarrhoea take oral rehydration sachets according to packet instructions (such as Dioralyte) to prevent severe salt losses.

## 4. Will I feel weak or tired?

The 5 Day Detox diet provides less calories than the average person would eat in a day. Therefore you may feel weak and tired initially, but not severely so. Many people report increased energy levels around day 3 onwards, which may be due to an increase in vitamin and mineral intake. If you are severely tired check that you are eating all the foods suggested in the correct quantities. If severe tiredness continues post Detox consult your doctor.

## 5. I feel nauseous, how can I stop this?

To control nausea keep your drinks and meals separate to avoid too much volume in the stomach at one time. Try ginger tea to settle your stomach, and sticking to the cold recipes rather than hot. If you vomit stop the Detox and return to your normal diet. Then try changing your usual diet closer to healthy eating so that there is less of a severe change from your day-to-day diet intake and that on the Detox.

## 6. Are there any alternatives to Tofu in the diet?

Yes. Tofu is not to everyone's taste. If you are finding it too slimy remember to press the excess water out of it before cooking. You can also dry fry small cubes of it in a non-stick pan to give it a little texture first before adding to recipes.

Edamame beans have a very similar nutrient profile to tofu, and can be used in place of tofu in the recipes (in the same quantities i.e. ½ cup per recipe). Tempeh is another alternative available from some whole-food shops.

## 7. Can I follow the Detox if I am pregnant?

Yes. The 5 Day Detox will provide you and your baby with most of the vitamins and minerals you need whilst pregnant, but you should also take a daily pregnancy multivitamin and mineral supplement containing 10mcg Vitamin D and 400mcg folic acid, for example Pregnacare, or Centrum Pregnancy Care. You should take this supplement regardless of the diet you are following.





It is not advisable to lose weight whilst pregnant. To boost the calories of the Detox to the recommended intake for pregnant women increase portion size to that recommended for men (see section on 5 Day Detox for men). Do not follow the diet for a period of longer than 5 days each month.

#### 8. Can I follow the detox if I am breastfeeding?

Yes. It is important to follow a diet that contains little or no alcohol or caffeine during breastfeeding, as these can affect how well a baby feeds and sleeps. However the food you eat can change the taste of your breast milk, so bear in mind that if by following the 5 Day Detox you are changing your diet dramatically your baby may notice this change. A woman who is breastfeeding will have a calorie requirement, which far exceeds that of when you are pregnant. We recommend you increase portions in line with the mens 5 Day Detox. You may still lose weight on the Detox, but the calories will be sufficient for an adequate milk supply for your baby. If your baby is not gaining weight as it should, come off the Detox, and try again when you have weaned your baby.

#### 9. How do I avoid over-hydration?

In the past people have suffered from over-hydration when on other detox diets. This has never happened on the Nikki Sharp 5 Day Detox, and will not happen to you if you follow it accurately. We recommend following the Detox for 5 days of the month only. This gives enough time for your body to get used to reduced levels of salt in the diet without negatively affecting your health. You should not follow the Detox diet if you suffer from vomiting or extreme diarrhea, which would lead to further salt losses from your body (see FAQ 5).

#### 10. Can I exercise normally while on this?

Yes. Please note you will have less calories and carbohydrates than in a typical diet to fuel your exercise. Exercise will feel harder during the Detox and for a few days after until you replenish your glycogen stores. Try scheduling

your hard workouts just before the Detox, or a week after you start it.

#### 11. I am gluten intolerant, can I still follow the 5 Day Detox?

Yes. The only possible source of gluten is within the oatmeal at breakfast. Make sure you use gluten-free oats that have no risk of contamination with wheat barley or rye. Only a very small number of people are still sensitive to pure, uncontaminated oats. In this case alternatives are cooked buckwheat groats, quinoa, millet, or brown rice.

#### 12. I do not like the taste of green tea, is there an alternative?

Yes. All tea is good for you, providing antioxidants, polyphenols and flavanoids. These compounds have been linked to reduced risk of cancer, heart disease and slowed ageing. If you dislike the taste of green tea, why not try white tea, or black tea. The only disadvantage of tea is the caffeine content. The decaffeinating process removes polyphenols, so instead of buying decaf it's best to brew the teabag for 30 seconds, throw the liquid away, and then brew again. This removes the majority of the caffeine.

#### 13. I would like to cut out caffeine completely, what can I drink?

Herbal teas are a great alternative. Peppermint acts as a natural antispasmodic, so take after meals to help aid digestion. Ginger tea has been anecdotally reported to help with nausea.

#### 13. Can I have honey, agave or sweeteners like stevia?

No. One of the principles of the 5 day detox is to cut down on sugar and salt to get your taste buds back to tasting the flavors of natural food. This includes cutting out sugar-free gum.

#### 14. Can I have protein powder?

No. The 5 Day Detox provides you with over 150% of your daily protein requirements. Despite being a predominantly vegan Detox the grains and pulses included within the Detox combine to provide high quality protein adequate to preserve muscle mass.



### 15. Can I reintroduce dairy when I come off the Detox?

Yes. If you suspect you have lactose intolerance take a note of your symptoms when you reintroduce. Most people with lactose intolerance can still tolerate a small amount of lactose in the diet e.g. 1 glass of milk a day, with no adverse symptoms. Slowly reintroduce, monitor symptoms using a food and symptoms diary and find your own tolerance level.

### 16. I'm allergic to nuts, what can I have instead?

If you have a peanut allergy the 5 Day Detox is safe for you as peanuts are not included. If you are allergic to tree nuts (which include almonds and brazil nuts) substitute in seeds. Suitable seeds include pumpkin, sunflower, chia and flax (linseeds).

### 17. Can I extend the diet to more than 5 days?

Yes. This should aid further weight loss due to calorie restriction. To make this nutritionally complete take a multivitamin and mineral tablet daily e.g. Centrum or Sanatogen. This will prevent B12 and Iodine deficits, which are common when following a vegan diet long term.

If you follow the diet for 5 days followed by a 25 day break you can carry out the Detox as many times as you like. Each time will become easier as your usual diet gradually adjusts to be lower in salt, sugars, preservatives, additives, alcohol and caffeine. Do not continue past 5 days if you feel unwell. Instead have a 25d break and then try the Detox again.

Following the Detox repeatedly can help you learn how to include additional soya, nuts, fruit and veggies into your diet. The long-term health benefits of this include cholesterol lowering, weight control, and cancer prevention.

### 18. How should I eat when I come off the Detox to avoid weight regain?

Yo-yoing between an extremely healthy clean eating diet such as the 5 Day Detox and an unhealthy high fat salt and sugar diet containing processed foods can put a strain on your body. The 5 Day Detox is designed to introduce you to healthier foods and recipes, which can then be incorporated into your usual eating habits.

You will find that you will have reduced cravings for very salty or sugary foods after the Detox as your taste buds adjust to the flavors naturally found in foods – be sure to embrace this so that with each Detox your regular eating habits change to become healthier.

Balance is important in diet, so reintroducing meat, fish, and dairy as well as carbohydrate rich foods in sensible quantities is important. These foods are high in protein, which is an important nutrient in appetite regulation (keeping you fuller for longer!).

Helen Phadnis, State Registered Dietitian  
[www.activenutrition.org.uk](http://www.activenutrition.org.uk)





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