

The background is a solid orange color. In the upper left, there are two yellow lemons and two green leaves. The lemons are simple yellow shapes, and the leaves are green with thin white outlines. In the lower half, there is a large, stylized illustration of a lemon slice. The slice is yellow with white segments and a brown rind. It is surrounded by a light cream-colored shape that resembles a splash or a piece of paper. There are also a few small yellow droplets or seeds scattered around the slice.

OUR WELLNESS GUIDE TO SUMMER

2022

detox kitchen.

WELCOME

**Welcome to Detox Kitchen, the home
of healthy eating.**

We are so glad you have chosen to be part of our community. Detox Kitchen was created out of a desire to help people feel more like themselves, to reconnect with how good, healthy, nutritious food can not only taste delicious and be a joy to eat, but also to see and feel the transformational effect it can have on your health and wellbeing.

We look forward to hearing about your journey with us.

Lily and the team x





WHAT WE STAND FOR AT DETOX KITCHEN

NUTRITION - That makes you feel amazing.

We believe in the power of plant-based food. We know that greater diversity in what we eat can have a profound effect on our gut health and in turn our overall health. Every dish is designed in accordance with our nutrition philosophy which puts fresh, wholefoods at the centre to achieve a wide range of positive health outcomes.

BALANCE - A lifestyle, not a quick fix.

We are all different and so it makes sense that our journey to good health is different too. We are not here to offer quick fixes or fads, we're here to show you that by weaving healthy, joyful habits into your everyday, you will learn to see how great you can really feel, day in and day out.

TASTE - That keeps you coming back for more.

One of the greatest pleasures in life is food and we want to celebrate all the joy that food gives us.

KIND - To our planet and people.

Every decision we make is informed by the fact that we care about protecting the environment we live in and the people we employ and work with throughout our entire supply chain.



OUR NUTRITIONAL PHILOSOPHY

INGREDIENTS ARE SOURCED IN THE UK

We source 80% of all our ingredients from local UK suppliers. We know that by doing this we are getting the freshest ingredients that haven't travelled thousands of miles to get to our plates, thus preserving their nutritional benefit.



PREDOMINANTLY PLANT BASED

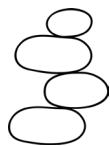
Every dish contains 3-5 vegetables, meaning that they are always the star of the show. This ensures a wide variety of vitamins and minerals in each dish.



MACRO & MICRO BALANCED

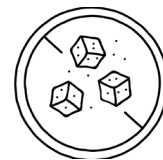
Balancing fat, protein and carbs with vitamins and minerals is an art form that we are proud to have mastered.

When dishes are balanced in this way it ensures that you are getting the nutrients you need to balance blood sugar levels from one meal to the next.



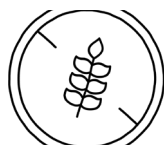
REFINED SUGAR FREE

In today's modern diet it's often hard to avoid refined sugar which is why we do the hard work for you. We only use natural sugars from fruit and ensure they are always eaten with food rich in fibre in order to balance blood sugar levels.



100% WHEAT FREE

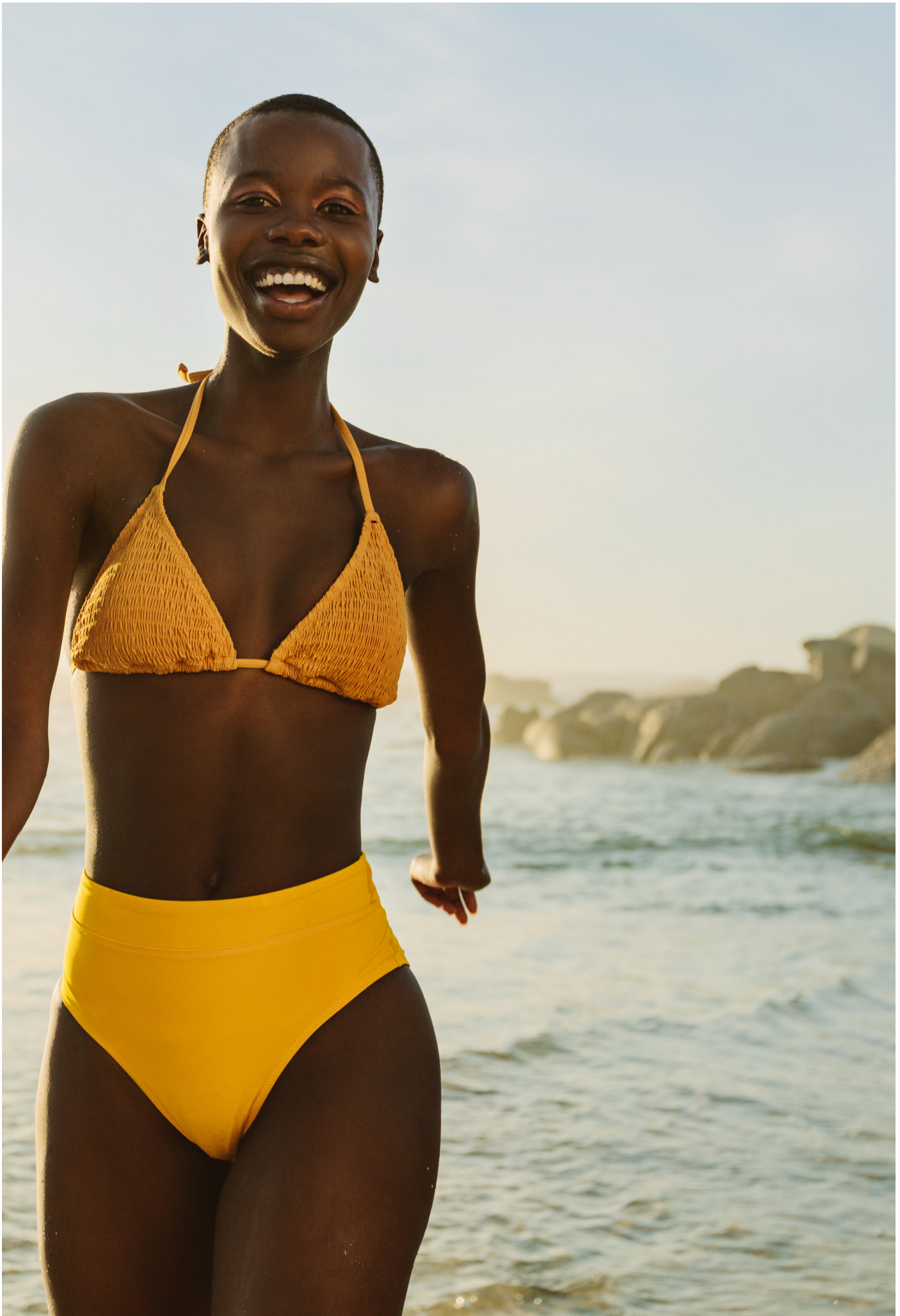
Our daily diets have become heavily reliant on wheat, and most of what we consume is in a highly refined form that is quickly digested and causes rapid spikes in our blood sugar levels. Instead we opt for high fibre, amino-rich plant based complex carbohydrates that are highly nutritious.



100% DAIRY FREE

We believe you can get enough calcium from plant-based sources such as rice and oat milks, pulses and dried fruit. These ingredients also provide further nutritional benefits from good levels of fibre, b-vitamins and iron.





YOUR JOURNEY TO FEELING GREAT

By sticking to our nutritional philosophy, the food we create can have a transformational effect on our customers' health and wellbeing. Here are the key improvements that can be seen through eating a predominantly plant-based, healthy, balanced diet.

- 1.** *Improves Energy Levels*
- 2.** *Boosts Immunity*
- 3.** *Improves Sleep Quality*
- 4.** *Supports Gut health*
- 5.** *Promotes healthy skin*
- 6.** *Improves mental clarity*
- 7.** *Regulates mood*
- 8.** *Enables excess weight loss*



OUR PILLARS OF HEALTH

We see health as a holistic cycle made up of four pillars: nutrition, sleep, movement and mind. The benefits of one pillar of health will not be optimally felt without the others, and neglecting one will have some effect on the others, and so on. Whatever health goal you are looking to achieve, whether that's improving your gut health, managing your weight, increasing your energy, or simply eating more plants, we thought we would offer our holistic guidance on following a lifestyle that encompasses each part of your wellbeing, so that you can embark on a journey to feeling the best version of yourself

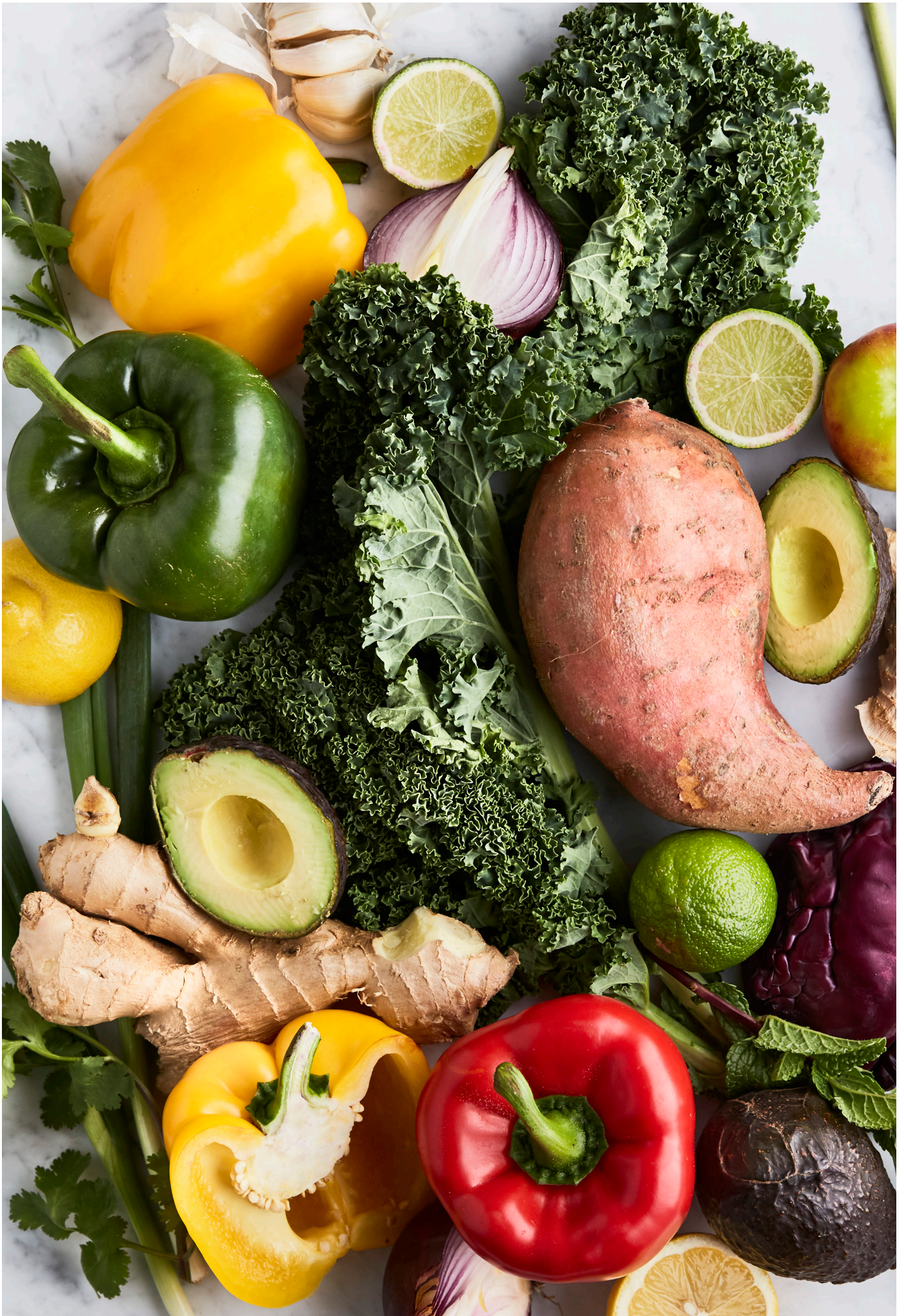
NUTRITION. At Detox Kitchen, healthy nourishment means following a balanced, whole-foods diet, bursting with flavour and full of diversity. We focus on providing meals using only nutrient-rich, seasonal produce, always cooked from scratch. All our food is dairy, wheat and refined sugar free, as ultimately this is food that you can trust and that will make you feel the best version of yourself. Plants first: it is the plant varieties that are richest in fibre, which we need to feed our gut microbiome. Our microbiome ensures that we break down food properly, eliminate toxins, absorb all our nutrients properly, and much much more. Filling our plates with abundant, colourful food ensures that we are getting enough variation for our microbiome to flourish. Getting to love your greens is also so important, as these are powerhouses in growing good bacteria, reducing inflammation, balancing pH levels, boosting energy, losing weight and beating the bloat.

SLEEP. Sleep has a truly positive impact on your health and wellbeing by allowing your body to rest, which encourages efficient reparation and detoxification overnight so that you wake feeling refreshed and revitalised. Consistent sleeping patterns will not only improve the quality of our sleep but your gut bacteria too, which follows your circadian rhythm. What's more, proper sleep works wonders in reducing your stress-levels which has a direct impact on our gut health and microbiome.

MIND. Managing stress will also help to improve your health. Mental clarity is an essential part of your emotional journey to improved health and wellbeing. With a brighter mood, you may feel more empowered to build longer lasting healthy habits. When it comes to nutrition, there is a possibility that a diet that is free of refined sugars will enhance brain function and mental health. And when it comes to your gut, a rise in stress hormones will affect the permeability of our intestine and absorption, causing bloating, pain and inflammation. The connection between our gut and our mood can also be made with the production of serotonin, which is a neurotransmitter that is produced in your gastrointestinal tracts. Therefore, it makes sense that good gut health doesn't just help you digest food, but also guides your emotions.

MOVEMENT. The way you move your body can make such a positive difference to both your physical and mental health, as it will not only help with your muscle strength, cardiovascular and respiratory health, but will also provide those endorphins we need for the ultimate mood-boost! Plus, the more you move your body, the more blood flow will increase to help ease the muscles in your digestive system. Moving outside in nature in accordance with the patterns of daylight, could have greater benefits on your circadian rhythm so that you fall into a deeper, more regenerative sleep.





CELEBRATING SUMMER PRODUCE

What's in season?

Eating seasonally not only supports a localised food system but tastes infinitely better and ensures that the food you are eating is richer in nutrients. It's no surprise that when your fruit and vegetables are either being kept in shipping containers for days on end, or being grown with artificial light and heating, they will lose some of their nutritional value. So next time you reach for that veggie, it is always worth checking whether it's sourced from the luscious green fields of Dorset or Mexico.



VEGETABLES:

artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, sweetheart cabbage, carrots, cauliflower, courgettes, cucumber, fennel, French beans, garlic, kohlrabi, lettuce, mangetout, marrow, wild nettles, new potatoes, onions, Pak choi, peas, peppers, radishes, rhubarb, rocket, runner beans, samphire, sorrel, spinach, spring greens, spring onions, summer squash, Swiss chard, tomatoes, turnips, watercress.

FRUIT:

apricots, bilberries, blackcurrants, blueberries, cherries, gooseberries, greengages, raspberries, redcurrants, strawberries, tayberries.

FLAVOURS:

basil, chervil, chicory, chillies, chives, coriander, dill, elderflower, mint, nasturtium, oregano, parsley, rosemary, sage, tarragon, thyme.

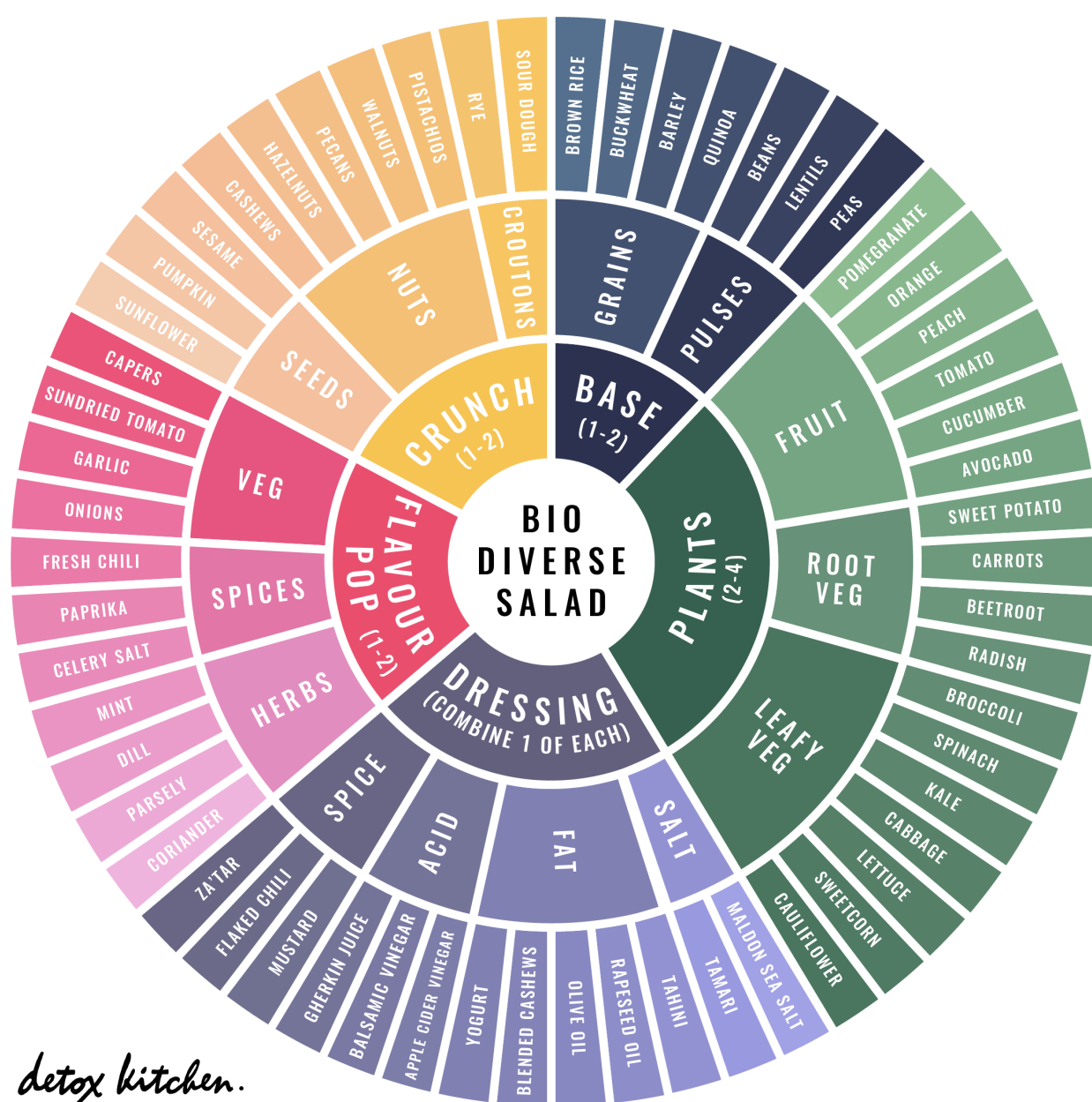
HOW TO EAT IN SUMMER

There is no doubt that we all crave lighter food in the warmer weather. And luckily, summer is the season of raw veg delights, which means lots of fresh, crunchy summer salads! In order to ensure you are eating delicious, summer-friendly plates of food that are nutritionally-balanced and super satisfying, we suggest ...

- *Cooking a big batch of grains such as quinoa, brown rice, etc at the beginning of the week and keeping in the fridge to have cold with your salads*
- *Opting for lighter bases such as glass noodles made from mung beans*
- *Making a pot of dip that incorporates healthy fats from oils and lots of flavour to dollop on top of salads or spread onto sandwiches*
- *Prepping a variety of crunchy toppings, such as toasted nuts, seeds and croutons to add texture, variety and healthy fats to your meals*
- *Experimenting with your dressings: instead of always whisking up a classic, easy vinaigrette, try a new dressing every week to keep your salads exciting and more flavoursome than ever*
- *If you find too many raw vegetables hard to digest, we recommend roasting a large tray bake at the beginning of the week and keeping the roast veggies in an airtight container in the fridge to add cold to your meals*



Here's our guide on how to build the perfect summer salad...



MOVEMENT

More and more studies are pointing towards movement as one of the most powerful interventions for reducing anxiety, stress and depression and balancing our mood levels. After a series of traumatic world events over the past couple of years, now more than ever is the time to prioritise our mental health and self-care. Which is why this summer, we want to advocate the joys of moving your body and the positive effect this can have on your mind as well as your body so you can go into the summer season feeling brighter than ever!

7 REASONS TO MOVE MORE:

1. A way to reach and reveal your inner child
2. To honour life and mobility
3. To release the stresses of daily life through your muscles
4. To develop a deeper knowledge of your body
5. To provide structure and momentum to your week
6. To motivate productivity
7. To provide an outlet for physical creativity



LEARNING HOW TO MOVE WITH JOY

When we say ‘movement’ we don’t mean dragging yourself to the gym to embark on an overly strenuous workout that often can add to the stress in your body rather than alleviate it. It’s so important to take care of yourself, listen to your body in order to find a form of exercise that works for your physique, which can only consequently feed your mind and soul too. Whether that’s dance, different forms of yoga, pilates, swimming, jogging, tennis, there’s a whole myriad of exercises out there that aren’t necessarily high intensity but can be just as effective in strengthening muscle, toning, improving flexibility and releasing stress. As there is not one generic body shape, there is not one generic exercise that is guaranteed to transform; it takes different movements to work for different bodies. It’s time to quit working out (we already do enough work) and move towards joy.



3 top tips to motivate you to move more:

- 1. Vary your forms of exercise: try 3 different types of movement a week.*
- 2. Go with the mindset that every effort counts. If you’re not feeling it as much, tell yourself that you are just going to do a short, light session. Most often, you will want to carry on and surprise yourself!*
- 3. Exercise in groups to keep each other accountable and be inspired by the feeling of community.*

HOW TO MOVE MORE

10 WAYS TO MOVE MORE IN EVERYDAY LIFE:

1. Take the stairs
2. Plan walking meetings
3. Lunge and squat whenever you can to pick things up!
4. Swap your office chair for an exercise ball
5. Park a further 1-3 miles away
6. Clean & do household chores as much as you can
7. Get a pet (if you can)
8. Have more sex!
9. Dance
10. Exercise or stretch when an ad break comes up when you're watching your favourite show.

