

detox kitchen.



THE SOUP
CLEANSE.
RESET.
RESTORE.

THE SOUP CLEANSE

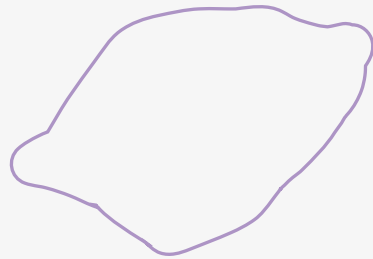
THE MENU

The microbiome found in your gut regulates not only your gut health but your skin health, metabolic health, and brain health. There is no wonder it's often referred to as your second brain. With this in mind, it is crucial that we take care of our gut health. We believe that if we can improve our customers' gut health we can improve their overall health.

In our modern world there are several factors that can affect our gut health, from stress, lack of sleep and poor sleep quality, as well as our increased consumption of highly processed and sugary foods. Our meal plans aim to counter these affects and make it easier to access food that works with your gut not against it.

Whilst we generally promote a whole foods diet, sometimes there is a need to have a deeper cleanse or reset. How to make it more enjoyable? With delicious, comforting, nutrient-packed soups and fresh, zingy organic juices. We hope that this soup and juice cleanse will allow you to reset your body and mind and reconnect with your bodily intuition whilst bringing equal amounts of pleasure, clarity and purpose to your food preferences.

WHAT'S INCLUDED:



- 9 FRESH, ORGANIC JUICES TO BOOST YOU THROUGH THE DAY
- 6 NOURISHING SOUPS TO KEEP YOU SUSTAINED
- 3 BOOSTER-SHOTS FOR AN EXTRA DOSE OF NUTRIENTS
- 6 HERBAL TEAS FOR OPTIMUM CLEANSING BENEFITS

What we are aiming to do with an extended period of not eating is to give the body the opportunity to become sensitive once more to that energy uptake mechanism. In doing so, we increase metabolic efficiency, balance energy levels and actually differentiate between what true hunger and habitual hunger is.

Our probiotic bacteria outnumber us by a casual million or two, their actions ranging from nutrient absorption and creation to waste removal and mood stability, to name a few key roles. Gradually they can get overwhelmed, and the continuous presence of fresh foodstuffs entering our bowels to be digested means they never get to finish their cycles of activity correctly.

This can lead to imbalances between different forms, excess fermentation and intermittent bowel movements. We often lay blame on our bacteria for issues such as bloating and gas, but more often than not it's our habits that create the causation for these concerns, the microscopic guys are just doing their jobs (or trying to at least).

HERE ARE SOME RECOMMENDED TIMINGS FOR YOU TO ENJOY YOUR CLEANSE:

8am HERBAL TEA	9am MORNING JUICE	11am SHOT	1pm LUNCH SOUP
3pm AFTERNOON JUICE	6pm DINNER SOUP	7pm EVENING MILK	8pm HERBAL TEA

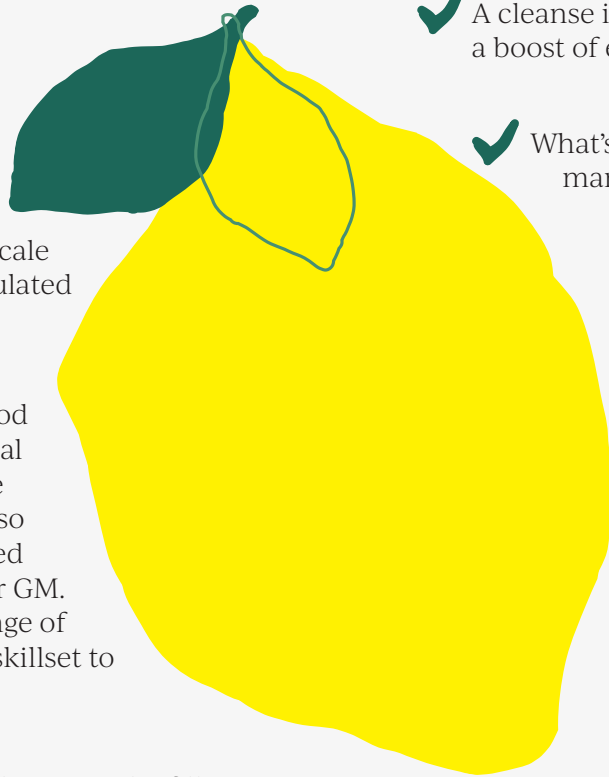
SCAN THE BELOW QR CODE FOR
A REMINDER OF YOUR MENU!



THE BENEFITS

Soup is the ultimate comfort food, teamed with fresh juices they also come with other significant health benefits.

- ✓ Cooked food gives your digestive system a rest, allowing it to process nutrients more efficiently.
- ✓ Our fresh juices and soups will flood your body with an abundance of bioavailable nutrients that can efficiently be absorbed directly into your stomach lining.
- ✓ The high veg content also means a low glycemic scale and high fibre content which should result in regulated energy levels.
- ✓ Achieve maximum diversity: 75% of the world's food is generated from only twelve plant and five animal species. Essentially, this means that both our taste buds and our gut microbiome are missing out on so many foods. The more diversity in your plant-based diet, the more diverse the nutrient supply for your GM. All in all, this equates to a well-fed and diverse range of happy gut microbes, each with their own unique skillset to complement ours.
- ✓ The high fibre content will allow for the juices and soups to be filling and sustaining.



- ✓ Our soups and juices are sure to spice up your life: spices and herbs add more polyphenols (a class of phytochemicals, which is just the sciencey name for a group of plant chemicals), whilst boosting their flavour.
- ✓ A cleanse is effective in lifting you out of a lethargic state, providing a boost of energy, and clearing a mental block.
- ✓ What's more, a cleanse can be known to help with weight management through an improvement in metabolic rate.

TIPS TO TAKE ON AFTER THE CLEANSE:

Continue to ease slowly back into a lifestyle that suits you. Try to minimise your caffeine intake, as well as processed food and drinks, sugars, processed meat, gluten and dairy so as not to counteract the effects of the cleanse. If you want to reap the benefits of the cleanse for as long as possible, always fill your fridge and pantry with fresh and exciting plant foods that you have discovered on the cleanse.

WHY US



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 AND MICRO BALANCE

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.



FREE FROM GLUTEN, DAIRY AND REFINED SUGARS

By removing inflammatory foods, our food works with your body, not against it. Using quality, seasonal ingredients, we've packed in all the flavour and goodness into our meals, to help you fall back in love with nutritious, wholesome food.



NO NASTIES

Because we prepare everything fresh in our kitchens and deliver our meals within 24 hours of them being made, we don't need to use any preservatives or additives in our recipes. Meaning that you are always eating real food made from real ingredients.

OUR PACKAGING

RECYCLING



OUTER BOX

This is made from recycled cardboard. It can be folded down and put in your recycling.



SOUP POUCHES

These pouches are made from PET plastic and are fully recyclable. Please rinse it out and place it in your recycling. The label is made from recycled paper and is fully recyclable.



NUT AND SEED POTS

Made of 100% recyclable PET plastic, these can go in your recycling.



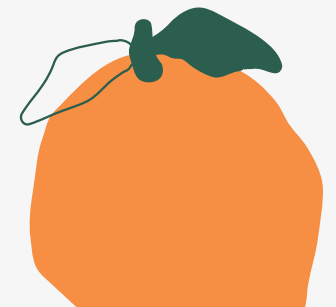
JUICE BOTTLES

Made of 100% recyclable PET plastic, rinse them out and place them in your recycling.



ICE PACKS AND PAPER INSULATION

Ice packs can be reused. To dispose of ice packs, Drain the gel in the sink and recycle the plastic packaging. The paper insulation is made of 100% recyclable paper and can also go in your recycling.





EAT. FEEL GOOD. REPEAT

Thank you so much for choosing us, we hope you'll love our food.

As a returning customer, you've now unlocked **10% off *for life*** on our website (excluding subscriptions). To redeem, just enter the code **'DKLOVE10'** at checkout.

KEEP IN TOUCH

We are here to make your life less stressful. So if you have any questions, little or large, you can reach us on **0207 498 6417** or at **contact@detoxkitchen.co.uk**

detox kitchen.



SHARING IS CARING

Don't forget to share your referral code with your friends and family. They'll get a lovely discount on their first order and you'll be rewarded on your next order. Visit **detoxkitchen.co.uk/refer-a-friend** for more details.