

THE 5-DAY RESET

detox kitchen.





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ABOUT

DETOX KITCHEN

WE ARE ON A MISSION...

to help people see, understand and consume food in a totally new way. We want people to eat our food and feel amazing afterwards, and we want them to be surprised by how delicious healthy food can be. We hope that our food inspires people to eat healthier for good, to make better choices and to be conscious of where their food comes from.

Whether it's our cookbooks, online recipes, meal delivery service or veg boxes, we have created our company to do one thing, to make the healthy option the easy option. And in turn to get as many people feeling the amazing and transformational benefits of eating a healthy, well balanced diet.



DO I NEED TO

RESET

If you're feeling more faded-glory than prime-of-your-life (or maybe you just never felt that great in the first place) then you could probably do with a reset. And the best place to start is your diet.

If you are noticing any of the follow signs, then it might be time to give your body a helping hand:

- *You're always tired*
- *You crave sugar and carbs*
- *You can't concentrate properly and often feel foggy-headed*
- *You have trouble sleeping*
- *You suffer from bloating and other digestive issues*
- *Your joints ache*
- *You feel stressed and/or anxious*



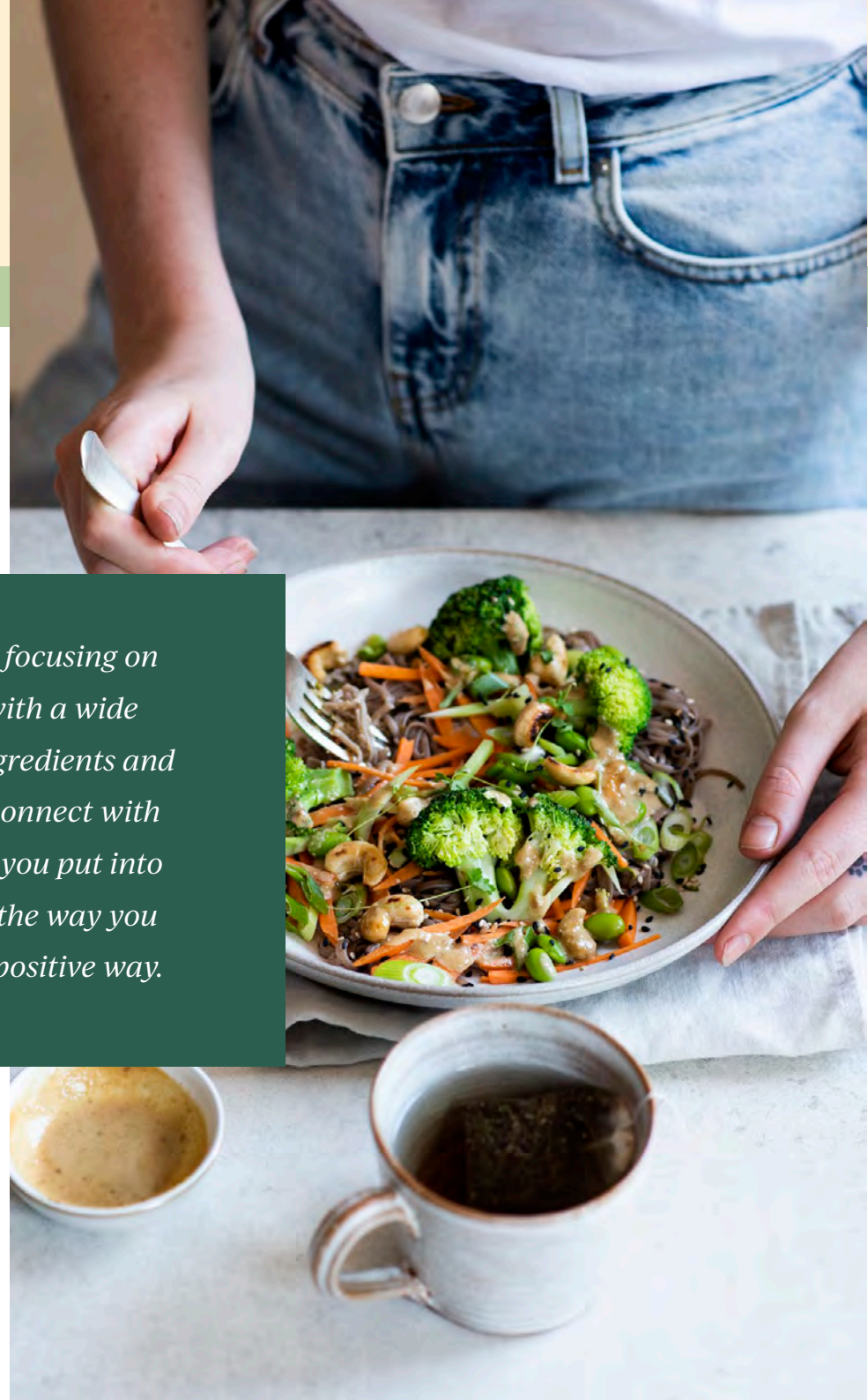
WHAT A RESET

INVOLVES

A good, effective reset or detox diet doesn't have to be an extreme, tastebud-terrifying ordeal. If you take a look at our meal plans or the food we serve in our delis, or check out our cookbooks and recipes online, you'll see that it's all pretty simple and enticing: lots of balanced dishes made up from fresh, whole foods that taste all the better for having those qualities.

We use the word 'diet' not in the sense of a restrictive or faddy short-term option, but literally the food you are eating. We don't see healthy eating as a quick fix, but a lifestyle choice that is full and enjoyable, for the long term.

This reset is about focusing on filling your plate with a wide variety of fresh ingredients and starting to really connect with how the food that you put into your body affects the way you look and feel in a positive way.



THE

RESET RECIPES

We have created 5 breakfast, lunches and dinners. We have ensured there is a good variety of cooked and raw food as well as a balance of flavours, textures and most importantly nutrients.

You can choose which dishes you would like to cook, and mix and match them throughout the five days, so if there is a dish you particularly like you can repeat it again during the reset if you would like to (though we recommend including as much variety in your diet as possible).

Each dish is designed for 2 people, so simply halve each recipe if you are cooking one portion. We suggest that during your reset you avoid caffeine, sugar and alcohol. When

you're craving these, first make sure you are well hydrated, as this can often be the cause of feeling tired and lacking energy, and often those feelings trigger a craving for a stimulant. Try to drink lots of water and herbal tea, and snack on whole foods such as nuts, seeds, fruit and vegetable crudité's. We suggest that in order to get the best results and feel the transformative effects you should stick to three meals a day, supplementing with the prior noted snacks if you feel you are hungry.

It's also a good idea to clear your cupboards of any sugary temptations, it will make the whole experience easier and you'll be less distracted by the hobnobs on the shelf and more focussed on how good you're feeling! By the end of the reset you may also find your cravings have changed. Our taste bud cells undergo continual



turnover, even through adulthood, and their average lifespan has been estimated as approximately 10 days. In that time, you can actually retrain your taste buds to crave less refined foods and to really appreciate the vivacity of plant-based foods. After eating a diet with less refined foods – think wheat, dairy and sugar, you will notice that if, and when, you reintroduce them to your diet, their flavour will be much more pronounced and may taste sweeter, or saltier, than they did before.



ENJOY!

The most important part of this reset is that you enjoy it. Because we really do believe that the more you enjoy eating this way, the more likely it is that you will continue to fill your plate with delicious, wholesome fresh food. Incorporating small, positive changes into your diet can make the world of difference to the way you look and feel, and ultimately we just want you to feel great.

Make sure you're also making the effort to be present at mealtimes, really tuning into your hunger levels. In our modern society we can eat what we want, when we want, so sometimes it can be really hard to tune into those signals. Certain hormones produced in our gut also help to manage switching our appetite on and off. So, if you're rushing through your meal, it may be the case that those hormones haven't had enough time to switch on and off. Try pausing between mouthfuls and waiting ten minutes after a meal to decide if you really need something more.

THE 5 DAY PLAN

Here is a suggested menu plan for the next five days. You can mix and match the dishes in this guide however you wish, we've tried to make sure that there is enough variety whilst also making sure that we can help you to reduce any food waste by repeating a few ingredients throughout.



	BREAKFAST	LUNCH	DINNER
DAY 1	Pistachio and pecan granola	Lentil, carrot and courgette salad lemon and honey dressing	Chickpea and roasted veg tray bake
DAY 2	Eggy rye bread with tomato chutney	Green and brown rice salad with cashew, ginger and tamari dressing	Coconut dal
DAY 3	Heritage tomatoes on toast	Flat bread with aubergine and raw veg	Wild mushroom omelette
DAY 4	Bircher muesli with pear and blueberries	Wild mushrooms on toast	GF pasta with lentil bolognese
DAY 5	Banana bread with yogurt and berries	Quinoa, tomato and broccoli salad with tahini dressing	Mushroom and ginger broth

BREAKFAST

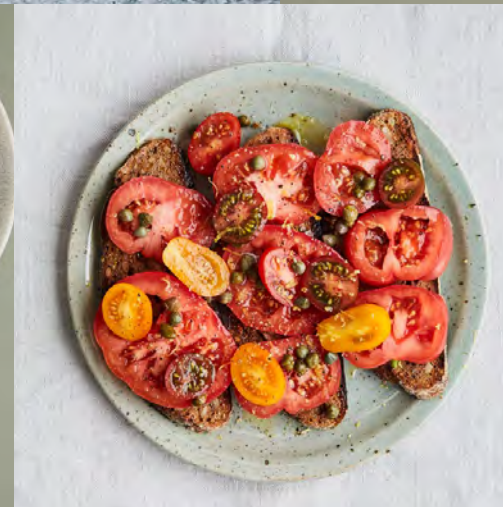
12 – Heritage tomatoes on toast

13 – Eggy rye bread with tomato chutney

14 – Pistachio and pecan granola

15 – Bircher muesli with pear and blueberries

16 – Banana bread with yogurt and berries



LUNCH

- 17** – Lentil, carrot and courgette salad with lemon and honey dressing
- 18** – Wild mushrooms on toast
- 19** – Flat bread with aubergine and raw veg
- 20** – Green and brown rice salad with cashew, ginger and tamari dressing
- 21** – Quinoa, tomato and broccoli salad with tahini dressing



DINNER

22 – Chickpea and roasted veg tray bake

23 – Coconut dal

24 – Wild mushroom omelette

25 – GF pasta with lentil bolognese

26 – Mushroom and ginger broth



BREAKFAST



HERITAGE TOMATOES WITH LEMON ZEST AND CAPERS ON DARK RYE BREAD

One of the simplest most pleasurable dishes out there. The key with this dish is the quality of its components, always choose a good bread and plump, ripe tomatoes and you can't go too far wrong.

– Ingredients

4 slices dark rye bread
2 large heritage tomatoes, sliced
2 tbsp capers
1/2 red onion, finely sliced into rounds
Zest of 1/2 a lemon
High quality cold-pressed oil,
we use Duchess Farms Rapeseed Oil

– Method

1. Toast your bread just how you like it.
2. Top with the tomatoes, capers, onion and lemon zest, then drizzle with a good glug of oil and season with salt and pepper.

BREAKFAST



EGGY RYE BREAD WITH TOMATO CHUTNEY

– Ingredients

For the eggy bread:

6 small slices of rye bread

3 eggs

Pinch salt

Pinch cracked black pepper

1 tsp rapeseed oil

For the Chutney:

1 tbsp olive oil

3 cloves garlic

6 large tomatoes

2 tbsp vinegar –
(red wine or apple cider)

2 tbsp maple syrup

1 tsp fennel seeds

1 tsp mustard seeds

Pinch Malden salt

– Method

1. First, make the chutney, add some oil to a small pan and gently cook the garlic until golden. Add in the tomatoes and sauté for 10 minutes until softened, adding a splash of water or oil if the pan becomes too dry. Add the vinegar, maple syrup, fennel and mustard seeds, and Malden salt, turn the heat to low and cook for a further 15-20 minutes until the tomatoes are completely broken down. Leave to cool then tip into a jar and into the fridge until you are ready to use it.
2. Place the rye bread in a shallow dish. Whisk the eggs in a bowl with the salt and pepper and pour them over the bread. Leave to soak for 10 minutes so that the bread is completely soaked through with the egg.
3. Heat a little oil in a frying pan and place the slices of soaked rye bread in the pan. Cook on each side for a few minutes until golden. Place on a serving plate and top with the tomato chutney.

BREAKFAST



PISTACHIO AND PECAN GRANOLA

Commercial cereals tend to be laden with hidden sugars and salt, so making your own is the perfect way to know exactly what your morning meal consists of. There is something quite lovely about making your own granola and popping it into a jar ready for when you need it.

– Ingredients

For the Granola:

- 150g jumbo oats
- 1 tbsp rapeseed oil or coconut oil
- 1 tbsp maple syrup
- Zest and juice of 1 orange
- 50g pistachios
- 50g pecans, chopped

For the blackberry compote:

- 100g blackberries
- 1 tsp maple syrup
- 30ml water

To serve:

- 4 tbsp coconut yogurt
- 100g pomegranate seeds or fruit of choice

– Method

1. Preheat your oven to 180 degrees.
2. Place the oats in a bowl and pour over the maple syrup, orange juice and orange zest. Combine well so that all the oats are covered.
3. Line a baking tray with baking paper and place the oats on the tray making sure they are evenly distributed. Top with the pistachios and chopped pecans.
4. Cook the granola in the oven for 20-25 minutes mixing the oats occasionally so that they are golden all over.
5. Meanwhile to make the compote, place the blackberries, water and Maple syrup in a small saucepan and cook on a low heat for 10 minutes. Tip them into a food processor or NutriBullet and blitz until smooth. Set aside to cool.
6. Remove the granola from the oven and leave to cool then serve in bowls with yogurt, a spoonful of the compote and some fresh fruit.

BREAKFAST

BIRCHER MUESLI WITH PEAR AND BLUEBERRIES

Bircher muesli should be creamy and refreshing, it's the summer version of porridge! You can make overnight bircher and leave it in your fridge ready for the morning, however this recipe can be made instantly.

– Ingredients

150g oats
2 tbsp coconut yogurt
1 apple, grated
100ml oat milk
1 pear, slice
50g blueberries
1 tbsp maple syrup or honey

– Method

1. Place the oats, coconut yogurt, grated apple and oat milk in a bowl and combine well. Leave to stand for 10 minutes.
2. Serve the bircher into bowls and top with the sliced pear and blueberries. Drizzle with maple syrup or honey.



BREAKFAST

BANANA BREAD WITH YOGURT AND BERRIES

Banana bread topped with yogurt and fruit is a great way to get in 2 of you 5 a day. This recipe makes enough for 4 breakfast portions, however, it's also a great snack or pudding so ours never lasts beyond the day. It will keep in the fridge for 3 days in an airtight container.

– Ingredients

2 ripe bananas
50g Biona sunflower spread or butter
60ml maple syrup
2 eggs
180g self-raising GF flour
½ tsp vanilla powder or a few drops of essence
½ tsp bicarbonate of soda
Pinch Malden salt
200g blueberries

For the blackberry compote:

100g blackberries
1 tsp maple syrup
30ml water

For the toppings:

4 tbsp coconut yogurt
100g blueberries
1 tbsp bee pollen

– Method

1. Pre-heat the oven to 180 degrees.
2. Mash the bananas in a large mixing bowl. Add in the butter and combine well with the bananas. Add in the honey and combine. Then whisk the eggs in a separate bowl and add them in. Fold through all the dry ingredients. Finally fold through half of the blueberries.
3. Tip the mixture into a lined loaf tin or distribute into 6 large muffin cases. Top with the remaining blueberries. Cook in the oven for 40 minutes or until cooked throughout. Leave to cool for 20 minutes or so before slicing.
4. While the bread is cooking make the compote. It's the same compote from the granola recipe.
5. Top with coconut yogurt, compote, blueberries and bee pollen.



LUNCH



LENTIL, CARROT AND COURGETTE SALAD LEMON DRESSING

– Ingredients

180g puy lentils
4 cos lettuce leaves, sliced
4 rainbow chard leaves, roughly chopped
2 heritage carrots, peeled and diced
1 yellow courgette, diced
Juice 1 lemon
1 tbsp olive oil
Malden Salt
Cracked black pepper

For the dressing:

1 tbsp rapeseed oil
3 tbsp water
60g cashew nuts
Juice 1 lemon
Zest 1 lemon
1 tbsp Maple syrup
1/2 tsp Malden salt

– Method

1. Place the puy lentils in a pan with three times the amount of cold water and a good pinch of salt. Bring the water to the boil and then lower the heat and simmer for 20 minutes or so until the lentils are tender. Tip them into a sieve and rinse under cold water then tip them into a large mixing bowl.
2. Add the carrots, lettuce and chard into the mixing bowl and toss together with the lemon juice, oil, salt and pepper.
3. Make the dressing by placing all the ingredients into a food processor or NutriBullet and blend until smooth.
4. Place the salad on a large platter and pour over the dressing and add a few grinds of black pepper to serve.

LUNCH

WILD MUSHROOMS AND CASHEW CREAM ON TOAST

– Ingredients

200g assorted wild mushrooms,
roughly chopped

1 clove garlic, finely sliced

1 tsp olive oil

4 slices rye bread

1 tbsp capers

Pinch Malden Salt

Pinch pepper

For the Cashew Cream:

100g cashew nuts

100ml water

50ml rapeseed oil

Pinch Malden Salt

Pinch pepper

– Method

1. To make the cashew cream place the cashew cream ingredients into a food processor or NutriBullet and combine until smooth. Set aside while you cook the mushrooms.
2. Slice the mushrooms and garlic. Add some olive oil to a large frying pan and when it's hot add in the mushrooms and garlic, tossing the pan occasionally so that the mushrooms are golden all over.
3. Turn the heat down and add in the cashew cream, stir continuously until the mushrooms are covered in the cream and then turn the heat off.
4. Slice your rye bread, drizzle over a little olive oil and then top with the creamy mushroom, capers and a good grind of black pepper and sprinkle of Malden salt.



LUNCH



FLAT BREAD WITH AUBERGINE AND RAW VEG

– Ingredients

1 aubergine, cut into 1 inch pieces
1 tsp olive oil
Pinch Malden Salt
Pinch black pepper
2 flatbreads or wraps, ideally GF or wholegrain
1 carrot, peeled and finely sliced
100g Spring Greens, finely sliced
Handful Mint, roughly chopped
Handful Coriander, roughly chopped
Tsp sesame seeds

For the tahini dressing:

1 tbsp tahini
1 tbsp rapeseed oil
Juice 1 lemon
1 tbsp honey
2 tbsp water

– Method

1. Preheat your oven to 180 degrees.
2. Place the aubergine on a baking tray and drizzle over the oil, salt and pepper. Roast in the oven for 20 minutes or so until soft on the inside and crispy on the outside.
3. Make the dressing by placing all the ingredients in a food processor and blitzing until combined.
4. Assemble the wrap by placing all the raw veg on the bottom and topping with the cooked aubergine, herbs and then pour over the dressing and sprinkle with sesame seeds.

LUNCH

ASPARAGUS AND BROWN RICE SALAD WITH ALMOND, GINGER AND TAMARI DRESSING

– Method

1. Rinse the brown rice in a sieve until the water runs clear. Place the rice in a pan with three times the amount of water and bring to the boil, then simmer for 15-20 minutes until the rice is cooked. Rinse under cold water and set aside.
2. Meanwhile prepare your vegetables. Remove the woody ends of the asparagus, usually about an inch from the bottom and discard them. Then chop the asparagus into 1 cm pieces and add them to a large mixing bowl along with the other raw chopped veg and almonds.
3. To remove your pomegranate seeds from the skin, slice the pomegranate in half and place seed side down in the palm of your hand. Place a bowl in the sink and hold the pomegranate over the bowl. Using a spoon bash the skin until all the seeds have fallen out. Discard the skin and add the seeds to the bowl.
4. Heat a little oil in a small frying pan and add the chopped rye bread tossing occasionally until dark golden on all sides. Then add these to the bowl along with the salt and pepper and toss everything together.
5. To make the dressing place all the ingredients into a food processor or nutribullet and blitz until smooth.
6. Tip the salad onto a large serving platter and pour over the dressing and sprinkle with the sesame seeds.

– Ingredients

120g brown rice
2 Asparagus spears
½ courgette, grated or thinly sliced
100g white cabbage, thinly sliced
3 cos lettuce leaves, chopped
50g almonds, roughly chopped
100g Pomegranate seeds or half a pomegranate
1 tbsp olive oil
1 slice dark rye bread, chopped into 1cm pieces
Pinch malden salt
Pinch cracked black pepper
1 tbsp black and white sesame seeds

For the dressing:

1 tbsp sesame oil
2 tbsp tamari
2 tbsp water
1 tbsp honey
1 tbsp grated ginger
50g blanched almonds
Juice and zest 1 lime
Pinch cracked black pepper



LUNCH



QUINOA, TOMATO AND BROCCOLI SALAD WITH TAHINI DRESSING

– Ingredients

200g quinoa
200g chickpeas, drained
200g cherry tomatoes, halved
1/2 small broccoli, finely chopped
1 tbsp olive oil
Juice of 1 lemon
30g pumpkin seeds

100g pistachios, shelled
Flaked sea salt and cracked black pepper

For the dressing:

1 tbsp olive oil
2 tbsp tahini
2 tbsp water
1 tbsp honey
Pinch dried thyme
Juice and zest 1 lemon
½ tsp Malden salt

– Method

1. Put the quinoa in a saucepan with a pinch of salt and cover with three times the amount of water. Bring to the boil, then simmer gently for 10–12 minutes until the quinoa is cooked and the tail has separated from the seed. Drain in a sieve and rinse under cold running water until cool.
2. Tip the quinoa into a large mixing bowl and add the chickpeas, broccoli and cherry tomatoes, lemon juice and olive oil. Season with salt and pepper, then mix together. Tip the salad onto a large serving platter.
3. Toast the pumpkin seeds in a small dry frying pan over a medium heat until lightly golden. Sprinkle the seeds over the salad along with the shelled pistachios.
4. To make the dressing place all the ingredients into a food processor or nutribullet and blitz until smooth. Pour over the salad and add a good grind of cracked black pepper.

DINNER



CHICKPEA AND ROASTED VEG TRAY BAKE

Tray bakes are one of the easiest meals to prepare and perfect for when you are short of time. I find that chickpeas and beans work well as a base, topped with lots of vegetables and fresh herbs, some nuts or seeds and a good glug of oil.

– Ingredients

200g new potatoes, cut into quarters
1 small sweet potato, peeled and diced
1 courgette, diced
400g chickpeas
1 beetroot, cut into eight wedges
6 cloves garlic, peeled
2 tbsp olive oil
Pinch Malden Salt
Pinch cracked black pepper
6 sprigs of thyme
Zest 1 lemon

To serve:

100g baby gem or cos lettuce
100g cherry tomatoes, halved

– Method

1. Preheat your oven to 180 degrees.
Line a baking tray with baking paper.
2. Prepare all your veg and add them to the tray along with the chickpeas and garlic. Drizzle in olive oil, salt and pepper and toss together to coat. Then add the sprigs of thyme and lemon zest.
3. Roast in the oven for 30-40 minutes until the potatoes are tender and crisp - *they take the longest to cook so you know when it's done when they are!*
4. Serve straight onto a plate with some salad leaves and cherry tomatoes.

DINNER

COCONUT DAL

This coconut dal is our signature dish both at our delis and on our meal plans. It is one of those dishes that is perfect all year round, it feels nourishing and healing whilst also indulgent and rich. We use red lentils as they cook quickly and have a soft texture and strong earthy flavour, as well as being an excellent source of plant-based protein.

– Ingredients

1 tsp oil	200ml coconut milk
1 red onion	400g chickpeas
4 cloves garlic	100g baby spinach
1 thumb fresh ginger	1/2 bunch coriander
1/2 tsp ground coriander	Pinch salt
1/2 tsp ground cumin	Pinch black pepper
1/2 tsp ground turmeric	1 lime, cut in half
1/2 yellow pepper, sliced	2 tbsp coconut yogurt
150g red lentils	

– Method

1. Finely chop the onion and garlic, and finely grate the ginger. Add a little oil to a large saucepan and sauté the onions, garlic and ginger on a medium heat for 5 minutes until softened.
2. Add the spice mix to the pan and stir continuously for a minute or two, ensuring the spices don't stick to the pan. Add in the yellow pepper, red lentils, a good pinch of salt and pepper and 250ml water. Turn the heat up and cook for 5-7 minutes until most of the water has been absorbed.
3. Add the coconut milk and chickpeas, bring to a simmer and then turn the heat to low and continue to simmer for a further 10 minutes.
4. Finally, add the baby spinach and chopped coriander, cook for a further 2 minutes and turn the heat off. Leave to stand for 5 minutes. Scatter with some extra coriander leaves, half a lime and a tablespoon of coconut yogurt.



DINNER

WILD MUSHROOM OMELETTE

An omelette is the perfect dinner when you want something quick and light, but also filling and satisfying. The addition of wild mushrooms make the dish feel particularly special and the simple ingredients work wonders together. This dish is an excellent source of protein and vitamin D.

– Ingredients

Wild Mushrooms

1 tbsp rapeseed oil

1 clove garlic

4 eggs

Pinch Malden Salt

Pinch cracked black pepper

– Method

1. Roughly chop the wild mushrooms. Heat a little oil in a pan and fry the garlic and mushrooms, tossing the pan occasionally so that the mushrooms are crispy and golden on all sides.
2. Whisk the eggs in a bowl with the salt and pepper and pour over the mushrooms, leave to cook on one side for a few minutes until the omelette is golden on the bottom.
3. The fold over half the omelette and continue to heat for a few minutes. Serve with a green salad.



DINNER

GF PASTA WITH LENTIL RAGU

This lentil ragu is a staple in our household, it feels hearty and works just as well as the meat version to coat the pasta in a delicious rich sauce. I always use Rummo GF pasta as I find it is the best quality but there are lots of different brands available in supermarkets these days.

– Ingredients

200g puy lentils	150ml veg stock
1 tsp olive oil	1 yellow courgette, diced
1 red onion	1 tbsp capers
4 cloves garlic	150g GF pasta
2 sticks celery	Malden salt
150g cherry tomatoes	Black pepper
200g chopped tinned tomatoes	

– Method

1. Place the lentils in a saucepan and cover with three times the amount of cold water. Bring the pan to the boil and cook the lentils for 5-7 minutes until almost tender. Drain and set aside.
2. Heat a little oil in a large pan. Sauté the onions, garlic and celery for 5 minutes or so, until softened. Add in the tinned tomatoes, cherry tomatoes and veg stock and bring to a simmer for 15-20 minutes. Add in the courgette, capers and part cooked lentils and cook for a further 10 minutes.
3. Meanwhile, cook your pasta according to the packet guidelines.
4. Once the tomato sauce is cooked turn the heat off and add in the cooked pasta and mix together.
5. Season to taste and serve.



DINNER



MUSHROOM AND GINGER BROTH

I find broths one of the most cleansing and delicious dinners, perfect when you feel like something light. The strong ginger flavoured broth seasoned with tamari sauce and lime give a deep aromatic flavour that works well with the fresh, crunchy veg.

– Ingredients

2 spring onions, sliced	1 courgette, thinly sliced
1 thumb sized piece of ginger, peeled and cut julienne	100g white cabbage, thinly sliced
800ml vegetable stock	100g baby gem lettuce, thinly sliced
1 tsp sesame oil	1 tsp sesame seeds
150g assorted mushrooms, roughly chopped	½ tsp flaked chili
2 tbsp tamari	Handful coriander leaves
Juice of 2 limes	
1 carrot, peeled and cut julienne	

– Method

1. Place the spring onions and ginger and stock in a large saucepan. Simmer together for 20 minutes.
2. Meanwhile heat the sesame oil in a frying pan and sauté the mushrooms until cooked. Add them to the stock and simmer the stock with the mushrooms for a further 10 minutes.
3. Turn the heat off and season the stock with the tamari sauce and lime juice.
4. Prepare all of the vegetables and place them raw into a serving bowl. Pour over the hot stock and sprinkle with sesame seeds, flaked chili and coriander leaves.