

www.jennypalmerfitness.com

*Train
with Jenny*

14 Day Detox Plan

Get ready to improve your body, your energy levels, your life!...

| | Breakfast | Lunch | Tea | Snacks | Drinks |
|------------------|--|--|---|--|--|
| Monday | Fresh, mixed berries, apple and pine nuts sprinkled with cinnamon and full fat natural yoghurt | Salad: Spinach, grated carrot, tomatoes, peppers and grapes with lemon juice squeezed over the top | Chicken stir fry: mange tout, peppers, bean sprouts, curly kale (make an extra portion for your lunch tomorrow) | Carrot sticks, cucumber sticks and hummus | water with fresh lemon and ginger at breakfast. 2 litres of water |
| Tuesday | Coconut water smoothie with spinach avocado, banana, handful of oats, frozen berries | Extra portion from last night's tea | Piece of baked (in sealed foil) fish fillet such as Salmon or Bass, Roast vegetables & humus dip: courgette, carrot, cherry tomatoes, peppers (make an extra portion for your lunch tomorrow) | Handful of blueberries and raw nuts (almonds & cashews are good) | 2 litres of water |
| Wednesday | Full Fat natural yoghurt and fruit. Sprinkle some seeds on too. With fresh fruit | Extra portion from last night's tea | Chicken pizza with sweet potato chips (make an extra portion and take it to work for your lunch tomorrow) | Fruit salad: mango, melon & strawberries | water with fresh lemon at breakfast. 2 litres of water |
| Thursday | Scrambled egg and Smoked salmon | Extra portion from last night's tea | Pesto turkey burger with mixed salad. (make extra for lunch tomorrow) | Rice cakes and peanut butter | 2 litres of water |
| | | | | | |

| | | | | | |
|------------------|---|--|--|--|------------------------------------|
| Friday | Soft Boiled egg with asparagus to dip | Extra portion from last night's tea | Veg Stir Fry with rice noodles | Carrot sticks and hummus | water + fresh lemon. 2 ltrs water. |
| Saturday | Banana omelette or porridge | Coconut water smoothie + a 'Bounce ball' | Peppers stuffed with rice, tuna, chopped tomatoes and peas | Handful of blueberries and walnuts | 2 litres of water |
| Sunday | spinach, corn, mushroom, cheese, 2 egg frittata | Roast chicken and vegetables | Lettuce & Turkey wraps 4 lettuce leaves, 2 turkey breasts, half a cucumber cut into long strips, 4 spring onions cut into long strips, hummus a sprinkle of paprika | Apple and carrot & cucumber sticks with hummus | 2 litres of water |
| Monday | Blueberries, banana buckwheat muesli and full fat natural yoghurt | Lettuce wraps from last nights tea | Piece of roasted (sealed in foil) fish fillet such as cod or salmon, Roasted vegetables (peppers, mushrooms, leeks, courgettes, sweet potato) with humus (make an extra portion and take it to work for your lunch tomorrow) | Rice cakes with peanut butter | 2 litres of water |
| Tuesday | Scrambled egg & smoked salmon | Extra portion from last night's tea | Takeaway style kebab (make an extra portion and take it to work for your lunch tomorrow) | Chopped strawberries and a handful of walnuts | 2 litres of water |
| Wednesday | Raspberries and banana | Extra portion from last night's tea | Grilled chicken/turkey strips with green salad | Sliced peppers and hummus | 2 litres of water |

| | | | | | |
|-----------------|--|---|--|---|-----------------------------------|
| | and pine nuts sprinkled with cinnamon | | (spinach/watercress/rocket) and coleslaw (make an extra portion and take it to work for your lunch tomorrow) | | |
| Thursday | Blueberries, strawberries, buckwheat muesli and full fat natural yoghurt | Extra portion from last night's tea | Salmon fillet with sweet potato chips, broccoli, carrots | Organic rice cakes and peanut/almond butter | 2 litres of water |
| Friday | Soft boiled egg and asparagus to dip | Extra portion from last night's tea | Chicken pizza with baked aubergine skins or vegetables | Blackberries and almonds | 2 litres of water |
| Saturday | Banana omelette | Chicken stir fry: mange tout, peppers, bean sprouts, curly kale | Curried squash (You can buy chopped squash in a packet) | Celery sticks and peanut butter | 2 litres of water |
| Sunday | Raspberry, blue berry & banana smoothie | Roast chicken or beef with roasted vegetables | veg frittata with 2 eggs (make extra for lunch tomorrow) | Blueberries and full fat natural yoghurt | 2 x green tea. 2 ltrs of water |

Recipes

Chicken Pizza

Ingredients

- 4 chicken breasts
- 1 tube tomato puree
- ½ cup chopped peppers
- ½ cup onion
- ¼ cup goat's cheese

Method

1. Butterfly cut the chicken breasts and flatten them out
2. Cover with tomato puree
3. Sprinkle peppers and onions over the top
4. Place on a baking tray in a pre-heated oven at 200°C for 15 minutes
5. Remove from the oven and sprinkle with goats cheese
6. Place them back in the oven for 5 minutes

Banana Omelette

Ingredients

- 1 chopped banana
- 3 whole eggs
- 2 tbsp cinnamon
- 1 tbsp olive oil

Method

1. Heat the oil in pan on a medium heat then add the chopped banana. Heat until they soften
2. While the banana is warming, beat the 3 eggs in a bowl
3. Pour the eggs over the banana
4. When the omelette is almost cooked sprinkle the cinnamon over the top

Take-Away Style Kebab

Ingredients

- 1 whole egg
- ½ tsp black pepper
- 1 tsp garlic powder
- ½ tsp sea salt
- ½ tsp chilli powder
- 1 pound of minced beef
- 1 tbsp chives
- 4 tbsp full fat Greek yoghurt

Method

1. Knead in a mixing bowl the egg (beaten), black pepper, sea salt, chilli powder, mince and ½ tsp garlic powder, shaping it into a 'loaf of bread'
2. Place it on a baking tray and cook in a pre-heated oven for 1 hour 20 minutes, turning half way through so that it browns evenly
3. Mix the yoghurt, chives and ½ tsp garlic powder to form a garlic dip
4. Once cooked thoroughly, slice it very thinly and serve with a side salad and the garlic dip

Curried Squash

Ingredients

- 1 medium onion
- ½ can almond milk
- 3 cloves chopped garlic
- 1 chilli pepper (de-seeded & diced)
- 1 tbsp ginger
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp sea salt
- ½ tsp turmeric
- ½ tsp coriander
- 1 tbsp olive oil
- 4 cups chopped tomatoes
- 4 cups butternut squash, peeled & diced
- 2 cups lentils, cooked
- 2 cups spinach
- 1 cup green peas
- 3 tbsp mint

Method

1. Blend onion, almond milk, garlic, chilli, ginger, 2 cups of tomatoes, cumin, cinnamon, turmeric and coriander and 3 tbsp water to make a paste
2. Heat the oil in a pan, add the paste and cook for 5-10 minutes
3. Add the remaining tomatoes and butternut squash and cook on a medium heat for 20 minutes until the squash softens
4. Mix in the lentils and spinach and cook for a further 5 minutes

5. Remove from the heat and add the mint before serving

Homemade Bounce Balls

Ingredients

- 1 cup of oats
- 1/2 cup of desiccated coconut
- 1/2 cup or 2 heaped tbl spoons of quality peanut butter (I use meridian. There's no palm oil in it)
- 1/2 cup of sunflower seeds (I chopped mine up a bit too)
- 1/2 a cup of sultanas or 3 large dates (chopped up)
- 2 tbl spoons of quality honey
- 1 heaped tbl spoon of chia seeds
- 1 portion (30g) of chocolate #supervitality #superprotein **OR** an extra tbl spoon of chia seeds & a heaped tspn of spirulina.

Method:

Mix it all together in a big bowl. It will take a good stir to ensure all the ingredients are well mixed, so you get a shoulder workout too!

Then just make some golf ball sized balls with your hands. You can also roll them in desiccated coconut too, but you don't have to.

Keep them in the fridge for up to a week & just wrap one up to take with you as a post workout snack or to prevent snacking on something unhealthy!

Coconut water smoothies

Ingredients for 'Coconut & Mango Pick-me-up' Smoothie

- 200ml's coconut water

8

- Flesh of half a mango
- Big handful of spinach
- Flesh of ¼ - ½ of a lemon
- Small handful of raw cashew nuts
- 1 tablespoon of chia seeds
- Half a banana

Ingredients for 'Pina Colada Smoothie'

300ml's of coconut water

Big handful of spinach

1 whole, skinned kiwi

1 banana

4-6 chunks of pineapple

Sweet Potato chips

Method

Don't bother peeling the potato, just cut them in to whatever size chips you fancy.

Put all the chips in to a big bowl & add a dessert spoon of olive oil, a pinch of salt & pepper & a good pinch of rosemary. Then give the raw chips a good stir to ensure they get an even coating of oil & seasoning. Using this method of preparation, rather than drizzling oil all over them while they're in the roasting tray, ensures they get an even coating of oil whilst using as little oil as possible.

Tip the chips in to a non-stick roasting tray & roast at 180°C for between 25-45 mins (depending on the size you cut them in to), or until they go golden & start to crisp up.

Pesto Turkey Burger

Serves 4

Ingredients

- 400g turkey mince
- 8 sun-dried tomatoes
- 1 sweet red pepper, coarsely chopped
- 1 shallot, coarsely chopped
- 3 tbsp walnut pesto (see below)
- Sea salt
- Freshly ground black pepper

Method

1. Place the turkey in a large bowl.
2. Combine sun-dried tomatoes, red pepper, and shallot in a food processor and pulse until finely chopped. Add to the turkey mixture
3. Add the pesto to the turkey and mix all ingredients well with your hands to combine. Season with salt and pepper
4. Form into medium sized patties and refrigerate until ready to grill
5. Pre-heat the grill to medium
6. Grill the burgers for approximately 5 minutes on each side or until cooked through.

Walnut Pesto

• 100g walnuts • 1 clove garlic • ½ tsp salt • ¼ tsp pepper • 3 handfuls of fresh basil leaves • 1-2 tbsp of extra virgin olive oil to blend Method 1. Put the walnuts, garlic, salt and pepper in the food processor and pulse until coarsely ground. Add the basil and pulse a couple of times. With the food processor on, drizzle in the olive oil until your desired consistency is reached.

visit jennypalmerfitness.com

*Train
with Jenny*

*Train
with Jenny*