

# 7 Day Cleanse

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# Introduction

## TIPS FROM EMMA

### Intro

This cleanse is designed to boost your energy and give your body a metabolic re-set. I would love for you to move your focus away from just weight loss (though you may well shed a few pounds) but to focus more on the feeling. This process is about stripping back to the basics, allowing your body to get rid of the toxins from within the system in order to boost your energy, your immune system and your health by allowing the body to function as it was designed to.

### Break The Sugar Fix

This process can feel a little challenging for the first few days, it will allow you to break through your craving cycle much faster so that you are able to become more tuned in to what your body really needs.

So many of us are addicted to sugared and processed foods and NOW is the time to set ourselves free from those addictions.

NOW is the time to take back control and realise a feeling of better well being, boosted energy levels and to feel more Focused and Fierce #focusedmindfiercebody This is not a regular process it is only recommended to do this cleanse once every 12-16 weeks. We want to FEED our bodies to THRIVE the rest of the time. This is about working with your body and not against it.

**"Now is the time to take back control"**

# Exercise Guidance

"Aim to workout in a way your body enjoys."



## Focus On Performance

Many people work out to punish the body for eating 'bad' foods, this is not only a miserable way to approach exercise but is also setting yourself up for failure.

Instead choose to move your body because you want to love and honour it so it can move and feel better. Find the workouts that you enjoy doing, that way you are far more likely to make this a life long change rather than just a quick fix.

## How Often?

How often you decide to train is going to depend on how much you already do. If you are already training then just stick with your normal training program. If you are just getting started aim to do at least 3 sessions a week. Also inbetween sessions remain active, walk more, take the stairs.

And in your workouts push yourself, challenge yourself to give a little more than the session before, Just be sure to schedule your sessions and then stick to them.



# The Cleanse

## DAYS 1 - 3

### Lets Get Started!!

The first 3 days are quite restrictive in that you will not be consuming that much food. This is of course guidance, you are in control and you get to tune into how your body feels and make decisions accordingly. This is designed to unload and give the digestive system the opportunity to regenerate and heal by unburdening the system.

The Daily Guidelines are as follows

#### 01 Celery Juice

500ml or 16oz of celery juice each morning

Blend a bunch of celery stalks in a blender if you don't have a juicer and strain it out with a sieve or muslin bag

#### 02 1 Evening Meal

Eat your evening meal within 3 hours of going to bed. Your dinner will consist of one portion of protein, vegetables and healthy fats. These meals will be very simple and basic. Choose any vegetable except, broccoli, cauliflower, tomato, corn, peas, beetroot, squash and carrots.

No processed meats. Choose lean white meats such as chicken, fish or turkey breast and a portion that measures the size of your fist.

#### 03 Detox Tea

Drink detox tea throughout the day and have one final one before bed. Keep your evening tea smaller so you are not up all night on the toilet.

#### 04 Support Tools

Drink LOTS OF WATER throughout the day, aiming for 2-3l. Add in a squeeze of lemon to assist the flushing of the system.

If you feel like you need some additional intake throughout the day:

- Good quality protein shake
- Fat Bomb



# Home Made Detox Tea

This Detox Tea can be used on a regular basis to assist the body to cleanse itself of toxins. This tea acts as a diuretic, the dandelion root will eliminate bodily toxins through your liver and kidneys which is why we add the milk thistle to support these organs. Cinnamon will help to stabilize your blood sugar, cayenne for a kick to the metabolism, and additional ingredients like lemon will alkalise your system. It's easiest to order dandelion root leaves online and order milk thistle teabags.

## Ingredients

- 3tsp fresh grated ginger OR 1 tsp ground ginger
- 3 Tsp Fresh Milk Thistle OR 3 milk thistle teabags
- 6 Tsp Dandelion root leaves OR 3 dandelion root teabags
- 2 Cinnamon sticks OR 1tbs ground cinnamon
- 2 Tsp Cayenne Pepper
- To taste, fresh lemon juice or stevia to sweeten

## Directions

- In a saucepan, bring 5 cups of water and ginger to the boil for 1 minute.
- Add fresh ingredients or teabags, cinnamon and cayenne.
- Cover and steep for 15 minutes allowing the healing oils and properties to release from the natural ingredients.
- Strain.
- Add lemon juice or stevia to taste (this is optional and I don't usually add it).
- Keep refrigerated and drink throughout the day. Can be drunk hot or cold

**TIP: Double up on ingredients and add to a big pan to last for the whole week**

# Days 4-7

We now move on to eating 3 meals a day for the remainder of the week. Avoid snacking as we are continuing to allow the body to continue to detoxify the system. We are bringing food back to basics so your body can function as it was designed to..

If you feel hungry between meals then use a protein shake or an apple, but I would encourage you to lean in and be very mindful about what you are actually feeling.

Is it real hunger which will be felt in the belly OR are you just bored, are you feeling stressed? Ask yourself what is really going on

and is it really food you are wanting or is it emotional. Your tastebuds will change very quickly and you come back to more basic foods, you start to enjoy and appreciate more natural tastes and flavours. This process will free you from your addictions and emotional attachments to food and that will come from a more mindful approach to your eating habits.

This doesn't mean you will never eat your favourite foods again, this is just for 7 days but it will bring about BIG changes so just stick with it. You will now be taking 2 x fish oils and 1 x CLA per day with meals.

So for the remaining days you will be eating.

## Breakfast

Breakfast each morning is going to be a green smoothie. You can mix it up and have slightly different variations but I always choose the most simple rout, which for me is having the same one each morning. It's easier to have one set of ingredients in. You can always opt to just stick with the celery juices

Aim to have your smoothie as late as possible and if you are working out in the morning have it after training.

- 1 scoop or protein shake
- 1 scoop of greens powder
- Handful of spinach and watercress
- Small handful of blueberries or blackberries
- Top up with water

Simply put all ingredients into blender and whizz up.



## Lunch

Once again this process is about simplicity so choose all the salad ingredients that YOU enjoy eating. I aim to keep the salad base the same and then rotate the lean meats.

We are staying away from using salad dressings but you can use olive oil, balsamic vinegar or lemon/lime juice to add flavour to your salads.

TIP: Cook your protein base with your evening meal so it's ready to throw in your salad box as you head out for the day.

VEGGIES: Replace the lean meat protein with any vegetable based protein source. E.g chickpeas, beans, peas, lentils, eggs

## Ingredients

- Boiled Egg
- BIG handful of spinach and watercress/ or dark leafy greens
- Cherry tomatoes
- Cucumber
- Sliced Peppers
- Spring Onion
- Olive oil for dressing
- Balsamic vinegar
- Juice of 1/2 a lime or lemon

Protein source

Salad 1 - Chicken Breast

Salad 2 - Salmon Fillet

Salad 3 - Turkey Breast

Salad 4 - King prawns or white fish



*Big Boy  
Salads  
Rule!*



# Dinner

## EVENING MEAL RECIPES

### Day 4 - Cauliflower Fried Rice With Chicken

- 1 tablespoon coconut oil or chili rapeseed oil
- 1 whole cauliflower grated
- Diced chicken breast
- Selection of stir fry veg
- Soya sauce
- 2 eggs
- Salt and pepper to taste

Directions 1. Heat the oil in a wok 2. Add chicken and cook through thoroughly 3. Add stir fry veg and cook for few mins 4. Add a little soya sauce and mix through 5. Add grated cauliflower and stir 6. Break in the eggs and mix till egg cooks (scrambles) 7. More soya sauce and salt/pepper to taste 8. Make sure piping hot and serve Tip: Keep stirring and don't let the cauliflower go soft!!

### Day 5 - Moroccan Turkey Burgers

- $\frac{3}{4}$  cup drained chickpeas
- $\frac{1}{2}$  cup dried apricots, chopped
- $\frac{1}{3}$  cup shallots, minced
- 4 cloves garlic
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground red pepper
- 1  $\frac{1}{2}$  pound ground turkey
- Olive oil

Put the chickpeas and garlic in a food processor and pulse until chopped. Combine chickpeas, apricots, all spices, and the turkey in a bowl. Divide the mixture into 6 portions and form each portion into a patty. Coat a grill rack with olive oil and grill the patties on each side until cooked through—about six minutes per side. Let the patties stand for about six minutes before serving.

Serve with a large helping of veggies of your choice



# Dinner

## Day 6 - Chicken Curry

- 4 tbsp coconut oil
- 2 medium shallots chopped
- 2 garlic cloves, finely chopped
- 2 tbsp of garam masala
- 1tbsp (or 2 or 3 depending how hot you want it) cayenne pepper
- 1 tbsp coriander seeds or ground
- 1 tbsp cumin seeds or ground
- 1 aubergine cut into 2cm dice
- 1 courgette cut into 2cm dice
- 2 large protobello mushrooms cut into 2-3 cm dice
- 4 chicken thighs (or 3 breasts) diced
- 400g/14oz tinned chopped tomatoes
- salt to taste

• Heat half the olive oil in a large pan and cook the shallot, garlic and spices for five minutes over a medium heat. • Add the remaining olive oil and the dice courgette and aubergine. Cook for ten minutes, stirring often, until the aubergine is coloured. • Add mushrooms and chicken thighs, stir often so it doesn't stick to the pan. • Add the tomatoes and a pinch of salt, then cover the pan, lower the heat and simmer for 15 minutes until the aubergine is soft and chicken is cooked. • If you use an oven proof dish, like I did, then pop it in the oven (fan 140C/conventional 160C/ gas 3) for 30 min to finish off. If cooking on the stove let it simmer on very low heat for 20-25 min with lid closed. • Chop some fresh basil or coriander and sprinkle the dish before serving. Serve with a large portion of green veggies. Enjoy!

## Day 7 - Baked Salmon & Spinach

- 6 ounce Salmon Fillet
- Cayenne Pepper
- Ground Black Pepper
- pinch of garlic powder
- 2 Tablespoons Olive Oil, divided
- 1 lemon
- 2 cloves minced garlic
- 1 bag baby spinach
- Fresh basil

1. Preheat oven to 375 2. Place salmon fillet(s) in a baking tray with 1/2 tsp. olive oil 3. Poke tiny holes in the salmon with a fork just in center and on ends 4. sprinkle pepper, garlic powder and cayenne pepper on fillet 5. brush 1 Tablespoon of olive oil on fillet 6. Juice 1/2 a lemon and pour over salmon 7. Slice a few lemon slices and place on top 8. Bake 12-15 minutes, until salmon flakes easily 9. While Salmon is baking Place 1 TBSP olive oil & garlic in a large saute pan 10. Add spinach and sauté for about 2 mins 11. Add juice from 1/2 a lemon and sauté until spinach is slightly wilted 12. When Salmon is finished baking use a spatula to separate the skin from the bottom of the fish and place on top of the spinach on a platter 13. Garnish with fresh basil 14. cook on MED heat for about 30 seconds 15. Add spinach and serve with a helping of side salad or veggies

# the shopping list

## The Supplements

- Protein Shake - Sun warrior [LINK HERE](#)
- Fat Bombs [RECIPE HERE](#)

## The Odd Bits From The Health Store (or online)

- Dandelion root leaves
- Milk Thistle OR teabags
- Stevia

## Main Shopping List

- Dried Prunes
- Dried Apricots
- Almond Nuts
- Ground Ginger
- Cumin
- Cinnamon
- Ground Red pepper
- Gara masala
- Cayenne Pepper
- Corriander
- Cumin
- Fresh Basil
- Chickpeas
- Chopped tinned tomatos
- Balsamic Vinegar
- Olive Oil
- Coconut Oil
- Salt Pepper
- Spinach and watercress - buy extra bags and freeze for smoothies
- baby spinach
- cherry tomatos
- cucumber
- red peppers
- spring onion
- lemons
- limes
- cauliflower
- stir fry vegetables
- garlic
- shallotts
- Aubergene
- Courgette
- Portabello Mushroom
- Chicken Breast
- Salmon fillet
- Turkey breast
- King prawns