

The 14 day Ultimate Herbal Detox recipes include the following:

Avocado, Broccoli & Cucumber Salad,

Barbecued Vegetables,

Beetroot and Celery Salad,

Beetroot and Grapefruit Smoothie,

Black Pepper Eggplant Soup,

Broccoli and Orange Smoothie,

Carrot Ginger and Turmeric Smoothie,

Cauliflower Curry,

Chinese sweet and sour vegetables,

Chocolate Avocado Mousse,

Chocolate Orange and Mint Smoothie,

Chocolate and Pineapple Yogurt,

Coconut Cream and Fruit Salad,

Corn on the Cob,

Curry Corn Salad,

Eggplant stir-fry,

Green Salad,

Kale and Lemon Smoothie,

Indian Style Curry,

Mashed Cauliflower,

Mediterranean Salad,

Melon Salad,

Mixed Berry Smoothie,

Mushroom Stroganoff,

Roasted Vegetables,

Spinach and Sweet potato Salsa,

Stuffed Eggplant,

Thai Carrot and Apple Salad,

Thai Pumpkin Soup,

Thai Red/Green Curry,

Tomato and Leek Soup,

Zucchini noodles,

Zucchini and Broccoli Curry.

Snacks can include: Fresh fruits (excluding Banana), Olives, Gherkins, Pickled Onions, Cherry Tomatoes, Grapes, Raisins, Dates, Prunes and Figs.