



DAYS 4&11



BREAKFAST

Chocolate Smoothie Bowl:

Blend together 1 serving chocolate protein powder, 1 tbsp cacao powder, 1 tbsp rolled oats, ½ banana, 1 tsp cinnamon, 1 tsp raw honey, 1 tbsp desiccated coconut, 1 cup ice and 1 cup nut milk. Pour into a bowl, and top with nuts, seeds and goji berries

LUNCH

Power Salad:

See recipe p9

DINNER

Courgette hummus boats:

Blend 1 cup courgette in a food processor. Add 1 tbsp olive oil, ¼ cup lemon juice, 1 tsp ground cumin, 1 tsp chilli pepper, ½ tsp cayenne pepper, a peeled garlic clove and a pinch of sea salt and blend again. Pour in ½ cup light tahini, blend, then spoon the hummus onto 5 little gem leaves and top with nuts, seeds or sprouts

DAYS 5&12



BREAKFAST

Peach & Banana Smoothie:

Combine 2 peaches, 1 banana, 1 handful of spinach, 1 cup water and 1 tsp cinnamon in a high speed blender. Decant into a glass and enjoy

LUNCH

Rainbow Salad:

In a large bowl, toss a small bag of mixed leaf salad with three baby tomatoes, a small grated carrot, a chopped spring onion and ½ avocado (chopped). Scatter over 1 tbsp sunflower seeds. Make a dressing by mixing together 3 tbsp olive oil, 1 tsp apple cider vinegar, 1 tbsp lemon juice, 1 tsp raw honey and a pinch of sea salt, then serve the dressing over the salad

DINNER

Red Pepper Spaghetti:

See recipe p9

DAYS 6&13



BREAKFAST

Fruit Salad:

Use any fresh fruits you have, peel and chop as necessary, and mix together. Try ¼ pineapple, with a small handful each of blueberries and cherries, the juice of ½ orange and 1 tbsp ground linseed sprinkled on top

LUNCH

Cheesy Romaine Salad:

See recipe p9

DINNER

Spicy Tomato & Basil Soup:

Take two large tomatoes and skin them if you prefer a smooth soup. Blend in a high-speed blender with ¼ cup of almond or rice milk, ½ tsp cayenne pepper, a pinch of chilli powder and ½ tsp salt, and pulse until smooth. Add 1 tsp olive oil and ¼ cup tightly packed basil leaves and blend again, then serve

DAYS 7&14



BREAKFAST

Green Power Smoothie:

Combine a peeled grapefruit, a peeled kiwi, ½ cup parsley, ⅓ cup spinach and 1 cup water in a high speed blender. Blend until it reaches a smooth texture, then decant the liquid into a glass to serve

LUNCH

Watercress Salad:

Add a large handful of watercress to a salad bowl, and mix with a grated medium carrot, grated ginger root (approx 5cm piece, peeled first), 2 tbsp sunflower seeds and ½ avocado, sliced. Make a dressing from 2 tbsp olive oil, 1 tbsp lime juice, ¼ tsp salt and 1 tsp apple cider vinegar. Pour over and serve

DINNER

Sweet Almond Wraps:

See recipe p9



Cutting out dairy?

For a tasty alternative to cow's milk, try Koko Dairy Free Original (£1.39), made from freshly pressed coconut milk. At a mere 27 cal per 100ml, it's healthy, tastes remarkably like semi-skimmed milk, and is ideal for hot drinks and cooking.



Tried & Tested

Q7 SMOOTHIE, £38.50

Tested by: Hannah Clarke

You mix this clay-based detox drink with apple juice and take twice a day for five days, alongside a healthy diet. I was advised to cut down on sugar, red meat and dairy while taking part in the process. At first the drink was difficult to stomach but I did get used to it... the thought of losing weight spurred me on! I had to drink

at least two litres of water a day, and my contact Paul was standing by via phone to guide me if I ran into difficulty. By the end of five days I had more energy, my clothes felt looser and my body cleansed. If you don't fancy two smoothies, you can opt to have one daily for 10 days instead.

📞 Q7smoothie.co.uk

