

WE ALL NEED A #DETOXDAY SOMETIMES...

#detoxday #fruitdetox #5adaydetox

This is the perfect plan if you don't want to think about special foods. It's all about simple rules and a delicious filling supper.

During the day you pick and choose up to **5 portions of fruit, veg, tea or coffee** in whatever combination you like. We say yes to caffeine, yes to milk in your tea or coffee and yes to bananas.

Spread your fruit and drinks out during the day or combine 2 or 3 to make a meal – the choice is yours.

Remember this is a 5 a day plan. All the following count as 1 of your 5 a day...

- Tea with milk (and sweeteners) – can be decaffeinated
- Coffee with milk (eg. Flat white, cappuccino, latte) and yes you can have the large size. Can be decaffeinated.
- 1 banana (just one banana a day)
- Any other fruit or veg you can come up with – apple, satsuma, grapes, cherries, raisins, kiwi, orange, blueberries, strawberries, raspberries
- Salad fruit like tomatoes, cherry tomatoes, cucumber
- Veggies like cucumber sticks, carrot sticks, sliced pepper

When it comes to portion size for the fruits and veggies, you just have to use your common sense – it's one orange, one apple, one carrot etc. And for the smaller fruits you can have a handful. That's about 20 grapes, 5 strawberries, 6 cherry tomatoes....

Plus, as well as this you can have as much fruit tea, herbal tea and black coffee as you like. And if you love your diet cokes and sugar free chewing gum then yes to these too.

ONE MUG OF TEA OR COFFEE WITH MILK IS THE EQUIVALENT OF ONE FRUIT PORTION.

Example 1

- Cup of tea in the morning
- Banana for breakfast
- Carrot sticks for lunch
- Decaf coffee and frozen grapes for a mid-afternoon snack

Example 2

- Coffee first thing
- Apple for breakfast
- Banana and cup of tea at lunch time
- Satsuma mid-afternoon

Choose well...

And now let's think about dinner. I have the most delicious *One Pot Spicy Veggie Curry* for you. It's a dish you can throw together in just a few minutes, cook all day in the slow cooker and have the most nutritious, tasty and filling dinner waiting for you when you get home.

If you want to cook this when you get home, just combine all the ingredients in a big saucepan and simmer for 15 minutes before adding the paneer/tofu and peas.

Why is this dish so good for you?

It's stuffed full of very lean protein (paneer/tofu, lentils) and the most complex of carbs (lentils, onions). The turmeric is one of the most powerful anti-oxidants there is. The dish is naturally very low fat and is suitable for vegetarians (paneer cheese) and vegans (tofu).

If you cook it like I do and use frozen chopped onions and pre-grated garlic and ginger (use the ones without preservatives – tip they are the ones that say keep refrigerated!) then there is literally no chopping and you can throw the ingredients together in 2 minutes before work. My favourite brand for garlic and ginger here in the UK is KTC as it's got absolutely no nasties.

What's more, it serves 4 but can be divided up into individual portions and frozen. It can even be cooked straight from frozen.

ONE POT SPICY VEGGIE CURRY

Serves 4

1 medium onion, peeled and chopped (or 1 cup frozen chopped)
1 bell pepper (or 1 cup frozen mixed)
2 cloves garlic, peeled and chopped (or 1 tsp from a jar)
1 small thumb ginger, peeled and grated (or 1 tsp from a jar)
1 cup (200g) red lentils
2 cups (500ml) water
1 tsp salt
½ tsp paprika
½ tsp turmeric
1 tsp chilli powder (add more if you like it hot)
½ tsp cumin

Add later...

1 cup (200g) paneer or tofu, cubed
1 cup (100g) frozen peas
2 medium tomatoes, quartered
Juice 1 lime

Place the onions, bell pepper, garlic, ginger, lentils, water, salt and spices into your slow cooker and cook on low for 6-8 hours. Feel free to cook this on the hob top instead if you prefer – it takes about 15 minutes.

Half an hour before you want to eat, turn the heat up to high and add the paneer/tofu, peas and tomato. Cook for approximately half an hour (or just 10 minutes on the hob). Just before serving, squeeze in the lime juice.